



Week 1	<b>I am a Beginner</b>	<b>I am used to training</b>
Monday	Complete as much as you can in 10 minutes before tea of this sequence in the video below. Do 10 repetitions of each exercise, then move to the next . <a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a>	Complete as much as you can in 15 minutes before tea of this sequence. Do 10 repetitions of each exercise, then move to the next . <a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a> . Use a 2-4 kg weight for the exercises you can.
Tuesday	20-30 minute brisk walk before two meals (breakfast, lunch or dinner). You should get <b>warm</b> doing this.	Use the video above to warm up for 7 minutes, then complete 9-15 minutes of :  <b>15 Squats</b> <a href="https://www.youtube.com/watch?v=3kO3KuP4G98">https://www.youtube.com/watch?v=3kO3KuP4G98</a> <b>10 Reverse Lunges</b> <a href="https://www.youtube.com/watch?v=8XD91mQBkjk">https://www.youtube.com/watch?v=8XD91mQBkjk</a> <b>5 Press Ups</b> <a href="https://www.youtube.com/watch?v=9F3s1wjHl1I">https://www.youtube.com/watch?v=9F3s1wjHl1I</a>
Weds	Complete as much as you can in 12-15 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next . <a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a>	Complete as much as you can in 10 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next. <a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a>  Use a 2-4 kg weight for the exercises you can.  Then please complete (am)- 10-15 mins of fasted (before breakfast) of 'cardio 1' with 20-30 reps of each exercise. <a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a> <a href="https://www.youtube.com/watch?v=S49tctLzDE4">https://www.youtube.com/watch?v=S49tctLzDE4</a>
Thurs	20-30 minute brisk walk before two meals (breakfast, lunch or dinner). You should get <b>warm</b> doing this.	Use the warm up sequence for 7 minutes. Now complete 12 minutes of  <b>21 Mountain Climbers (each leg)</b> <a href="https://www.youtube.com/watch?v=cRRGYDdnkt8">https://www.youtube.com/watch?v=cRRGYDdnkt8</a> <b>15 Heel touches (each side)</b> <a href="https://www.youtube.com/watch?v=y-StqwGXcek">https://www.youtube.com/watch?v=y-StqwGXcek</a>  <b>9 Oblique Slides (each side)</b> <a href="https://www.youtube.com/watch?v=xWk0YefbuU">https://www.youtube.com/watch?v=xWk0YefbuU</a>

Friday	<p>Complete as much as you can in 15 minutes before breakfast of this sequence.</p> <p>Do 10 repetitions of each exercise, then move to the next .</p> <p><a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a></p>	<p>Complete as much as you can in 10 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next .</p> <p><a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a></p> <p>Use a 2-4 kg weight for the exercises you can.</p> <p>NOW....</p> <p>15 mins of cardio 2, 20-30 reps of each exercise in the video</p> <p><a href="http://www.blastfatloss.com/videos">http://www.blastfatloss.com/videos</a></p> <p><a href="https://www.youtube.com/watch?v=3_0-hebW5Uw">https://www.youtube.com/watch?v=3_0-hebW5Uw</a></p>
Saturday	<p>20-40 minute “brisk” walk before a meal (breakfast, lunch or dinner). You should get <b>warm</b> doing this.</p>	<p>20-60 minute brisk walk.</p>
Sunday	<p>Complete as much as you can in 15 minutes before breakfast of this sequence. Do 10 repetitions of each exercise, then move to the next .</p> <p><a href="https://www.youtube.com/watch?v=R1naU4ArIVE">https://www.youtube.com/watch?v=R1naU4ArIVE</a></p>	<p>Repeat Tuesdays effort.....</p>

The warm up routine above can be seen at this link  
<https://www.youtube.com/watch?v=R1naU4ArIVE>

Stretching routine to be used after each session for 5 minutes.  
<https://www.youtube.com/watch?v=PxxvlvX0mcl>

If you are unsure of any exercises please check out my YouTube channel they are all on there. <https://www.youtube.com/user/FAFITNESSBLAST>

## FA Fitness & Blast Training Video Library

	Exercise Name	Hyperlink
1	Band Resisted Running	<a href="http://youtu.be/QC1dyKwlil">http://youtu.be/QC1dyKwlil</a>
2	Band Rotation Hold	<a href="http://youtu.be/cpU5tI53dik">http://youtu.be/cpU5tI53dik</a>
3	Band Rotations	<a href="http://youtu.be/w7oE9KcKnqY">http://youtu.be/w7oE9KcKnqY</a>
4	Band Row Hold	<a href="http://youtu.be/DldyWLPKSoA">http://youtu.be/DldyWLPKSoA</a>
5	Band Rows	<a href="http://youtu.be/-vBDT31cVlk">http://youtu.be/-vBDT31cVlk</a>
6	Dorsal Raise	<a href="http://youtu.be/YmIEAGGFGNA">http://youtu.be/YmIEAGGFGNA</a>
7	Down & Ups	<a href="http://youtu.be/p6whsam_UPs">http://youtu.be/p6whsam_UPs</a>
8	Down and Up Plank	<a href="http://www.youtube.com/watch?v=CTIcwGoTeMw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=CTIcwGoTeMw&amp;feature=youtube_gdata</a>
9	Down and Up Plank	<a href="http://youtu.be/YMEUuzb8EQo">http://youtu.be/YMEUuzb8EQo</a>
10	Duck and Weave	<a href="http://youtu.be/xSEP6QXb5_Q">http://youtu.be/xSEP6QXb5_Q</a>
11	Elbow Press Ups	<a href="http://youtu.be/ooua-3ZPYSI">http://youtu.be/ooua-3ZPYSI</a>
12	Forward Lunge	<a href="http://youtu.be/1o705Shw6Ss">http://youtu.be/1o705Shw6Ss</a>
13	Forward to Reverse Lunge	<a href="http://youtu.be/kdpTD4mwIlg">http://youtu.be/kdpTD4mwIlg</a>
14	Half Man Maker	<a href="http://www.youtube.com/watch?v=7EcvoSwcvPg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=7EcvoSwcvPg&amp;feature=youtube_gdata</a>
15	Heel Touches	<a href="http://www.youtube.com/watch?v=y-StqwGXcek&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=y-StqwGXcek&amp;feature=youtube_gdata</a>
16	High Knee Skips	<a href="http://youtu.be/19UQWXQlq3g">http://youtu.be/19UQWXQlq3g</a>
17	High Knee Sprints	<a href="http://youtu.be/AW50L1zsCIY">http://youtu.be/AW50L1zsCIY</a>
18	Hip Bridge & Hip Ups	<a href="http://youtu.be/W3gcPjor5eg">http://youtu.be/W3gcPjor5eg</a>
19	Hip Bridge and Reach	<a href="http://youtu.be/8-Y4kmW5ZDI">http://youtu.be/8-Y4kmW5ZDI</a>
20	Hip Marching	<a href="http://youtu.be/cM96vLgMkxE">http://youtu.be/cM96vLgMkxE</a>
21	Hyper Extensions	<a href="http://youtu.be/VD7Y674_KvI">http://youtu.be/VD7Y674_KvI</a>
22	Inch worm	<a href="http://www.youtube.com/watch?v=9dbVGeafXto&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=9dbVGeafXto&amp;feature=youtube_gdata</a>
23	Jump Squat	<a href="http://youtu.be/qpgWzRiAe6E">http://youtu.be/qpgWzRiAe6E</a>
24	Knee To Elbow Touches	<a href="http://www.youtube.com/watch?v=75uqrS-CUYg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=75uqrS-CUYg&amp;feature=youtube_gdata</a>
25	Lateral Bounds	<a href="http://youtu.be/HhL5Ddvv-JM">http://youtu.be/HhL5Ddvv-JM</a>
26	Lateral Lunge to Squat Thrust	<a href="http://youtu.be/0o0Iw4yo1wY">http://youtu.be/0o0Iw4yo1wY</a>
27	Lunge Hold	<a href="http://youtu.be/dTn6dCvW_g8">http://youtu.be/dTn6dCvW_g8</a>
28	Mountain Climbers	<a href="http://www.youtube.com/watch?v=cRRGYDdnkt8&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=cRRGYDdnkt8&amp;feature=youtube_gdata</a>
29	Oblique Slides	<a href="http://youtu.be/xWk0YeaFbU">http://youtu.be/xWk0YeaFbU</a>
30	Outside The Hand Mountain Climber	<a href="http://youtu.be/bcpfwz7gxYA">http://youtu.be/bcpfwz7gxYA</a>
31	Over Head Squats	<a href="http://youtu.be/maT-LT2jdGE">http://youtu.be/maT-LT2jdGE</a>
32	Pike Press Ups	<a href="http://www.youtube.com/watch?v=Fgyb831Kqqc&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=Fgyb831Kqqc&amp;feature=youtube_gdata</a>
33	Plank	<a href="http://youtu.be/JebS-aK-wjg">http://youtu.be/JebS-aK-wjg</a>
34	Plank Hand Walk Outs	<a href="http://www.youtube.com/watch?v=xl6QxpGZY9A&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=xl6QxpGZY9A&amp;feature=youtube_gdata</a>
35	Plank Leg Walk Outs	<a href="http://youtu.be/ZAU5Txfh1MA">http://youtu.be/ZAU5Txfh1MA</a>
36	Plank Reaches	<a href="http://www.youtube.com/watch?v=DvTzp2C8Qdw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=DvTzp2C8Qdw&amp;feature=youtube_gdata</a>
37	Plank Rows	<a href="http://youtu.be/DJvIkSLiwXE">http://youtu.be/DJvIkSLiwXE</a>

38	Plank Shuffles	<a href="http://www.youtube.com/watch?v=_UAK_E7V8nQI&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=_UAK_E7V8nQI&amp;feature=youtube_gdata</a>
39	Plank with Hip Extension	<a href="http://www.youtube.com/watch?v=U7wq1EdjBUY&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=U7wq1EdjBUY&amp;feature=youtube_gdata</a>
40	Press Up	<a href="http://youtu.be/jGRWTvN_YJA">http://youtu.be/jGRWTvN_YJA</a>
41	Press Up Holds	<a href="http://www.youtube.com/watch?v=i-YMvgmaSA&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=i-YMvgmaSA&amp;feature=youtube_gdata</a>
42	Press Up Walk	<a href="http://youtu.be/33dVNzwxVP4">http://youtu.be/33dVNzwxVP4</a>
43	Rachel on Her First BLAST Fitness Camp	<a href="http://youtu.be/reIPDQedURQ">http://youtu.be/reIPDQedURQ</a>
44	Reverse Knee Tuck	<a href="http://youtu.be/vjf1vMIFHpA">http://youtu.be/vjf1vMIFHpA</a>
45	Rolling Plank	<a href="http://www.youtube.com/watch?v=haQbLcWzml8&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=haQbLcWzml8&amp;feature=youtube_gdata</a>
46	Russian Twists	<a href="http://youtu.be/hHI0rGliQ_0">http://youtu.be/hHI0rGliQ_0</a>
47	Scorpion Kick	<a href="http://youtu.be/vtSKVZ5Sjyl">http://youtu.be/vtSKVZ5Sjyl</a>
48	Side Plank	<a href="http://www.youtube.com/watch?v=2j_cL54_jZE&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=2j_cL54_jZE&amp;feature=youtube_gdata</a>
49	Single Leg Hip Bridge & Hip Ups	<a href="http://www.youtube.com/watch?v=VTqp95SyIIY&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=VTqp95SyIIY&amp;feature=youtube_gdata</a>
50	Speed Squat	<a href="http://youtu.be/OHy-0Vlhld0">http://youtu.be/OHy-0Vlhld0</a>
51	Spiderman's	<a href="http://www.youtube.com/watch?v=lnqs14YQyfU&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=lnqs14YQyfU&amp;feature=youtube_gdata</a>
52	Sprinter Squats	<a href="http://youtu.be/CQPwOckouYg">http://youtu.be/CQPwOckouYg</a>
53	Squat Hold	<a href="http://youtu.be/8mq9Cg02vcw">http://youtu.be/8mq9Cg02vcw</a>
54	Squat Pauses	<a href="http://youtu.be/LtIYbvtSP00">http://youtu.be/LtIYbvtSP00</a>
55	Squat Thrusts	<a href="http://www.youtube.com/watch?v=CiBEbcWFRbw&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=CiBEbcWFRbw&amp;feature=youtube_gdata</a>
56	Staggered Stance Press Up	<a href="http://youtu.be/d5fkZlPYVGI">http://youtu.be/d5fkZlPYVGI</a>
57	Swoops	<a href="http://www.youtube.com/watch?v=rFQ8mBPDnSg&amp;feature=youtube_gdata">http://www.youtube.com/watch?v=rFQ8mBPDnSg&amp;feature=youtube_gdata</a>
58	T Rolls	<a href="http://youtu.be/Qo_0GAi95I4">http://youtu.be/Qo_0GAi95I4</a>
59	The Band Bent Over Row	<a href="http://youtu.be/HldTHDyVXUE">http://youtu.be/HldTHDyVXUE</a>
60	The Burpee	<a href="http://youtu.be/YRHAYtgGH00">http://youtu.be/YRHAYtgGH00</a>
61	The Jumping Jack	<a href="http://youtu.be/1-q4rhRwBPc">http://youtu.be/1-q4rhRwBPc</a>
62	The Left and Right React	<a href="http://youtu.be/GYDtNQGnJts">http://youtu.be/GYDtNQGnJts</a>
63	The PushPee	<a href="http://youtu.be/13-u5Uu2C3w">http://youtu.be/13-u5Uu2C3w</a>
64	The Reverse Lunge	<a href="http://youtu.be/8XD91mQBkjk">http://youtu.be/8XD91mQBkjk</a>
65	The SAQ In and Out	<a href="http://youtu.be/TT2EBccFRhM">http://youtu.be/TT2EBccFRhM</a>
66	The Single Leg Reach	<a href="http://youtu.be/rj7LpyfTZJA">http://youtu.be/rj7LpyfTZJA</a>
67	The Skater	<a href="http://youtu.be/yUKAupLScG4">http://youtu.be/yUKAupLScG4</a>
68	The Split Squat	<a href="http://youtu.be/PK0ZTzAPm3Y">http://youtu.be/PK0ZTzAPm3Y</a>
69	The Squat and Jump Squat	<a href="http://youtu.be/KjB3lL4MtU">http://youtu.be/KjB3lL4MtU</a>
70	The Swap Over Lunge	<a href="http://youtu.be/XcQrUlwJUVE">http://youtu.be/XcQrUlwJUVE</a>
71	The Tube Walk	<a href="http://youtu.be/XweESKR2g_E">http://youtu.be/XweESKR2g_E</a>
72	The Warrior Squat	<a href="http://youtu.be/rWSjLuBpazw">http://youtu.be/rWSjLuBpazw</a>
73	Triple Jump	<a href="http://youtu.be/Xjlo3Y26VX0">http://youtu.be/Xjlo3Y26VX0</a>
74	Walking Lunges	<a href="http://youtu.be/oYSmJOY6un4">http://youtu.be/oYSmJOY6un4</a>
75	X-Body Mountain Climbers	<a href="http://youtu.be/eoiSGfiCxo8">http://youtu.be/eoiSGfiCxo8</a>

## NEW VIDEOS

The 4 Dot Drill	<a href="http://www.youtube.com/watch?v=BFfe5WBlimbQ">http://www.youtube.com/watch?v=BFfe5WBlimbQ</a>
The Lateral Shuffle	<a href="http://www.youtube.com/watch?v=RwDG-noVPio">http://www.youtube.com/watch?v=RwDG-noVPio</a>
Figure of 8's	<a href="http://www.youtube.com/watch?v=-egMyPnjlm4">http://www.youtube.com/watch?v=-egMyPnjlm4</a>
Jump Squat With Stick Landing	<a href="http://www.youtube.com/watch?v=9y-UbDWZ2dl">http://www.youtube.com/watch?v=9y-UbDWZ2dl</a>
Single Leg Squats	<a href="http://www.youtube.com/watch?v=55038UJUBJs">http://www.youtube.com/watch?v=55038UJUBJs</a>
Band Punching	<a href="http://www.youtube.com/watch?v=gf1d6XmD7zo">http://www.youtube.com/watch?v=gf1d6XmD7zo</a>
Dumbbell Woodchop	<a href="http://www.youtube.com/watch?v=0bhyuSNV6Xk">http://www.youtube.com/watch?v=0bhyuSNV6Xk</a>
Stability Ball Hamstring Curl	<a href="http://www.youtube.com/watch?v=8Lmh5jHHEM0">http://www.youtube.com/watch?v=8Lmh5jHHEM0</a>
Stability Ball Knee Tuck	<a href="http://www.youtube.com/watch?v=EzGQ6OaOp8c">http://www.youtube.com/watch?v=EzGQ6OaOp8c</a>
Stability Ball X	
body mountain climber	<a href="http://www.youtube.com/watch?v=mxhlZC_NapM">http://www.youtube.com/watch?v=mxhlZC_NapM</a>
Burpee Jacks	<a href="http://www.youtube.com/watch?v=phyy-gbu9u0">http://www.youtube.com/watch?v=phyy-gbu9u0</a>
Forward & Back Ward Jumps	<a href="http://www.youtube.com/watch?v=FVrTGs_8nIM">http://www.youtube.com/watch?v=FVrTGs_8nIM</a>
Triple Jumps	<a href="http://www.youtube.com/watch?v=24QAypJAB-w">http://www.youtube.com/watch?v=24QAypJAB-w</a>