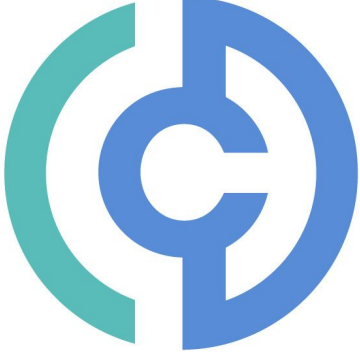


Training Plan	FAT LOSS	
Goal - Lose Weight and Feel Great		
Start Date	End Date	
Description - This is a fantastic body weight workout that requires no fancy gym equipment. Just you!		
Instructions - Follow this programme through for 4 weeks and keep us posted with your progress using #myepicjourney		

Session 1

Warm Up A

Complete 5 rounds, eg Push up, Sit up and body weight squat then repeat.

Complete 5 rounds,	eg Push up,sit up and body weight squat then repeat. (Tick box)				
	1	2	3	4	5
1. Push up x 5					
2. Sit Up x 10					
3. Body weight Squat x 15					
Rest for 30 seconds					

Complete 3 rounds,	eg Push up,sit up and body weight squat then repeat. (Tick box)		
	1	2	3
1. Superman Back Extensions x10			
2. Leg Kicks x20			
3. Mountain Climbers x 30			
Rest for 30 seconds			

Session 2

Warm Up B

10 minute AMRAP (As many rounds as possible in 10 minutes)

10 press Ups

20 Sit ups

30 Walking lunges

15 Tricep Dips

Session 3

Warm Up C

Complete 6 rounds,	eg Push up,sit up and body weight squat then repeat. (Tick box)					
	1	2	3	4	5	6
1. Alternative Lunges x 12						
2. Lateral Lunges x 6						
3. Squat Jumps x 10						
Rest for 30 seconds						

Complete 4 rounds,	eg Push up,sit up and body weight squat then repeat. (Tick box)			
	1	2	3	4
1. Sit Ups x 10				
2. 30 Second Plank				
3. Mountain Climbers x 30				
Rest for 30 seconds				

Session 4

Aim to run for at least **30 minutes**, This can be split into a walk/jog if needed.

Look to build up your distance over time and the coming weeks, the end goal is to run for the full 30 minutes.

WARMING UP.

It is important to do a well structured warm up before commencing a workout. A dynamic warm up is the method we here at Rhythm Fitness use to prepare the body for exercise. The warm up should elevate the heart rate from a resting heart rate to a working heart rate.

Each session will be assigned a warm up A, B or C.

Warm-up A:

Complete 3 rounds for 30 seconds each.	WARM UP A		
	1	2	3
Jumping Jack			
Arm Circles (forward, back)			
Trunk Rotation (right, Left)			
Rest for 30 seconds			

Warm-up B:

Complete 3 rounds for 30 seconds each.	WARM UP B		
	1	2	3
Trunk Rotation			
Jumping Jacks			
Body Weight Squats			
Rest for 30 seconds			

Warm-up C (Cardio Warm-up)

Complete 4 rounds for 30 seconds each.	WARM UP C			
	1	2	3	4
Body Weight Squat				
Multi Directional Leg Swing				
Alternative Lunge				
Rest for 30 seconds				