

EXERCISE REGIMES

by Ricardo Macedo



THESE EXERCISE REGIMES HAVE BEEN PREPARED EXCLUSIVELY FOR THE VITABIOTICS OSTEOCARE PLUS BONE CHALLENGE BY PERSONAL TRAINER, RICARDO MACEDO.

EACH ROUTINE INCLUDES HIGH IMPACT EXERCISES WHICH BENEFIT BONE HEALTH AND WILL LEAVE YOU FEELING REFRESHED AND ENERGISED.

ENJOY!

MONTH 1 - DAY 1

A message from Ricardo...

"I developed these exercise regimes to be fun and enjoyable yet serve a purpose of providing high impact exercise that is beneficial to bone health. It's amazing how addictive exercise can become when it's varied and challenging so I recommend you give it a try!"

WARMUP

- Start warm up on the treadmill doing the following interval training:
 - One minute jogging, then one minute walking fast. Do for 4 minutes.
 - Increase the speed to one minute sprinting and then one minute jogging. Do for 6 minutes.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Clean and Jerk - 20 REPS

- Place your feet hip-width apart with the weight bar directly over the balls of your feet. Set the bar right above the point where your toes meet the rest of your foot.
- Begin to lift the bar. Keep your shoulders, hips and the bar all moving at the same rate of speed. The bar will get to about mid-thigh.
- Give your shoulders a big shrug and jump your feet out to the sides as you raise the bar to your shoulders.
- Catch the bar across your shoulders with your elbows held high. You'll be in a squat position with bar slightly under your chin.
- Slowly rise up out of the squat until you're standing straight with the bar on your chest.
- Take a deep breath and dip down before you raise the bar overhead.
- Push your feet back into the floor as you dip - you'll feel the weight begin to rise quickly as you get into an erect position.
- Split your feet with one leg forward and the other one back.
- Return to start position by slightly bending your knees, keep your back straight, lower the bar across your shoulder, then lower across your thigh and return to floor.
- Repeat until recommended number of REPS is reached.

Back Lunges – 20 REPS for each leg

- Stand with your legs approx hip width apart. Keep your head and chest up.
- Take a three to four foot step back, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor, keep your torso upright. Keep the knee of your front leg directly over the ankle of the front leg. Never let your knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your body weight up and step your back leg forward returning to the start position, repeat with the alternative leg.
- Repeat until recommended number of REPS is reached.

The following is an example workout only. A Personal Trainer is required to specify the ideal weights and speed for each individual's own particular requirements.

STAMINA EXPLOSION & LOWER BODY WORKOUT

Plié Squat – 20 REPs

- Place your feet a little further than hip-width apart. Your toes and knees should be turned out in a comfortable position. Make sure to keep your back straight. Place your hands on your hips.
- Bend your knees, lowering your hips and sinking straight down into 90 degree position. The space between your legs should form a square.
- Straighten your legs back to starting position.
- Repeat until recommended number of REPS is reached.

Step ups – 20 REPs for each leg

- The height you have your step box, will greatly influence the intensity of the exercise, never have the step box higher than your knee height.
- Step up onto the box with one foot, keeping the other foot firmly on the floor.
- Raise the foot from the floor until your knee reaches waist level. Then lower leg until toes reach the floor. Do continuously until recommended number of REPS is reached.
- Lower other foot back down to the ground, and repeat for other leg.
- Repeat until recommended number of REPS is reached.

One minutes of static running forward

- Run on the spot while raising alternative knees to waist level.

Squats – 20 REPs

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with your head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.
- Repeat until recommended number of REPS is reached.

Finish with stretch exercises as advised by Personal Trainer.

WARMUP

- Start on the rowing machine by completing a distance of 1000 metres.
- Do 20 arm swings in each direction.
- Do 20 arm-flys. Stretch arms at shoulder level pointing fingers forward. Take deep breath and open your arms stretching to the side whilst keeping at shoulder level. Repeat for 20 REPs.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Dumb-bell Chest Press - 20 REPS

- Support your back and head on the bench.
- Maintain the natural curve of your back.
- Hold dumb-bell with your thumbs facing each other.
- Hold dumb-bell above chest level.
- Press the dumb-bells up over your chest.
- Keep your feet on the floor.
- Control the movement down.

Squat Jumps- 20 REPS

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land as smoothly and lightly as you can.

Seated Dumb-bell Shoulder Press- 20 REPS

- Look forward with your feet on the floor.
- Hold the dumb-bell at your shoulder height.
- Maintain the natural curve off your spine with your elbows out to your side.
- Press the dumb-bell up above to your head.
- Control the weights at all time and lower to a star position.

Step jumps for one minute

- Adjust your step box to a low level approximately 20 inches high.
- Step onto the box with one foot, your toes just touching the step. Keep the other foot firmly on the floor.
- Jump switching legs at the same time and repeating the above movements continuously with each leg. Do for one minute without stopping.
- Repeat until recommended time is reached.

STAMINA EXPLOSION & UPPER BODY WORKOUT

One Arm Dumb-bell Row – 20 REPs

- Hold a dumb-bell with your palms face in.
- Place the opposite hand and knee on the bench.
- Inhale and lift the elbow as high as possible next to your body with your arm bent.
- Control the movement lowering the weight exhale at the end.
- Swap sides and repeat.

Triceps Dumb-bell Extension Overhead– 20 REPS

- Hold dumb-bell with both hands.
- The large part of the dumb-bell or plate should rest on both palms. Let the other side of the weight hang above your head.
- Keep your elbows close to your head.
- Lower the dumb-bells close towards to your back by flexing the elbows.
- Keep the elbows pointing forward.
- Control the movement lifting the weight, exhale at the end.

Thai jumps for one minute

- Extend your arms to the side of your body at shoulder level.
- Inhale, jump high raising knees towards your chest. Keep your arms outstretched and back straight.
- When returning your feet to the floor, ensure your upper body is kept upright and straight.
- Repeat continuously for one minute.

Alternated Biceps Curls – 20 REPs

- Hold a dumb-bell in each hand with arms hanging down making sure your palms face in.
- Inhale and bend the elbow rotating the palm up before you reach your chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight exhale at the end.

Kick Back Dumb-bell – 20 REPs

- Hold a dumb-bell with your palm faced in.
- Place the opposite hand and knee on the bench.
- Maintain the posture and keep the spine neutral.
- Keep the elbow in line with your back close to your body.
- The upper arm must stay stationary.
- Extend the arm at elbow until straight.
- Swap sides and repeat.

Row for 1000 metres

Finish with stretch exercises as advised by Personal Trainer.

WARMUP

- Start warm up on the treadmill by jogging for six minutes, followed by six minutes walking fast up-hill at level 10.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ABDOMINALS ROUTINE

Rest for 20 seconds between each of the following exercises.

Plank Stabilisation

- Raise body in the press up position, supported on elbows and feet.
- Feet should be hip-width apart and elbows shoulder-width apart and inline with upper chest.
- Maintain neutral spine; engage abdominal stabilisation, pulling your navel towards to your spine.
- Do not arch your back, breath in a relaxed manner.
- Hold as long as you can...anything between 45 to 120 seconds.

Crunches - 20 reps

- Lie on your back, pressing your lower back against to the floor avoiding arching.
- Place your hands behind your head with thighs vertical and knees bent.
- Inhale and raise your shoulder of the ground.
- Bring your knees and head toward to each other by crunching.
- Exhale and return your shoulder to the ground.

Side to Side Crunch - 20 reps

- Lie on your back.
- Press your lower back against the floor and avoid arching.
- Keep you knees bent and feet flat on the ground.
- Place your hands behind your head.
- Inhale and raise your torso rounding your back and rotate your torso 45 degrees to the right.
- Move your left elbow toward your right knee and vice versa.
- Return your shoulder to the ground.
- Breathe in a relaxed manner.

The above 'Abdominals routine' must be repeated 3 times. Rest for 1 minute between each routine.

Bike Hill Trip

- Cycle for one minute at a moderate speed and a low resistance level.
- For second minute, spin at a high speed and continue for 1 minute.
- Repeat above for 10 minutes keeping the 1 minute recovering at a moderate speed and 1 minute spinning at your maximum speed.

Jogging

- 10 minutes at a moderate to intensive level.

Finish with stretch exercises as advised by Personal Trainer.

WARMUP

- Start warm up on the treadmill by jogging for 7 minutes

THE FOLLOWING ROUTINE WILL WORK THE FULL BODY. NO MORE THAN 20 SECONDS BREAK SHOULD BE TAKEN.

ROUTINE A

Clean and Jerk – 20 REPS

- Place your feet hip-width apart with the bar directly over the balls of your feet. Set the bar right above the point where your toes meet the rest of your foot.
- Begin to lift the bar. Keep your shoulders, hips and the bar all moving at the same rate of speed. The bar will get to about mid-thigh.
- Give your shoulders a big shrug and jump your feet out to the sides as you raise the bar to your shoulders.
- Catch the bar across your shoulders with your elbows held high. You'll be in a squat position with bar slightly under your chin.
- Slowly rise up out of the squat until you're standing straight with the bar on your chest.
- Take a deep breath and dip down before you raise the bar overhead.
- Push your feet back into the floor as you dip - you'll feel the weight begin to rise quickly as you get into an erect position.
- Split your feet with one leg forward and the other one back.
- Return to start position by slightly bending your knees, keep your back straight, lower the bar across your shoulder, then lower across your thigh and return to floor.
- Repeat until recommended number of REPS is reached.

Back Lunges – 20 REPs for each leg

- Stand with your legs approx hip width apart. Keep your head and chest up.
- Take three to four foot step back, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor, keep your torso upright. Keep the knee of your front leg directly over the ankle of the front leg. Never let your knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your bodyweight up and step your back leg forward returning to the start position, repeat with the alternative leg.
- Repeat until recommended number of REPS is reached.

Plié Squat – 20 REPS

- Place your feet a little further than hip-width apart. Your toes and knees should be turned out in a comfortable position. Make sure to keep your back straight. Place your hands on your hips.
- Bend your knees, lowering your hips and sinking straight down into a 90 degree position. The space between your legs should form a square.
- Straighten your legs back to starting position.
- Repeat until recommended number of REPS is reached.

Squats – 20 REPS

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with the head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.
- Repeat until recommended number of REPS is reached.

Cycle for 2 minutes at a slow speed on the maximum resistance

Complete 'Routine A' (opposite) twice and then move onto 'Routine B' Upper body.

Use this routine to really challenge and push yourself that little bit extra at the end of the week!

ROUTINE B - UPPER BODY

Dumb-bell Chest Press - 20 REPS

- Support your back and head on the bench.
- Maintain the natural curve of your back.
- Hold dumb-bell with your thumbs facing each other.
- Hold dumb-bell above chest level.
- Press the dumb-bells up over your chest.
- Keep your feet on the floor.
- Control the movement down.

Repeat Squat Jumps- 20 REPS

Alternated Biceps Curls- 20 REPS

- Hold dumb-bell in each hand with arms hanging down making sure your palms face in.
- Inhale and bend the elbow rotating the palm up before you reach your chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight exhale at the end.

Seated Dumb-bell Shoulder Press – 20 REPS

- Look forward with your feet on the floor.
- Hold the dumb-bell at your shoulder height.
- Maintain the natural curve off your spine with your elbows out to your side.
- Press the dumb-bell up above to your head.
- Control the weights at all times and lower to a start position.

Kick Back Dumb-bell – 20 REPS

- Hold a dumb-bell with your palms facing in.
- Place the opposite hand and knee on the bench.
- Maintain the posture and keep the spine neutral.
- Keep the elbow in line with your back close to your body.
- The upper arm must stay stationary.
- Extend the arm at elbow until straight.
- Swap sides and repeat.

Squat Jumps – 20 REPS

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land smoothly and lightly as you can.

Plank Stabilisation

- Raise body in the press up position, supported on elbows and feet.
- Feet should be hip-width apart and elbows shoulder-width apart and inline with upper chest.
- Maintain neutral spine; engage abdominal stabilisation, pulling your navel towards to your spine.
- Do not arch your back, breathe in a relaxed manner.
- Hold as long as you can...anything between 45 to 120 seconds.

One Arm Dumb-bell Row – 20 REPS

- Hold a dumb-bell with your palm facing in.
- Place the opposite hand and knee on the bench.
- Inhale and lift the elbow as high as possible next to your body with your arm bent.
- Control the movement lowering the weight exhale at the end.
- Swap sides and repeat.

Triceps Dumb-bell Extension Over Head –20 REPS

- Hold a dumb-bell with both hands.
- The large part of the dumb-bell or plate should rest on both palms. Let the other side of the weight hang above your head.
- Keep your elbows close to your head.
- Lower the dumb-bells close towards to your back by flexing the elbows.
- Keep the elbows pointing forward.

Row for 500 metres

After completing the above 'Routine B' twice, finish with stretch exercises as advised by Personal Trainer.

MONTH 2 - DAY 1

WARMUP

- Start warm up on the Stepper doing the following training:
 - Four minutes on moderate speed. Moderate is at a level where you are feeling warm but capable of performing the exercise without struggling.
 - Increase the speed to a faster level and do an extra 4 minutes.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Back extensions on the Swiss ball – 20 REPS

- Kneel down on the ground, lay stomach over the Swiss ball with legs outstretched and toes resting on the ground.
- Place hands under your chin. With torso bend forward, extend your back rising your upper body to 45 degrees.

Leg Press - 20 REPS

- Sit with your legs approx hip-width apart.
- Make sure your back is fully supported.
- Avoid locking your legs when back is fully stretched.

Skipping Rope - for 2 minutes

High and Low Static Lunges

- Stand with your legs approx hip-width apart. Keep your head and chest up.
- Take three to four foot steps forward, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor. Keep your torso upright. Keep the knee of your front leg directly over the ankle of the front leg. Never let your knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your bodyweight up and step your back leg forward returning to the start position.
- Repeat 10 times.
- When you reach number 10, hold lower position for 15 seconds. Do not rest your knee on the ground.
- Swap sides and repeat the routine.

STAMINA EXPLOSION & LOWER BODY WORKOUT

Burpee and Jump Ups – 20 REPs

- Start in a 'push up' position with hands on the floor, upper body raised and legs stretched and balanced on up right toes.
- Do one push up.
- Quickly jump feet forward to a low squatting position.
- Jump high into the air, bringing your knees up to your chest & raising your hands above your head.
- Land with feet together, on the balls of your feet.
- Drop back to a squat.
- Jump feet back to a 'push up' position.
- Do continuously until recommended number of REPS is reached.

Leg extensions - 20 REPs

- Sit at the machine and grasp the handles.
- Inhale and raise the legs to horizontal.
- Exhale at the end of the exercise.

Kangaroo Jumps for 1 minute

- Stand upright, place your hands behind your head.
- Lower your body into a deep squat position.
- As you jump up, lift both feet off the ground.
- Keep back straight throughout.
- Repeat jumps for one continuous minute.

Squats – 20 REPs

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with the head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.
- Repeat until recommended number of REPs is reached.

One minutes of static running

- Run on the spot while raising alternative knees to waist level.

After completing the above routine 3 times, finish with stretch exercises as advised by Personal Trainer.

MONTH 2 - DAY 2

WARMUP

- Start on the rowing machine by completing a distance of 1000 metres.
- Do 20 arm swings in each direction.
- Do 20 arm-flys. Stretch arms at shoulder level pointing fingers forward. Take deep breath and open your arms stretching to the side while keeping at shoulder level. Repeat for 20 reps.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Push-ups – 20 REPs

- Face downwards on the ground, with arms extended.
- Hands shoulder-width or more apart.
- Feet touching or slightly apart.
- Inhale and bend your arms lowering your chest close to the ground.
- Push back up to complete the movement.
- Keep your back straight and maintain posture.

Squat Jumps – 20 REPs

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land as smoothly and lightly as you can.

Shoulder Lateral Raises – 20 REPs

- Stand with straight back, legs slightly apart and arms hanging next to the body.
- Hold the dumb-bell in each hand.
- Raise the arms on your side up to your shoulder level.
- Keep your elbows slight bend.
- Control the weights at all times, lower to start position.

Thai jumps for one minute

- Extend your arms to the side of your body at shoulder level.
- Inhale, jump high raising knees towards your chest. Keep your arms outstretched and back straight.
- When returning your feet to the floor, ensure your upper body is kept upright and straight.

STAMINA EXPLOSION & UPPER BODY WORKOUT

Barbell Bent Rows – 20 REPs

- Stand with legs slightly bent, grasping the bar with over hand grip.
- Your hands must be slightly wider than shoulder-width apart.
- With your back straight lean forward 45 degrees.
- Hold your arms full extended and the bar at your knee level.
- Inhale and lift the barbell up to your chest with your elbow as high as possible.
- Control the movement lowering the weight, exhale at the end.

Triceps Dumb-bell Extension Overhead – 20 REPs

- Hold dumb-bell with both hands.
- The large part of the dumb-bell or plate should rest on both palms. Let the other side of the weight hang above your head.
- Keep your elbows close to your head.
- Lower the dumb-bells close towards your back by flexing the elbows.
- Keep your elbows pointing forward.

Thai jumps for one minute

- Extend your arms to the side of your body at shoulder level.
- Inhale, jump high raising knees towards your chest. Keep your arms outstretched and back straight.
- When returning your feet to the floor, ensure your upper body is kept upright and straight.

Wide Barbell Bicep Curls – 20 REPs

- Hold barbell. Your hands must be slightly wider than shoulder-width apart.
- Inhale and bend your elbows raising the bar close to reach chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight, exhale at the end.

Triceps Dips – 20 REPs

- Suspend the body between two benches by place your hands on the edge of one bench.
- Inhale and lower your body by dipping and by bending your elbow.
- Raise your body to the start position by extending your forearm.

Row for 1000 metres

After completing the above routine 3 times, finish with stretch exercises as advised by Personal Trainer.

MONTH 2 - DAY 3

WARMUP

- Start warm up on the treadmill by jogging for six minutes, followed by six minutes walking fast up-hill at level 10.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE A - ABDOMINALS

Rest for 20 seconds between each of the following exercises.

Sit-ups - 20 REPs

- Lie on your back, with knees bent, feet flat on the ground and hands behind your neck.
- Inhale and raise your upper body. Round your back.
- Exhale at the end of the movement.
- Return to initial position without touching the ground.

Rico's Crunches - 20 REPs

- Lie on your back, pressing your lower back against to the floor avoiding arching.
- Start with your legs replicating the cycling movements building up a good rhythm.
- Place your hands behind your head.
- Inhale and raise you torso while continuing the cycling movements.
- Exhale and return your shoulder to the ground. Keep your legs moving in rhythm.

R-Cross Over Crunch - 20 REPs

- Lie on your back.
- Make sure you maintain the natural curve on your back.
- Move your legs replicating cycling movements.
- Hands behind your head and elbows wide open.
- Alternate your knees moving closer to your chest.
- Move the right elbow towards to the left knee and vice versa. Breathe in a relaxed manner.

The above 'Routine A - Abdominals' must be repeated 3 times. Rest for 1 minute between each routine.

R-Bike Hill Trip

- Cycle for one minute at a moderate speed and a low resistance level.
- For second minute spin at a high speed and continue for 2 minutes.
- Repeat above for 10 minutes keeping the 1 minute recovering at a moderate speed and 2 minutes spinning at your maximum speed.

ROUTINE B

45 degrees Core Twisted - 20 REPs

- Hold your torso at 45 degrees angle.
- Hold a dumb-bell with both hands.
- Keep your arms stretched with the dumb-bell at chest height.
- Keep knees bent at 90 degrees.
- Twist from one side to another.

Above 'Routine B' must be repeated 3 times. Rest for 1 minute between each routine.

Jogging

- Jog for 10 minutes at a moderate to intensive level.

Finish with stretch exercises as advised by Personal Trainer.

MONTH 2 - DAY 4

WARMUP

- Start warm up on the Stepper doing the following training:
 - Four minutes on moderate speed. Moderate is at a level where you are feeling warm but capable of performing the exercise without struggling.
 - Increase the speed to a faster level and do an extra 4 minutes.

ROUTINE A

Rest for 20 seconds after each exercise.

Back extensions on the Swiss ball – 20 REPS

- Kneel on the ground, lie stomach over the Swiss ball with legs outstretched and toes resting on the ground.
- Place hands under your chin. With torso bend forward, extend your back rising your upper body to 45 degrees.

Kangaroo Jumps for 1 minute

- Stand upright, place your hands behind your head.
- Lower your body into a deep squat position.
- As you jump up, lift both feet off the ground.
- Keep back straight throughout.
- Repeat jumps for one continuous minute.

Leg Press - 20 REPS

- Sit with your legs approx hip-width apart.
- Make sure your back is fully supported.
- Avoid locking your legs when it is fully stretched.

Squats – 20 REPS

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with the head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.

High and Low Static Lunges

- Stand with your legs approx hip-width apart. Keep your head and chest up.
- Take three to four foot steps forward, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor. Keep your torso upright. Keep the knee of your front leg directly over the ankle of the front leg. Never let your knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your bodyweight up and step your back leg forward returning to the start position.
- Repeat 10 times.
- When you reach number 10, hold lower position for 15 seconds. Do not rest your knee on the ground.
- Swap sides and repeat the routine.

Leg extensions - 20 REPS

- Sit at the machine and grasp the handles.
- Inhale and raise the legs to horizontal.
- Exhale at the end of the exercise.

500 metre sprint / jog on the treadmill

Repeat the above 'Routine A' twice. When completed move onto 'Routine B' below.

Use this routine to really challenge and push yourself that little bit extra at the end of the week!

ROUTINE B

Rest for 20 seconds between each exercise.

Push-ups – 20 REPs

- Face downwards on the ground, with arms extended.
- Hands shoulder width or more apart.
- Feet touching or slightly apart.
- Inhale and bend your arms lowering your chest close to the ground.
- Push back up to complete the movement.
- Keep your back straight and maintain a posture.

Triceps Dumb-bell Extension Overhead – 20 REPs

- Hold dumb-bell with both hands.
- The large part of the dumb-bell or plate should rest on both palms. Let the other side of the weight hang above your head.
- Keep your elbows close to your head.
- Lower the dumb-bells close towards your back by flexing the elbows.
- Keep your elbows pointing forward.

Shoulder Lateral Raises – 20 REPs

- Stand with straight back, legs slightly apart and arms hanging next to the body.
- Hold the dumb-bell in each hand.
- Raise the arms on your side up to your shoulder level.
- Keep your elbows slightly bent.
- Control the weights at all times, lower to start position.

Wide Barbell Bicep Curls – 20 REPs

- Hold barbell. Your hands must be slightly wider than shoulder-width apart.
- Inhale and bend your elbows raising the bar close to reach chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight, exhale at the end.

Squat Jumps – 20 REPs

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land as smoothly and lightly as you can.

Triceps Dips – 20 Reps

- Suspend the body between two benches by placing your hands on the edge of one bench.
- Inhale and lower your body by dipping and by bending your elbow.
- Raise your body to the start position by extending your forearm.

Barbell Bent Rows – 20 REPs

- Stand with legs slightly bent, grasping the bar with over hand grip.
- Your hands must be slightly wider than shoulder-width apart.
- With your back straight lean forward 45 degrees.
- Hold your arms fully extended and the bar at knee level.
- Inhale and lift the barbell up to your chest with your elbow as high as possible.
- Control the movement lowering the weight, exhale at the end.

500 metres on rowing machine

After completing 'routine B' twice, finish with stretch exercises as advised by Personal Trainer.

MONTH 3 - DAY 1

WARMUP

- Start warm up on the treadmill doing the following interval training:
 - One minute jogging, then one minute walking fast. Do for 4 minutes.
 - Increase the speed to one minute sprinting and then one minute jogging. Do for 6 minutes.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Dead Lifts - 20 REPs

- Place your feet hip-width apart with the bar directly over the balls of your feet.
- Set the bar right above the point where your toes meet the rest of your foot.
- With your back straight lean forward 90 degrees.
- Your hands must be wider than shoulder-width apart.
- Stand with legs slightly bent, grasping the bar with over hand grip.
- Keep your arms fully extended.
- Inhale and begin to lift the bar moving your torso to a standing position. Keep your back straight.
- Control the movement lowering the weight, exhale at the end.
- Return to start position.

Squat Jumps – 20 REPs

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arms up.
- Jump up off the ground.
- Land smoothly and lightly as you can.

Squats – 20 REPs

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with the head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.

STAMINA EXPLOSION & LOWER BODY WORKOUT

Plié Squat – 20 REPs

- Place your feet a little further than hip-width apart. Your toes and knees should be turned out in a comfortable position. Make sure to keep your back straight. Place your hands on your hips.
- Bend your knees, lowering your hips and sinking straight down into a 90 degree position. The space between your legs should form a square.
- Straighten your legs back to starting position.

Squat Jumps – 20 REPs

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land smoothly and lightly as you can.

Power Lunges – 20 REPs for each leg

- Stand with your legs approx hip-width apart. Keep your head and chest up.
- Take a three to four foot step forward, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor, keep your torso upright.
- Keep the knee of your front leg directly over the ankle of your front leg.
- Never let your back knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your bodyweight up and returning your forward leg to the start position, repeat with the alternative leg.

Repeat above routine 3 times. Rest for 1 minute between each routine.

R-Bike Hill Trip 2

- Cycle for one minute at a moderate speed and a low resistance level.
- Then cycle for 2 minutes at a high speed.
- Then cycle for 1 minute at maximum resistance and slower speed.

Finish with stretch exercises as advised by Personal Trainer.

WARMUP

- Start on the rowing machine by completing a distance of 1000 metres.
- Do 20 arm swings in each direction.
- Do 20 arm-flies. Stretch arms at shoulder level pointing fingers forward. Take deep breath and open your arms stretching to the side while keeping at shoulder level. Repeat for 20 reps.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE

Rest for 20 seconds between each of the following exercises.

Push-ups on the step - 20 REPS

- Face downwards on the ground.
- Extend one arm with hand on the floor.
- Extend the other arm slightly bent over a step.
- Hands and shoulder width or more apart.
- Feet slightly apart.
- Inhale and bend your arms lowering your chest close to the ground.
- Push back up to complete the movement.
- Move slightly to the side and switch hands, placing the hand that was on the floor on the step and the hand on the step on the floor.
- Repeat the movement alternating sides.
- Keep your back straight.

Shoulder Front dumb-bell press – 20 REPS

- Sit on the bench keeping your back straight with your elbows bent point forward.
- Hold the dumb-bell at your shoulder level with underhand grip.
- Thumbs point away from each other.
- Inhale and extend your arms vertically while you rotating at the wrists 180 degree.
- Thumbs point towards each other.
- Exhale at the end of the movement.
- Control the weights all time and lower to a start position.

Squat Jumps – 20 REPS

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land as smoothly and lightly as you can.

STAMINA EXPLOSION & UPPER BODY WORKOUT

Lat Pull Down – 20 REPs

- Sit facing the machine with your legs under the pads.
- Grip the bar with a wide over hand grip.
- Inhale and pull the bar down to your upper chest.
- Control the weights at all times. Lower to a start position.
- Exhale at the end of the movement.

Triceps Dumb-bell Extension lying on the bench – 20 REPs

- Lie on the bench and hold a dumb-bell in each hand.
- With your arms vertical position the dumb-bell above your chest.
- Inhale and lower your forearms by bending your elbows.
- Control the weights at all times.
- Return to a starting position.
- Exhale at the end of the movement.

Skip using skipping rope for one minute

Narrow Barbell Biceps Curls – 20 REPs

- Hold barbell with both hands slightly narrower than shoulder width apart.
- Inhale and bend your elbows raising the bar close to reach your chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight exhale at the end.

Kick Back Dumb-bell – 20 REPs

- Hold a dumb-bell with your palm faced in.
- Place the opposite hand and knee on the bench.
- Maintain the posture and keep the spine neutral.
- Keep the elbow in line with your back close to your body.
- The upper arm must stay stationary.
- Extend the arm at the elbow until straight.
- Swap sides and repeat.

Row for 1000 metres

After completing the above routine 3 times, finish with stretch exercises as advised by Personal Trainer.

MONTH 3 - DAY 3

WARMUP

- Start warm up on the treadmill by jogging for five minutes, followed by seven minutes walking fast up-hill at level 10.

**THE FOLLOWING ROUTINE MUST BE REPEATED 3 TIMES.
REST FOR 1 MINUTE BETWEEN EACH ROUTINE.**

ROUTINE A - ABDOMINALS

Rest for 20 seconds between each of the following exercises.

Plank Stabilisation

- Raise body in the 'press-up' position, supported on elbows and feet.
- Feet should be hip-width apart and elbows shoulder-width apart and inline with upper chest.
- Maintain neutral spine; engage abdominal stabilisation, pulling your navel towards your spine.
- Do not arch your back, breathe in a relaxed manner.
- Hold as long as you can...anything between 45 to 120 seconds.

Rico's Crunches - 20 REPS

- Lie on your back, pressing your lower back against the floor, avoid arching.
- Start with your legs replicating the cycling movements building up a good rhythm.
- Place your hands behind your head.
- Inhale and raise your torso while continuing the cycling movements.
- Exhale and return your shoulder to the ground. Keep your legs moving in rhythm.

R-Cross Over Crunch - 20 REPS

- Lie on your back
- Make sure you maintain the natural curve on your back.
- Move your legs replicating cycling movements.
- Hands behind your head and elbows wide open.
- Alternate your knees moving closer to your chest.
- Move the right elbow towards the left knee and vice versa. Breathe in a relaxed manner.

The above 'Routine A - Abdominals' must be repeated 3 times. Rest for 1 minute between each routine.

R-Bike Hill Trip 3

- Cycle for 1 minute at a moderate speed and a low resistance level.
- Then cycle for 1 minute at a high speed.
- Then cycle for 1 minute at high resistance and slower speed.
- Repeat above for three rounds (total nine minutes).

ROUTINE B

45 degrees Core Twisted - 20 REPs

- Hold your torso at a 45 degree angle.
- Hold a dumb-bell with both hands.
- Keep your arms stretched with the dumb-bell at chest height.
- Keep knees bent at 90 degrees.
- Twist from one side to another.

Above 'Routine B' must be repeated 3 times. Rest for 1 minute between each routine.

Jogging

- Jog for 10 minutes at a moderate to intensive level.

Finish with stretch exercises as advised by Personal Trainer.

MONTH 3 - DAY 4

WARMUP

- Start on the rowing machine by completing a distance of 1000 metres.
- Do 20 arm swings in each direction.
- Do 20 arm-flies. Stretch arms at shoulder level pointing fingers forward. Take deep breath and open your arms stretching to the side while keeping at shoulder level. Repeat for 20 reps.

ROUTINE A

Rest for 20 seconds after each exercise.

Push-ups on the step - 20 REPS

- Face downwards on the ground.
- Extend one arm with hand on the floor.
- Extend the other arm slightly bent over a step.
- Hands and shoulder width or more apart.
- Feet slightly apart.
- Inhale and bend your arms lowering your chest close to the ground.
- Push back up to complete the movement.
- Move slightly to the side and switch hands, placing the hand that was on the floor on the step and the hand on the step on the floor.
- Repeat the movement alternating sides.
- Keep your back straight.

Shoulder Front dumb-bell press – 20 REPS

- Sit on the bench keeping the back straight.
- With the elbows bent point forward.
- Hold the dumb-bell at shoulder level with underhand grip.
- Thumbs point away from each other.
- Inhale and extend your arms vertically while you rotate at the wrists 180 degree.
- Thumbs point each other.
- Exhale at the end of the movement.
- Control the weights at all times, lower to start position.

Lat Pull Down – 20 REPS

- Sit facing the machine with your legs under the pads.
- Grip the bar with a wide over hand grip.
- Inhale and pull the bar down to your upper chest.
- Control the weights at all times, lower to start position.
- Exhale at the end of the movement.

Triceps Dumb-bell Extension lie on the bench – 20 REPS

- Lie on the bench and hold a dumb-bell in each hand.
- With your arms vertical, position the dumb-bell above your chest.
- Inhale and lower your forearms by bending your elbows.
- Control the weights at all times.
- Return to start position.
- Exhale at the end of the movement.

Narrow Barbell Biceps Curls – 20 REPS

- Hold barbell slightly less than your shoulder-width apart.
- Inhale and bend your elbows raising the bar close to reach your chest level.
- Continue raising the elbow at the end of the movement.
- Control the movement lowering the weight exhale at the end.

Kick Back Dumb-bell – 20 REPS

- Hold a dumb-bell with your palm faced in.
- Place the opposite hand and knee on the bench.
- Maintain the posture and keep the spine neutral.
- Keep the elbow in line with your back close to your body.
- The upper arm must stay stationary.
- Extend the arm at elbow until straight.
- Swap sides and repeat.

Row for 1000 metres

After completing 'Routine A' twice, move onto 'Routine B'

Use this routine to really challenge and push yourself that little bit extra at the end of the week!

ROUTINE B

Rest for 20 seconds between each exercise.

Dead Lifts - 20 REPS

- Place your feet hip-width apart with the bar directly over the balls of your feet.
- Set the bar right above the point where your toes meet the rest of your foot.
- With your back straight lean forward 90 degrees.
- Your hands must be wider than shoulder-width apart.
- Stand with legs slightly bent, grasping the bar with overhand grip.
- Keep your arms fully extended.
- Inhale and begin to lift the bar moving your torso to a standing position. Keep your back straight.
- Control the movement lowering the weight, exhale at the end.
- Return to start position.

Squat Jumps - 20 REPS

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land smoothly and lightly as you can.

Squats - 20 REPS

- Starting position will depend on type of equipment being used.
- Hold the barbell with both hands and rest at back of your neck over your shoulders.
- Begin to slowly lower the bar by bending your knees as you maintain a straight posture with the head up.
- Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees.
- If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past your toes then you are placing undue stress on the knee and the exercise has been performed incorrectly.
- Begin to raise the bar by pushing the floor with your toes mainly as you straighten the legs again and go back to the starting position.

Plié Squat - 20 REPS

- Place your feet a little further than hip-width apart. Your toes and knees should be turned out in a comfortable position. Make sure to keep your back straight. Place your hands on your hips.
- Bend your knees, lowering your hips and sinking straight down into a 90 degree position. The space between your legs should form a square.
- Straighten your legs back to starting position.

Squat Jumps - 20 REPS

- Place your feet hip-width apart and lower into a squat.
- Using the momentum bring your arm up.
- Jump up off the ground.
- Land smoothly and lightly as you can.

Power Lunges - 20 REPS for each leg

- Stand with your legs approx hip width apart. Keep your head and chest up.
- Take three to four steps forward, standing on the ball of the foot of your back leg.
- Lower your body until the thigh of the front leg is parallel to the floor, keep your torso upright.
- Keep the knee of your front leg directly over the ankle of your front leg.
- Never let your back knee hit the floor and avoid letting your front knee travel past your toe.
- Raise your bodyweight up and returning your forward leg to the start position, repeat with the alternative leg.

Repeat above 'Routine B' twice. Rest for 1 minute between each routine.

R-Bike Blast

- Cycle for a minute at high speed and a low resistance level.
- Then for 2 minutes cycle at maximum resistance.
- Then for 1 minute cycle on low level and slower speed.

Finish with stretch exercises as advised by Personal Trainer.