



My TD Fitness Workout

Fat Loss Level 1: Week 2: Day 1

Trainer T.



There are 3 workouts for this week. Perform each workout with 1 day of rest in between, following the indicated intensity.

Intensity

Reps: **50** for the first cardio move & **15** for the next 2 exercises

Sets: contain **4** exercises each

Rest: **30** seconds between sets

This workout is a circuit of quad sets, each containing 4 separate exercises.

For each quad set, perform 50 repetitions of the first cardio move and 15 repetitions of the following 3 exercises.

Complete the 4 exercises in each set one after another, and then rest for 30 seconds before moving on to the next set.

Set 1

Get ready to perform Set 1.



- 1 - Stand upright with your feet together and your arms straight out in front at shoulder height.
 - 2 - Jump up, splitting your feet out to the sides and opening your arms out to the sides.
 - 3 - Land with your feet about shoulder width apart and your arms outstretched at shoulder height.
- Jump back in to the start position and rapidly repeat.



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.



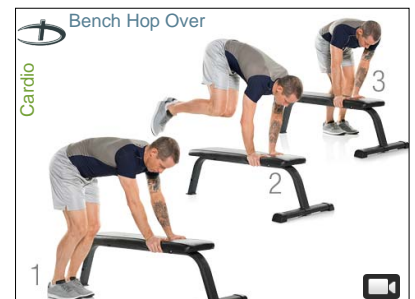
- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.



- 1 - Lie on your back with your legs straight up in the air and your hands by your sides.
 - 2 - Push your feet up towards the ceiling, raising your hips off the floor.
- Use your abdominal muscles to pull you up and do not push with your hands.
 - Lower your hips back to the floor and repeat.

Set 2

Get ready to perform Set 2.



- 1 - Stand to the side of a bench with your hand on the middle of the bench.
- 2 - Hop up and over to the other side, keeping your hands on the bench.
- 3 - Hop back over to the starting side and continue hopping over and back.



My TD Fitness Workout

Fat Loss Level 1: Week 2: Day 1

Trainer T.



- Squat**
- Legs
- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.



- Bench Dip**
- Triceps
- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
 - 2 - Lower your body toward the floor, bending at the elbows.
 - 3 - Push up through your palms to return to the start position.



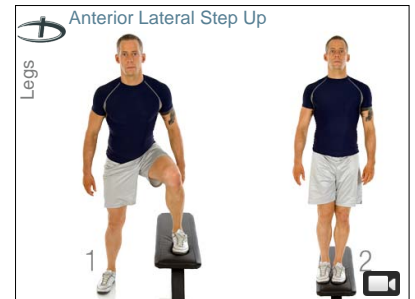
- Twisting Crunch**
- Abs
- 1 - Lie on your back with your knees bent and feet flat, placing your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor and twist your torso to one side.
- Try to bring one elbow toward the opposite knee and keep your feet flat on the floor throughout.
 - Lower your head and shoulders then repeat, twisting to the other side.
 - Alternate sides with each rep.

Set 3

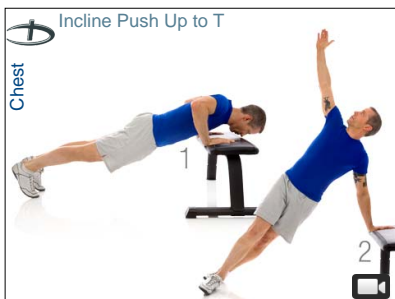
Get ready to perform Set 3.



- Jumping Jacks**
- Cardio
- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.



- Anterior Lateral Step Up**
- Legs
- 1 - Stand to the side of a bench with one foot on the bench slightly in front with your arms by your sides.
 - 2 - Push down on top foot and step up and laterally onto the bench.
- Step down and back with the outside foot, keeping the other on the bench.
 - Complete all reps on one side before switching to the other side.



- Incline Push Up to T**
- Chest
- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position, then raise one hand to the ceiling while rotating your body to the same side.
- Lower your body back to the start position and repeat reaching up to the opposite side.
 - Alternate sides with each rep.



- Lying Superman**
- Lower Back
- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

Set 4

Get ready to perform Set 4.



My TD Fitness Workout

Fat Loss Level 1: Week 2: Day 1

Trainer T.



- Mountain Climber**
- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.



- Side Lunge**
- 1 - Stand upright with your arms by your sides.
- 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
- 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.



- Bench Dip**
- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.



- Jack Knife**
- 1 - Lie on your back with your legs straight and hands to the sides of your head.
- 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- 3 - Lower your upper body and legs and repeat.
- Try to get your elbows to meet your knees in the middle.