



My TD Fitness Workout

Fat Loss Level 1: Week 3: 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 2 moves & 15 for the next 4 exercises

Sets: contain 6 exercises each

Rest: 45 seconds between sets

This workout is a circuit of giant sets, each containing 6 separate exercises.

For each set, perform 50 repetitions of the first 2 cardio move and 15 repetitions of the following 4 exercises.

Complete the 6 exercises in each set one after another, and then rest for 45 seconds before moving on to the next set.

Set 1

Get ready to perform Set 1.



- Jumping Jacks**
- 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.



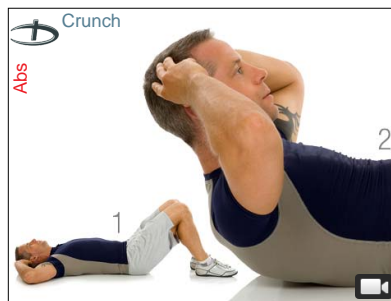
- Toe Taps**
- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
 - 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.



- Split Squat**
- 1 - Stand upright with your feet split front to back with your hands at your sides.
 - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position.
- Complete all reps on one side before switching to the other side.



- Push Up**
- 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.



- Crunch**
- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.



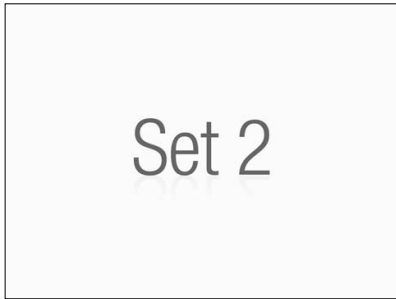
- Quad Superman**
- 1 - Begin on all fours with both knees and hands on the floor.
 - 1 - Raise one arm and the opposite leg straight up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



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Get ready to perform Set 2.



- Stand upright with your feet together and your arms by your sides.
- 1 - Run on the spot raising your knees as high as possible each step.
- 2 - Rapidly switch feet and use your arms as if running.



- Stand upright with your feet together and your arms by your sides.
- 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
- 2 - Reverse the direction of the movement.



- 1 - Stand upright with one foot on a bench and your arms at your sides.
- 2 - Step up onto the bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
- Complete all reps on one side before switching to the other side.



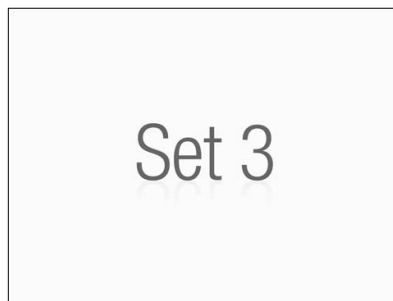
- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.



- 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.



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
- 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.
- Keep your upper body stable throughout.



Get ready to perform Set 3.



- 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.



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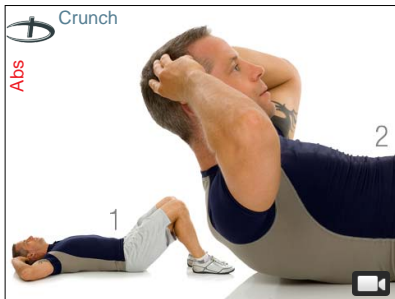
- Cardio**
- Toe Taps**
- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
 - 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.



- Legs**
- Split Squat**
- 1 - Stand upright with your feet split front to back with your hands at your sides.
 - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position.
- Complete all reps on one side before switching to the other side.



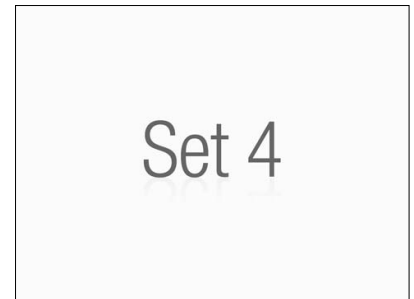
- Chest**
- Push Up**
- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.



- Abs**
- Crunch**
- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.



- Lower Back**
- Quad Superman**
- 1 - Begin on all fours with both knees and hands on the floor.
 - 2 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



Get ready to perform Set 4.



- Cardio**
- High Knees**
- 1 - Stand upright with your feet together and your arms by your sides.
 - 1 - Run on the spot raising your knees as high as possible each step.
 - 2 - Rapidly switch feet and use your arms as if running.



- Cardio**
- Front Jumping Jacks**
- 1 - Stand upright with your feet together and your arms by your sides.
 - 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
 - 2 - Reverse the direction of the movement.



- Legs**
- Step Up**
- 1 - Stand upright with one foot on a bench and your arms at your sides.
 - 2 - Step up onto the bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
 - Complete all reps on one side before switching to the other side.



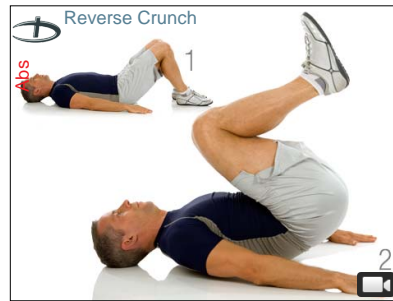
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- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.
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