



My TD Fitness Workout

Fat Loss Level 1: Week 4: Day 3

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.

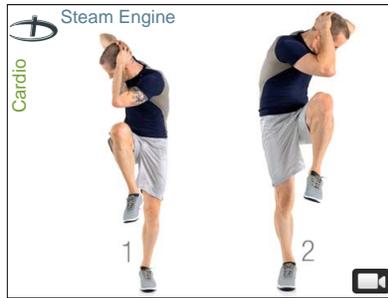
Complete the 6 exercises in each set one after another, and then rest for 45 seconds before moving on to the next set.

Set 1

Get ready to perform Set 1.



- Stand upright with your feet split front to back with your arms at your sides.
- 1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg and hands nearly touching the floor.
- 2 - Push off the front foot and jump up off the floor, switching your feet in the air and reaching your arms fully overhead.
- 3 - Land in a split squat position with the other foot in front and immediately jump again.
- Alternate your feet with each rep.



- Stand upright with your hands at the sides of your head.
- 1 - Raise one knee as high as possible and lower the opposite elbow to meet it, twisting your torso to this side.
- 2 - Switch sides, raising the other knee and lowering the opposite elbow, again twisting the torso to this side.
- Continue rapidly alternating sides.



- 1 - Stand upright with your arms by sides.
- 2 - Step back and across behind your other leg, lowering your body down and leaning your torso slightly forward.
- 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



- 1 - Stand upright on a box or step
- 2 - Take a step backward off the box, dropping your back knee towards the floor and leaning your torso slightly forward with your weight on your front leg.
- 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
- 2 - Lower your head and chest down toward the floor between your hands, bending at your elbows.
- 3 - Extend your head past your hands, then forward and up toward the ceiling.



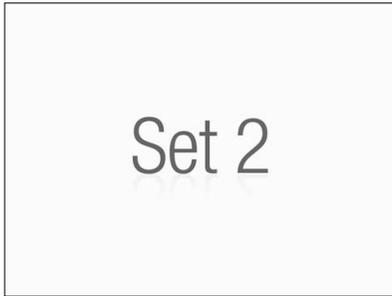
- Stand upright with your arms by your sides.
- 1 - Bend forward at the waist and place your hands on the floor in front.
- 2 - Walk your hands out until your body is straight in the top position of a push up.
- 3.4 - Perform a push up then walk your hands back in and return to the upright position.



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Get ready to perform Set 2.



- Squat Thrusts**
- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
 - 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
 - 3 - Jump your feet back out to a straight position.



- Side to Side**
- 1 - Stand upright with one foot on a bench to one side and your arms by your sides.
 - 2 - Step both feet up onto the bench then one down the other side to the floor.
 - 3 - Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.



- Crossover Lunge**
- 1 - Stand upright with your arms by your sides.
 - 2 - Step forward and across in front of your other leg, lowering your body down and leaning your torso slightly forward.
 - 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



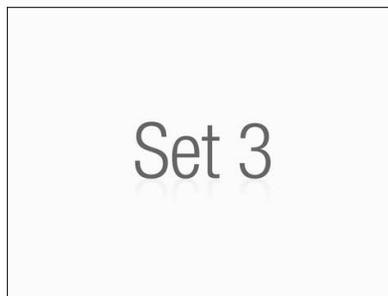
- Uni Stiff Leg Deadlift**
- 1 - Stand on one foot with your arms by your sides.
 - 2 - Reach one hand towards the floor, lifting your raised leg straight up behind and keeping your standing leg straight.
 - 3 - Return back to the upright position.
- Complete all reps on one side before switching to the other side.



- Spiderman Push Up**
- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Bend your elbows and lower your body towards the floor while also bending one knee and bringing it to your elbow with your foot off the floor.
 - 3 - Push back up to the top position and repeat with the other leg to the other elbow.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- Feet Up Bench Dip**
- 1 - Place your palms on a bench behind you and your heels on a bench in front 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 straight arm position.



Get ready to perform Set 3.



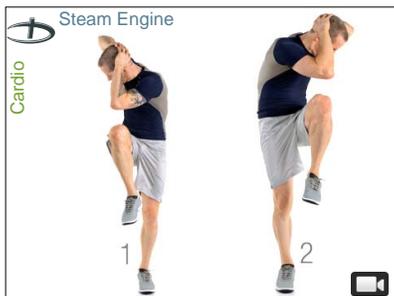
- Split Squat Jumps**
- 1 - Stand upright with your feet split front to back with your arms at your sides.
 - 2 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg and hands nearly touching the floor.
 - 3 - Push off the front foot and jump up off the floor, switching your feet in the air and reaching your arms fully overhead.
- Land in a split squat position with the other foot in front and immediately jump again.
- Alternate your feet with each rep.



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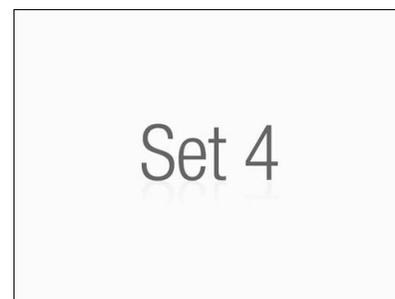
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- 2 - Walk your hands out until your body is straight in the top position of a push up.
- 3,4 - Perform a push up then walk your hands back in and return to the upright position.



Get ready to perform Set 4.



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.



- 1 - Stand upright with one foot on a bench to one side and your arms by your sides.
- 2 - Step both feet up onto the bench then one down the other side to the floor.
- Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.



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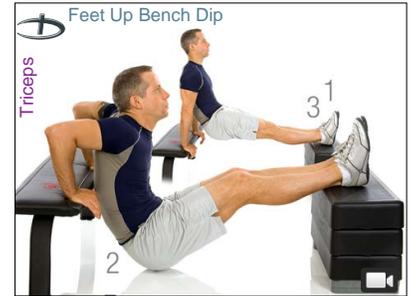
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- Legs
- 1 - Stand on one foot with your arms by your sides.
 - 2 - Reach one hand towards the floor, lifting your raised leg straight up behind and keeping your standing leg straight.
 - 3 - Return back to the upright position.
- Complete all reps on one side before switching to the other side.



- Chest
- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Bend your elbows and lower your body towards the floor while also bending one knee and bringing it to your elbow with your foot off the floor.
 - 3 - Push back up to the top position and repeat with the other leg to the other elbow.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- Triceps
- 1 - Place your palms on a bench behind you and your heels on a bench in front 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 straight arm position.