



# My TD Fitness Workout

Fat Loss Level 1: Week 2: 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 cardio move & **15** for the next 2 exercises

Sets: contain **4** exercises each

Rest: **30** seconds between sets

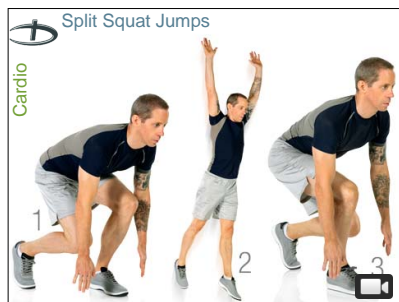
This workout is a circuit of quad sets, each containing 4 separate exercises.

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.



- 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.



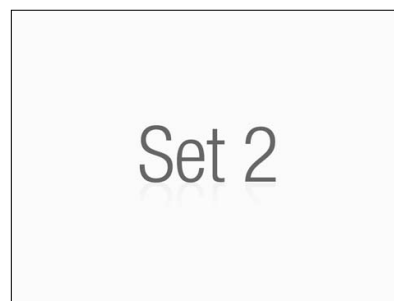
- 1 - Stand upright with your arms by sides.
- 2 - Step back and across behind your other leg, lowering your body down and leaning your torso slightly forward.
- 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



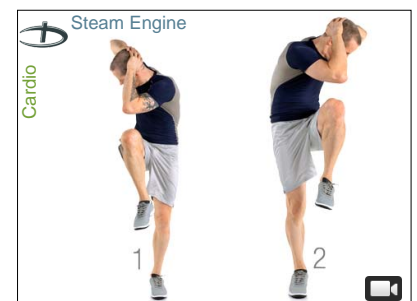
- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
- 2 - Lower your head and chest down toward the floor between your hands, bending at your elbows.
- 3 - Extend your head past your hands, then forward and up toward the ceiling.



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bring one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side using your other leg.



Get ready to perform Set 2.



- 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.



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- 1 - Stand on one foot with the same side arm raised straight up overhead.
- 2 - Lower your body down and reach the overhead arm towards the floor, raise your foot up behind and your other arm out to the side.
- 3 - Return to the upright position and repeat.
- Complete all reps on one side before switching to the other side.



- 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.



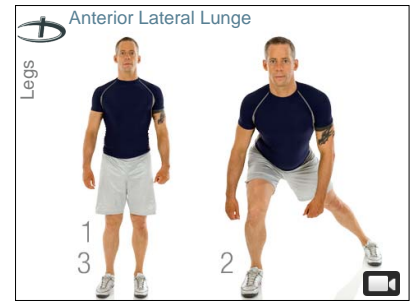
- 1 - Lie on your back with your legs straight and hands to the sides of your head.
- 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
- Lower your upper body and legs and repeat.

Set 3

Get ready to perform Set 3.



- 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 your arms straight by your sides.
- 2 - Step forward and laterally to one side, lowering your body down towards the floor and leaning your torso slightly forward.
- 3 - Push off the front leg to return to start position.
- Complete all reps on one side before switching to the other side.



- 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.



- 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.

Set 4

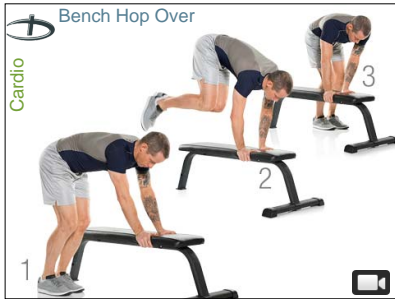
Get ready to perform Set 4.



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- Cardio**
- 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.



- 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.



- 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.



- Abs**
- 1 - Lie on your back with your knees bent and feet raised, 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, bringing your elbow towards the opposite knee.
- Lower your head and shoulders then repeat, twisting to the other side.
  - Alternate sides with each rep.