



# My TD Fitness Workout

Fat Loss Level 1: Week 3: Day 2

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

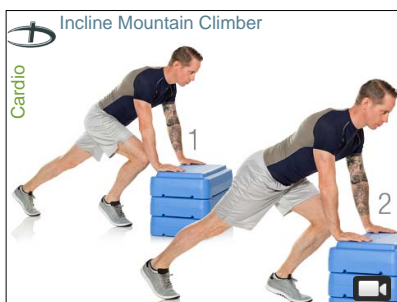
This workout is a circuit of giant sets, each containing 6 separate exercises.

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.



- Support your body on your toes with your hands on a step and your arms straight
- 1 - Bring one knee in toward your chest keeping the rest of your body in the push up position.
- 2 - Jump this leg back out and the other leg in.
- Alternate jumping your feet in and out, keeping your back flat throughout.



- 1 - Start in a semi-squat with one leg stretched out to the side.
- 2 - Push off your front leg, jumping to the other side and switching your other leg out to the side.
- Use arms in a swinging motion
- Alternate sides with each rep.



- 1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
- 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- 3 - Return upright and lower your arms to the start position.



- 1 - Stand upright with your arms raised overhead, hands clasped.
- 2 - Take a step to one side, lowering your body down, leaning your torso slightly forward and lowering your arms down to the outside of this knee in a chopping motion.
- 3 - Push off your outside foot to return to the start position and step out to the opposite side, chopping your arms down to this side.
- Alternate sides with each rep.



- Stand upright with your hands in front at chest height.
- 1 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
- 3 - Return back upright, twisting your torso to one side and punching the opposite arm straight up overhead.
- Lower back into the squat then raise up to the opposite side.
- Alternate sides with each rep.



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step backward, dropping your back knee to 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.



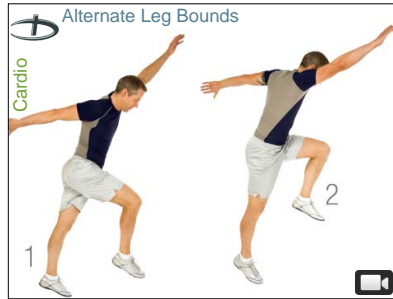
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## Set 2

Get ready to perform Set 2.



- Stand upright with your arms by your sides.
- 1 - Drive up off one foot, swinging the opposite leg and same side arm up as you jump forward on the other foot.
- 2 - Land on the ball of other foot and explode off again, swinging your opposite leg and same side arm forward.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- 1 - Stand upright with your feet together and your arms by your sides.
- 2 - Jump your feet out to the sides, opening about 3 feet.
- 3 - Jump your feet back together in the middle.
- 4 - Jump, splitting your feet front to back.
- Jump back to the start position and repeat.



- 1 - Stand upright with one foot on a step to one side and the other foot on the floor with your hands at your sides.
- 2 - Rapidly switch your feet, alternating between tapping the step and floor in a lateral motion.



- Stand upright with your hands at chest level, elbows bent
- 1 - Lower your body toward the floor, bending at the hips and knees into a squat, keeping your hands at your chest.
- 2 - Return upright and kick one leg straight out to the side.
- Complete all reps on one side before switching to the other side.



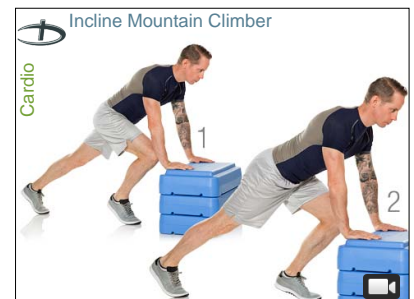
- 1 - Stand upright with your feet split front to back with your hands at your sides.
- 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
- 3 - Push off the front foot to return to start position.
- Complete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



- 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.

## Set 3

Get ready to perform Set 3.



- Support your body on your toes with your hands on a step and your arms straight
- 1 - Bring one knee in toward your chest keeping the rest of your body in the push up position.
- 2 - Jump this leg back out and the other leg in.
- Alternate jumping your feet in and out, keeping your back flat throughout.



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- 2 - Push off your front leg, jumping to the other side and switching your other leg out to the side.
- Use arms in a swinging motion
- Alternate sides with each rep.



- 1 - Stand upright with your arms raised overhead, hands clasped.
- 2 - Take a step to one side, lowering your body down, leaning your torso slightly forward and lowering your arms down to the outside of this knee in a chopping motion.
- 3 - Push off your outside foot to return to the start position and step out to the opposite side, chopping your arms down to this side.
- Alternate sides with each rep.



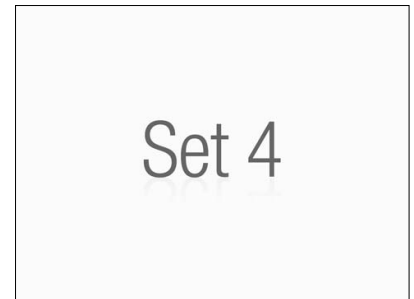
- Stand upright with your hands in front at chest height.
- 1 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
- 3 - Return back upright, twisting your torso to one side and punching the opposite arm straight up overhead.
- Lower back into the squat then raise up to the opposite side.
- Alternate sides with each rep.



- 1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
- 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- 3 - Return upright and lower your arms to the start position.



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step backward, dropping your back knee to 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.



Get ready to perform Set 4.



- Stand upright with your arms by your sides.
- 1 - Drive up off one foot, swinging the opposite leg and same side arm up as you jump forward on the other foot.
- 2 - Land on the ball of other foot and explode off again, swinging your opposite leg and same side arm forward.
- Perform one rep on one side, then switch to the other side.
- Alternate sides with each rep.



- 1 - Stand upright with your feet together and your arms by your sides.
- 2 - Jump your feet out to the sides, opening about 3 feet.
- 3 - Jump your feet back in together in the middle.
- 4 - Jump, splitting your feet front to back.
- Jump back to the start position and repeat.



- 1 - Stand upright with one foot on a step on one side and the other foot on the floor with your hands at your sides.
- 2 - Rapidly switch your feet, alternating between tapping the step and floor in a lateral motion.



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- Stand upright with your hands at chest level, elbows bent
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- 2 - Return upright and kick one leg straight out to the side.
- Complete all reps on one side before switching to the other side.



- 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.



- 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.