



My TD Fitness Workout

Fat Loss Level 1: Week 3: 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.



- 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.



- Stand upright with your arms by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
- 2 - Push off your feet, jumping straight up and raising your arms up overhead.
- Land in semi-squat with your arms back by your sides and repeat the jump.



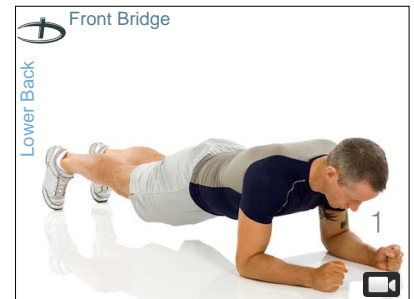
- 1 - Sit with your legs straight out, raised off the floor, placing your hands behind your back to balance.
- 2 - Bring your knees in towards your chest, keeping your feet raised.
- Return your legs back out to the start position and repeat.



- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
- 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
- Lower both and repeat using the opposite arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 2 - Raise your body off the floor, resting on your forearm and foot.
- Try to keep your body in a straight line and your elbow directly under your shoulder.
- Hold, then lower yourself back to the floor and repeat.
- Complete all reps on one side before switching to the other side.



- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
- Hold briefly, then lower yourself back to the floor and repeat.



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Set 2

Get ready to perform Set 2.



- Split Squat Jumps**
- Cardio**
- 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.
 - 2 - Push off the front foot and jump up off the floor, switching your feet in the air.
 - 3 - Land in a split squat with the other foot in front and repeat quickly.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



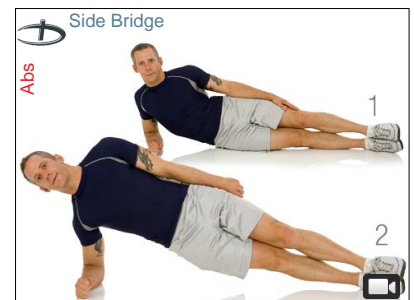
- Lateral Hop Knee In**
- Cardio**
- Stand upright with your arms by your sides.
 - 1 - Rapidly raise one knee up as high as you can, bringing the opposite elbow down to meet it.
 - 2 - Push off the outside foot, hopping laterally to one side about 3 to 4 feet.
 - 3 - Rapidly raise the other knee up as high as you can, bringing the opposite elbow down to meet it.
 - Repeat back to the starting side and continue moving laterally from side to side.



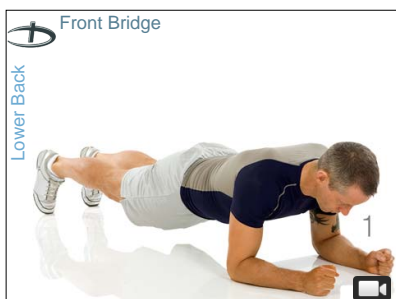
- Diamond Crunch**
- Abs**
- 1 - Lie on your back with the soles of your feet together, knees out to the sides and your arms straight up over your chest.
 - 2 - Lift your head and shoulders off the floor, keeping your feet together.
 - Lower your head and shoulders and repeat.



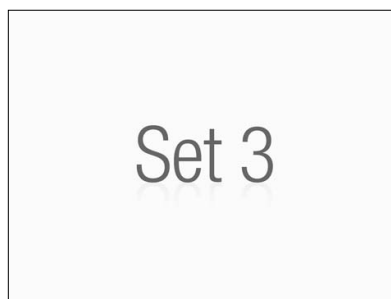
- Jack Knife**
- Abs**
- 1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
 - Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and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



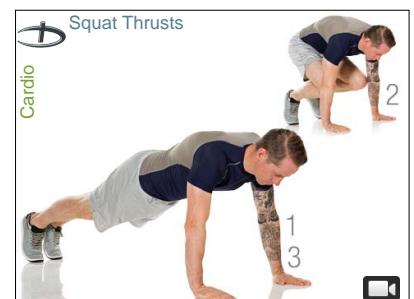
- Side Bridge**
- Abs**
- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 - 2 - Raise your body off the floor, resting on your forearm and foot.
 - Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.
 - Complete all reps on one side before switching to the other side.



- Front Bridge**
- Lower Back**
- Lie face down on the floor with your legs straight and arms tucked in by your sides.
 - 1 - Raise your body off the floor, resting on your toes and forearms.
 - Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.



Get ready to perform Set 3.



- Squat Thrusts**
- Cardio**
- 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.



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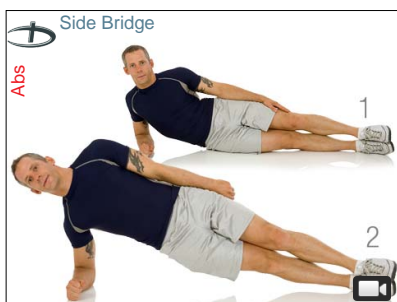
- Vertical Jumps**
- Cardio**
- Stand upright with your arms by your sides.
 - 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - 2 - Push off your feet, jumping straight up and raising your arms up overhead.
 - Land in semi-squat with your arms back by your sides and repeat the jump.



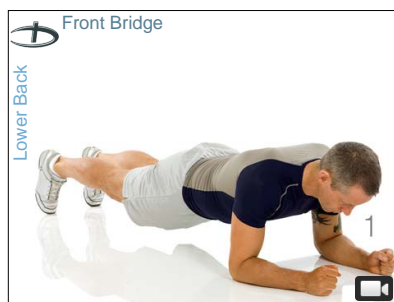
- Modified Jack Knife**
- Abs**
- 1 - Sit with your legs straight out, raised off the floor, placing your hands behind your back to balance.
 - 2 - Bring your knees in towards your chest, keeping your feet raised.
 - Return your legs back out to the start position and repeat.



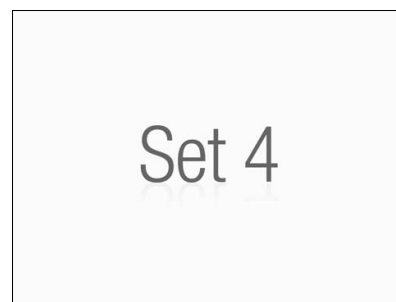
- Alternating V-Up**
- Abs**
- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
 - 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
 - Lower both and repeat using the opposite arm and leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- Side Bridge**
- Abs**
- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 - 2 - Raise your body off the floor, resting on your forearm and foot.
 - Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.
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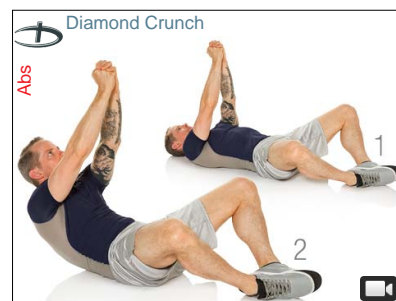
Get ready to perform Set 4.



- Split Squat Jumps**
- Cardio**
- 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.
 - 2 - Push off the front foot and jump up off the floor, switching your feet in the air.
 - 3 - Land in a split squat with the other foot in front and repeat quickly.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.



- Lateral Hop Knee In**
- Cardio**
- Stand upright with your arms by your sides.
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 - Repeat back to the starting side and continue moving laterally from side to side.



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- Abs**
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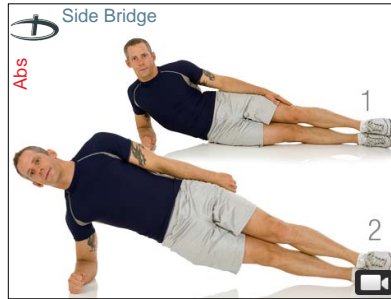
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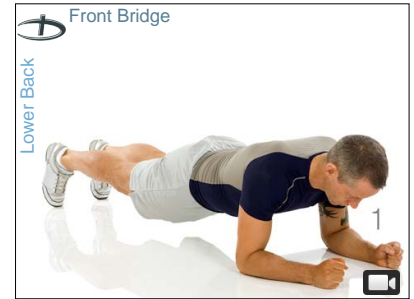
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- Abs**
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2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
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 - Lower your upper body and legs, then repeat.



- Abs**
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