



My TD Fitness Workout

Fat Loss Level 1: Week 4: 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.

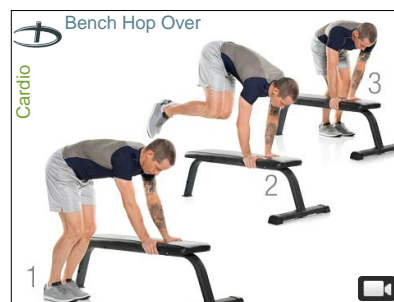
Complete the 6 exercises in each set one after another, and then rest for 45 seconds before moving on to the next set.

Set 1

Get ready to perform Set 1.



- 1 - Stand upright with your feet together and your arms straight out in front at shoulder height.
 - 2 - Jump up, splitting your feet out to the sides and opening your arms out to the sides.
 - 3 - Land with your feet about shoulder width apart and your arms outstretched at shoulder height.
- Jump back in to the start position and rapidly repeat.



- 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.



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
- Complete all reps on one side before switching to the other side.



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.



- 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.



- 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.



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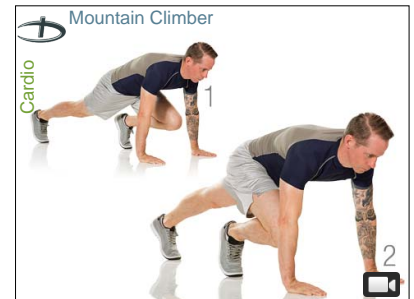
Trainer T.

Set 2

Get ready to perform Set 2.



- 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.



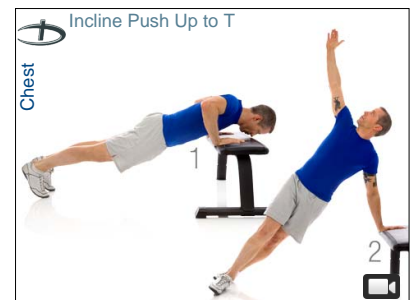
- Mountain Climber**
- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
 - 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.



- Step Up Balance**
- 1 - Stand upright with one foot on a step or bench with your arms at your sides.
 - 2 - Step up onto the bench by pushing down on your front foot and raise your other leg up with a 90 degree angle at the knee.
- Step down off the bench onto the back foot and repeat.
 - Complete all reps on one side before switching to the other side.



- 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.



- Incline Push Up to T**
- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position, then raise one hand to the ceiling while rotating your body to the same side.
- Lower your body back to the start position and repeat reaching up to the opposite side.
 - Alternate sides with each rep.



- Kneeling Close Push Up**
- 1 - Support your body on your knees and hands with your fingers touching and your elbows bent.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

Set 3

Get ready to perform Set 3.



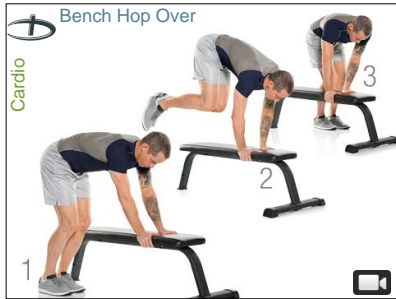
- Seal Jacks**
- 1 - Stand upright with your feet together and your arms straight out in front at shoulder height.
 - 2 - Jump up, splitting your feet out to the sides and opening your arms out to the sides.
 - 3 - Land with your feet about shoulder width apart and your arms outstretched at shoulder height.
- Jump back in to the start position and rapidly repeat.



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- Bench Hop Over**
- 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.



- Side Lunge**
- Legs
- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.



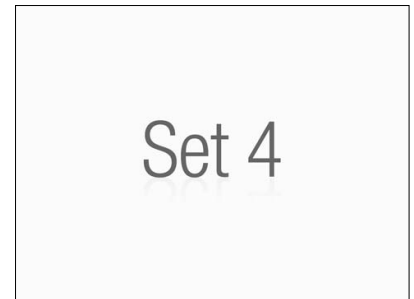
- Squat**
- Legs
- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.



- Push Up**
- Chest
- 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.



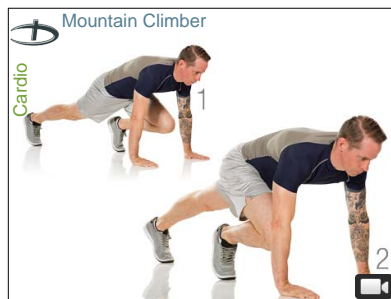
- Bench Dip**
- Triceps
- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
 - 2 - Lower your body toward the floor, bending at the elbows.
 - 3 - Push up through your palms to return to the start position.



Get ready to perform Set 4.



- Jumping Jacks**
- Cardio
- 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
- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
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 - Alternate sides with each rep.



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