



# My TD Fitness Workout

Fat Loss Level 1: Week 4: 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.

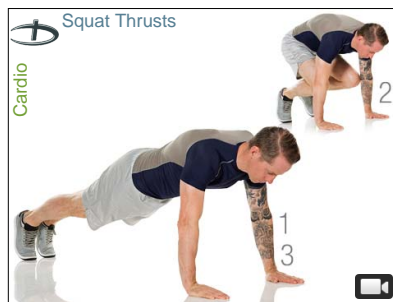
Complete the 6 exercises in each set one after another, and then rest for 45 seconds before moving on to the next set.

# Set 1

Get ready to perform Set 1.



- Stand in a semi-squat position with your hips and knees slightly bent feet close together and your hands up in front at chest level with your elbows bent.
- 1 - Hop your feet about 12 inches to one side, keeping your upper body stable.
- 2 - Rapidly hop back to the other side.
- Continue hopping rapidly from side to side, keeping your upper body stable.



- 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 behind with your arms by your sides.
- 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
- 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 - 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.



- 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.
- Lower your chest back down to the step and repeat.



- 1 - Support your body on your toes and hands with your hands inside your shoulders and your elbows bent, chest nearly touching the floor.
- 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.



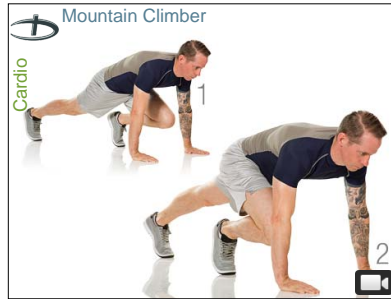
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# Set 2

Get ready to perform Set 2.



- 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.



- Plank Jacks**
- 1 - Support your body on your toes and hands with your arms straight, back flat and your feet together.
  - 2 - Jump your feet out wide to the sides, keeping your hands stationary.
  - 3 - Jump your feet back in together to the middle.
- Continue rapidly jumping your feet out wide and back in.



- Uni Bench Squat**
- 1 - Stand upright in front of a bench with one foot slightly off the floor.
  - 2 - Lower your body down into a squat position to touch the bench behind, keeping your foot off the floor in front.
  - 3 - Push off your standing foot to return to the start position, keeping your back flat throughout.
- Complete all reps on one side before switching to the other side.



- Reverse Lunge**
- 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.



- Jack Knife**
- 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.
  - 3 - Try to get your elbows to meet your knees in the middle.
- Lower your upper body and legs and repeat.



- Lying Leg Raise**
- 1 - Lie on your back with your legs straight and your hands by your sides.
  - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
  - Keep your upper body stable and your legs straight throughout the movement.

# Set 3

Get ready to perform Set 3.



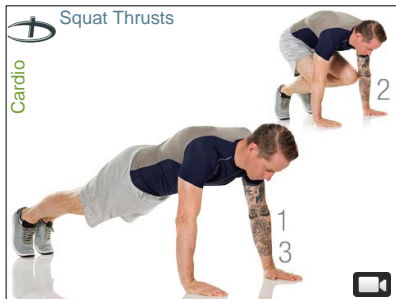
- Side to Side Mini Hops**
- 1 - Stand in a semi-squat position with your hips and knees slightly bent feet close together and your hands up in front at chest level with your elbows bent.
  - 1 - Hop your feet about 12 inches to one side, keeping your upper body stable.
  - 2 - Rapidly hop back to the other side.
- Continue hopping rapidly from side to side, keeping your upper body stable.



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- 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.



- Foot Up Split Squat**
- 1 - Stand upright with one foot on a bench behind with your arms by your sides.
  - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
  - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.



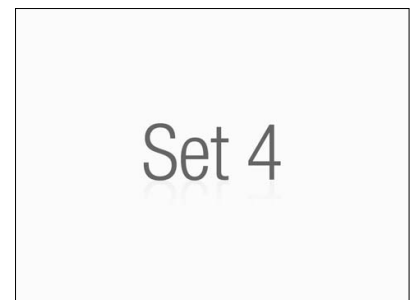
- Crossover Lunge**
- 1 - Stand upright with your arms by your sides.
  - 2 - Step forward and across in front of your other leg, lowering your body down and leaning your torso slightly forward.
  - 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side before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



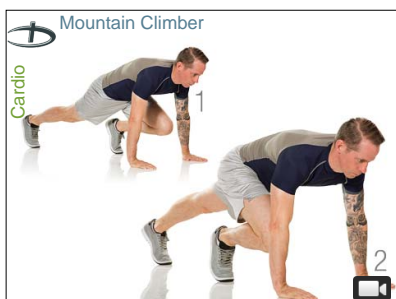
- Incline Push Up**
- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
  - 2 - Push up to a straight arm position.
- Lower your chest back down to the step and repeat.



- Close Push Up**
- 1 - Support your body on your toes and hands with your hands inside your shoulders and your elbows bent, chest nearly touching the floor.
  - 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.



Get ready to perform Set 4.



- 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.



- Plank Jacks**
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- Continue rapidly jumping your feet out wide and back in.



- Uni Bench Squat**
- 1 - Stand upright in front of a bench with one foot slightly off the floor.
  - 2 - Lower your body down into a squat position to touch the bench behind, keeping your foot off the floor in front.
  - 3 - Push off your standing foot to return to the start position, keeping your back flat throughout.
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- Try to get your elbows to meet your knees in the middle.
  - Lower your upper body and legs and repeat.



- 1 - Lie on your back with your legs straight and your hands by your sides.
  - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
  - Keep your upper body stable and your legs straight throughout the movement.