



My TD Fitness Workout

Weight Loss Sample

T. Taylor

Intensity

Reps: **15**

Circuits: **3**

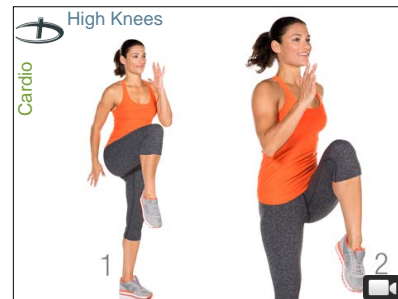
Load: **BODYWEIGHT** or **CHALLENGING** weight for indicated exercises

Rest: **60 seconds** between circuits

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets. Use your own bodyweight or a challenging weight as resistance for indicated exercises.

Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.



- Stand upright with your feet together and your arms by your sides.
- 1 - Run on the spot raising your knees as high as possible each step.
- 2 - Rapidly switch feet and use your arms as if running.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 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.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 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.
- Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
- Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Start in a sit up position with your feet up off the floor, knees bent and your arms extended out in front at chest height.
- 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet up and arms straight throughout.
- Alternate sides with each

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



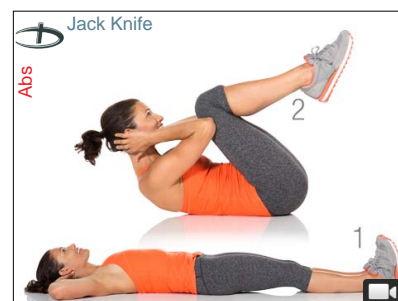
- 1 - Stand upright with one foot on a bench, holding the dumbbells by your sides with your arms straight.
- 2 - Step up onto the bench, pushing down on your front foot.
- Step down off the bench onto the back foot and repeat.
- Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 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.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 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.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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