

FAT LOSS ACCELERATE

TRANSFORMATION BY DESIGN

MAKE YOUR
IMPACT TODAY
WITH...

COACH
PHIL GRAHAM

**FOR THE EVERYDAY
ATHLETE**

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M U S C L E & F I T N E S S

BEGINNER FAT LOSS PROGRAMME

BEGINNER >> INTERMEDIATE

A FOUNDATION FOR EFFECTIVE TRAINING WITH DIABETES.

W O R K O U T



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LISTEN FOLKS...



A HERO IS AN
ORDINARY
INDIVIDUAL WHO
FINDS THE STRENGTH
TO PERSEVERE AND
ENDURE IN SPITE OF
OVERWHELMING
OBSTACLES ...

INTRO



ABOUT

I've spoken alongside the biggest names in the Health and Fitness Industry, contributed to every major fitness publication, successfully transformed the lives of many people, coached professional athletes on nutrition across a variety of sports and stepped onto the Mr Universe stage as a competitive bodybuilder from a very young age all whilst overcoming type 1 diabetes.

TRUST ME, IVE BEEN THERE...

EVER SINCE BEING DIAGNOSED WITH TYPE 1 DIABETES AT 16 YEARS OF AGE IVE COMMITTED EVERYDAY OF MY LIFE TO LEARNING ALL THERE IS TO KNOW ABOUT OVERCOMING DIABETES THROUGH LIFESTYLE, DIET AND EXERCISE.

The knowledge i aquired helped me build a career as one of the uk's leading fitness and nutrition educators. What i am about to reveal could be the key to totally transform how you approach your diabetic training.

For the first time ever i've logged everything i know on building muscle and losing fat into the first highly practical, trackable, evidence based fitness platform for both type 1 and type 2 diabetics. I believe that exercise has it's benefits, science tell's us the same. But why is it that we are still in an epidemic of poor health?

Is it through the confusion to exercising? Are we just misinformed? Or lacking direction and staying power to ride the course in pursuit of our goals? Whatever it is, it's a very individual thing, but not one thing that cannot be overcome and conquered for the better. Im here to help you change the outlook. For good.



"THE BETTER YOUR CONTROL,
THE BETTER THE RESULTS!"

Instead of starting a conversation about how terrible diabetes is, focus on the blessings it's brought you. The amazing people. The way it can make you appreciate things others take for granted. Most importantly it teaches us to keep moving forward.

ATTITUDE IS EVERYTHING.

- PHIL GRAHAM

DIABETIC MUSCLE & FITNESS

2017

YOUR PHYSIQUE AND PERFORMANCE ARE THE RESULT OF THE TYPE OF EXERCISE YOU DO ON AVERAGE.

I don't need to elaborate on the fact exercise has been proven time and time again to be good for us. There is a substantial amount of evidence to support the role of regular weight training and cardiovascular exercise in protecting against many major health problems. To get the most out of exercise, people living with diabetes must make strategic adjustments to their diet, lifestyle, medication and exercise.

MY OBJECTIVE

To build a tribe of healthier, strong(er), self empowered diabetics.

GOALS YOU DESERVE

Health from the inside out.

Investing in yourself, especially your health and wellbeing will save you a lot of time, money and hassle in the long run. Take control, own your outcome make an impact and be the best you can be. Everyday.

MORE THAN JUST DOING A WORKOUT...

TRAINING IS MUCH MUCH MORE THAN SHOWING UP AT THE GYM. THAT'S JUST THE FIRST STEP. WE HAVE TO TRAIN SMART WITH INTENT.

SOLUTIONS TO YOUR PHYSIQUE GOALS

WHAT ARE THE BENEFITS?

There are a number of key benefits associated with increasing muscle mass in people with diabetes. These include increased physical strength, improved metabolic rate, decreased risk of injury, greater energy, improved performance, stronger bones, improved self confidence and decreased risk of disease.

AUTO REGULATE YOUR TRAINING

You won't feel like training everyday. It's important to listen to your body and train or rest accordingly. Life throws all kinds of emotional and physical stress our way. Sometimes it can get in the way interfering with training performance. Be mindful of this and ask yourself are you willing to train with 100% effort and focus every time you step foot in the gym.

6 RULES OF EFFECTIVE LIFTING

Keep these rules in mind if you want to get the most out of your training efforts in the gym:

1. If it looks bad or feels wrong, Stop. Change exercises or rest.
2. Rest properly between sets. Not too little, not too long.
3. Get a training partner who will keep you accountable.
4. Train your muscles not your mobile phone!
5. Record your training look for trends.
6. Get stronger from week to week on one or more primary exercises.

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PRINCIPLES



UNDERSTAND THERE IS NO SUCH THING AS A "PERFECT EXERCISE". INSTEAD, CONSIDER THE PERSPECTIVE THAT THE HUMAN BODY FOLLOWS COMMON PATTERNS OF DIRECTION AND SUBSEQUENT MOVEMENT. YOU INTUITIVELY ALREADY KNOW THIS.-

Progressive overload is essential to improving strength and gaining mass. As you gradually increase stress on the body during movement and weight training, you create a state of progressive overload on your muscles. This principle for improving strength and building muscle requires that you force your muscles and body to overcome and adapt to stress or tension that exceeds what it is used to. This means pushing yourself further every time you workout. You should never walk away from an exercise thinking "that was easy".



EXERCISE IS INFORMATION

- EXERCISE HELPS AVOID LONG TERM COMPLICATIONS & IMPROVES GLUCOSE CONTROL.
- TYPE, DURATION, FREQUENCY QUALITY DETERMINE EFFECT OF EXERCISE.
- BENEFITS TO EXERCISE ARE UNMATCHED.

THE ONLY PLACE SUCCESS COMES BEFORE WORK, IS IN THE DICTIONARY!!

EXERCISE REQUIRES CONCENTRATED EFFORTS AND PERIODS OF RECOVERY. IT IS FRUGAL TO IGNORE YOUR BODY WHEN IT SHOWS SIGNS OF EXHAUSTION AND STRESS.

—

Yes, you need to work hard. But, you must also recover. You must respect how you recover on a day to day basis and learn to balance training stress with outside life stress. Not everyday will be perfect therefore you must adjust your training based on how you feel. If you cant bring high quality effort into the gym, it's important to step back, identify the problem and do something about it. No one is going to thank you for pushing through pain, and neither will your most prized possession - your body.



STRENGTH FIRST

- EVERYTHING GETS BETTER WITH STRENGTH.
- **LACK OF STRENGTH AFFECTS PERFORMANCE AND QUALITY OF LIFE.**
- STRENGTH IS THE MOTHER OF ALL QUALITIES.

Strength is the platform for more muscle mass. Don't build your house on sand.



MOVE WELL

- MOVE MORE.
- **MOVEMENT IS LIFE. ASPIRE TO MOVE WELL.**
- TRAINING SHOULD ALLOW YOU TO MOVE.

Stay fit, stay active, stay injury free.



PERIODIZE TRAINING

- PLANNED PROGRESSIVE TRAINING WILL PRODUCE SUPERIOR RESULTS
- **ALLOW FOR RECOVERY & SUPERCOMPENSATION WITH TRAINING.**
- BE CONSISTENT & TRAIN WITH FOCUS & INTENT.

Organise your training for superior results. Be better than the rest.

PROGRAM.

DETAILS.

The fatloss accelerate program is a 12 week program designed exclusively for the beginner athlete.

PROGRAMME GOAL >> Increase lean muscle in the areas that matter, torch bodyfat and improve whole body conditioning and strength.

DURATION >> 12 weeks

TRAINING DAYS PER WEEK >> 3-4

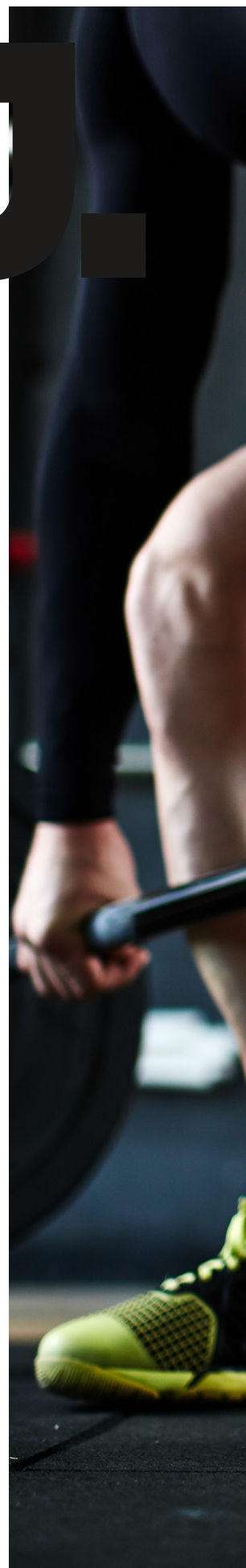
TRAINING PLAN >> This training program uses a range of highly effective exercises and progressions to produce the best results possible.


The programme is structured into three distinct phases for males and females. You will follow a weight lifting programme which incorporates different set and repetition combinations through a planned training cycle. You will alternate workouts that will burn fat effectively from your whole body.

Each fat loss phase challenges your body using unique exercise pairings so we can make sure calorie burning is at it's max. In phase 1 there will be a moderate amount of work and higher repetitions to ease you into the programme. Phase 2 uses slightly lower reps allowing

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to use a little heavier weight and in phase 3 we include more work overall allowing you to push yourself that much harder. Each phase is directed toward burning body fat as fast as possible and is designed to stimulate your cardiovascular system effectively. Rest as long as you need initially to adequately perform the next set and follow the progressions week to week. You can expect that your overall strength & endurance should improve immensely.

This program is intended for you if your less experienced with training but are willing to learn and utilize a full range of training implements (barbells, dumbbells, machines, bodyweight, etc), and exercises.

Cardio is built into the programme, so keep a close eye for type and duration in the programme description.

Look after your body and train with intent, focus and quality.

MAKE AN IMPACT!

DON'T FORGET YOUR GOALS AND PURPOSE...

This maybe obvious to many, but even the most advanced gym goers sometimes forget what their goals are. Whatever your goal you need to be diligent with all of your training. Direct it toward that goal. You need to make sure you perform all the guided repetition ranges. Perform all the sets, and make sure this is executed with the correct tempo

and technique. The training will be uncomfortable, i know this. But you need to stay motivated to get through all the exercises that are programmed to make sure you continually progress. You should always be aware of everything that you are doing in the gym, and certainly be open minded for any critique or help that is provided. Train smart.

PROGRAM

TEMPLATES.



SCHEDULE*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WHOLE BODY FAT LOSS A	REST	WHOLE BODY FAT LOSS B	REST	WHOLE BODY FAT LOSS A	REST	REST

*RUN SCHEDULE ALTERNATING WORKOUTS A,B,A THEN B,A,B FOLLOWING WEEK

FAT LOSS ACCELERATE

WARM UP
—

BEFORE EVERY TRAINING
SESSION PERFORM:

- 5-10 minutes of moderate intensity cardio
- Dynamic stretches for 2-3 sets of 15-20 reps

BEFORE THE FIRST EXERCISE FOR
EACH BODYPART:

- Pyramid up in weight with 1-2 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each body part.



TERMINOLOGY.



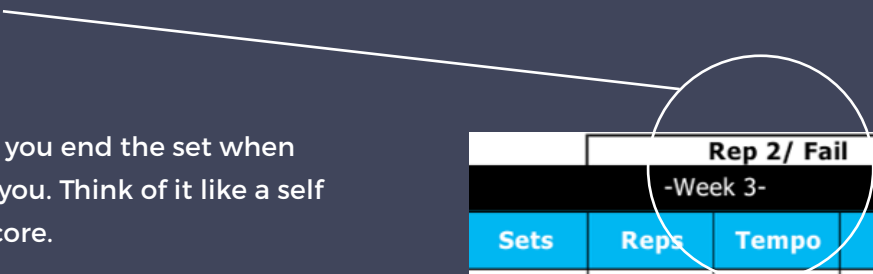
In order to get the most out of this training programme there are a number of important elements you need to understand:

Rep/1/2/3 Fail:

What does it mean?

All this basically means is you end the set when you have 1/2/3 reps left in you. Think of it like a self perceived performance score.

For example, if the instruction is 1/fail, that means that you should be lifting until you only have one rep at most left in the tank, with good technique. 1/fail is very close to all you have to give and is going to feel like a near maximal effort. 2/fail is where straining and shaking may occur and is going to feel very tough. Typically, 3/fail will see a significant slowdown in bar speed towards the end of the set, but is not usually perceived as very difficult to crank out. When your exercise form/technique begins to break down due to fatigue this denotes failure. Good form/technique should always be used for safety purposes and effectiveness.



Rep 2/ Fail			
-Week 3-			
Sets	Reps	Tempo	Rest
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30
3	12	Mod	30

KEY TERMS:



CV: Cardio Vascular. Any exercise or activity where the heart, lungs and muscles are challenged in the context of exercise. This can be done with oxygen via aerobic work (i.e jogging or cycling) or anaerobically (Without oxygen, i.e. weightlifting for example)

VOLUME: The amount of work that is performed, estimated using sets x repetitions or more commonly sets x repetitions x resistance (weight) used.

SETS: How many total sets of desired repetitions performed i.e 3x12 = Three sets of twelve repetitions. The repetitions are repeated three times.

REST: The time period between sets and exercises in a workout or between workouts.

MOD: Refers to moderate tempo i.e 2 seconds lowering, 1 second pause, 1 second lift/rep, 1 second pause and repeat for desired reps.

REPS: The number of times a movement is repeated within a single exercise set.

RM: Repetition maximum. The amount of resistance (external force) that allows a person to perform only a given number of repetitions in an exercise movement. (e.g., 1rm is the amount of resistance that allows an individual to perform only one repetition)

EL/EA/ES: EL = Each leg, EA = Each arm, ES = Each side.

EMOM: Refers to the target exercise(s) performed on the minute every minute.

BW/BB/DB: BW = Body Weight, BB = Barbell, DB = Dumbbell.

Week ONE: Introduction week

- => Perform the new exercises with a focus on form & technique
- => Use Sub maximal loads (Something you can handle) – Focus on excellent technique and no missed repetitions in this week.
- => Do only 1-2 sets this week as written – exposure to the new exercise is enough stimulus. Dont add more work.

Week TWO: Base week

- => Increase number of sets to prescribed (max) number
- => Maintain excellent technique
- => Still No missed repetitions

Week THREE: Overload week

- => Push it! - Looking for personal bests in all lifts
- => Full volume (Complete all sets for max number of sets prescribed)
- => Minimise any breakdown of technique this week due to pushing it harder and heavier.

Week FOUR: Shock week

- => Work from previous personal bests – leave nothing in the tank. Lift hard!
- => Full volume, plus advanced overload techniques if needed - may add an extra set here to first two exercises
- => Minimise technical breakdown although missed reps may occur

Week FIVE: Next Phase

- => Move to next phase of training, where we begin from week one above and progress each week but the emphasis is on heavier weight and more work completed.
- => Check notes carefully in weeks 5-8 as there is a few minor differences.

FATLOSS (PHASE 1)

Name: <div>Meso. Phase Fat Loss Phase 1</div>	
Split Full Body - 3 day week	

DAY (1) Workout A		- FULL BODY -										
Resistance Exercise / Order / Training Methods												
Order	Methods	Rep 3 / Fail		Rep 3 / Fail		Rep 2 / Fail		Rep 1 / Fail		EXERCISE NOTES		
		-Week 1-		-Week 2-		-Week 3-		-Week 4-				
		Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Tempo	Rest	
	Alternating Goblet Squat	2-3	20	Mod.	60s	2-3	20	Mod.	60s	20	Mod.	60s
A2	Alternating T - Push ups	2-3	8 ES	Mod.	60s	2-3	8 ES	Mod.	60s	2-3	8 ES	Mod.
B1	Alternating Step Up	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.
B2	Alternating Seated Row to Neck	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.
C1	Alternating Stability Ball hamstring curls	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.
C2	Alternating Stability Ball Crunches	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.
D	CARDIO	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-
									</			

DAY (2) Workout B		- FULL BODY -										ONE DAY REST BETWEEN DAYS 1 & 2									
Resistance Exercise / Order / Training Methods																					
Order	Methods	Exercise	Rep 3 / Fail -Week 1-				Rep 3 / Fail -Week 2-				Rep 2 / Fail -Week 3-				Rep 1 / Fail -Week 4-				EXERCISE NOTES		
			Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest			
A1	Alternating	Deadlift	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	Maintain a tight position with a straight back - Do not round Keep your abs and glutes engaged, press overhead and return to roughly ear nose level Sink down maintaining a good posture, allow the knee to track with the foot keep a slight bent position in elbow Keep hands out to side to begin, move with control progress to arms across chest Maintain a pressup position, feet on ball, pull legs in slowly Use a different piece of cardio kit than last time		
A2	Alternating	DB Military Press	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s			
B1	Alternating	Bulgarian Split Squat	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s			
B2	Alternating	DB Pullover	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s			
C1	Alternating	Stability ball Glute bridge	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s			
C2	Alternating	Stability ball Prone Jackknife	2-3	10	Mod.	60s	2-3	10	Mod.	60s	2-3	10	Mod.	60s	2-3	10	Mod.	60s			
D	CARDIO	ANY CV EXERCISE	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest			

DAY (3) Workout A / B		- FULL BODY -												ONE DAY REST BETWEEN DAYS 2 & 3					
Resistance Exercise / Order / Training Methods																			
Order	Methods	Exercise	Rep 3 / Fail				Rep 3 / Fail				Rep 2 / Fail				Rep 1 / Fail				EXERCISE NOTES
			-Week 1-		-Week 2-		-Week 3-		-Week 4-										
			Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	
A1	Alternating	Goblet Squat	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	Hold weight at front, maintain good posture and depth, no rounding upper back Try keeping core engaged and turn with control
A2	Alternating	T - Push ups	2-3	8 ES	Mod.	60s	2-3	8 ES	Mod.	60s	2-3	8 ES	Mod.	60s	2-3	8 ES	Mod.	60s	
B1	Alternating	Step Up	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	2-3	20 ES	Mod.	60s	Ensure to push off leg on step, keep toes up on foot on floor, try stay upright as much as possible Row to neck ensuring not to use momentum, squeeze shoulder blades together to initiate pull
B2	Alternating	Seated Row to Neck	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	
C1	Alternating	Stability ball hamstring curls	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	Keep hips lifted throughout the movement. Move with control not speed. Lift just enough to engage abdominals, try stay still on the ball, move with control.
C2	Alternating	Stability ball Crunches	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	2-3	20	Mod.	60s	
D	CARDIO	ANY CV EXERCISE	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	3 Rounds	60s work	-	120s rest	Use a different piece of cardio kit than last time

In week one repeat workouts like this: Monday = Workout A, Wednesday = Workout B, Friday = Workout A Then for week 2 we alternate doing two workout B and only one workout A. Alternate again for following weeks.

FATLOSS (PHASE 2)

Names: _____
Meso: _____
Phases: _____
Split: _____
Full Body: _____
4 day week: _____

DAY (1) & (3) Workout A - FULL BODY - Resistance Exercise / Order / Training Methods										
-Week 1-				Rep 3 / Fail			Rep 2 / Fail			
-Week 2-				Rep 3 / Fail			Rep 2 / Fail			
-Week 3-				Rep 3 / Fail			Rep 2 / Fail			
-Week 4-				Rep 3 / Fail			Rep 2 / Fail			
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
A1	Tri Set	Partial co-contraction Lunge	3-4	12-15 EL	Mod.	0s	3-4	12-15 EL	Mod.	0s
A2	Tri Set	Wide grip-seated row	3-4	12	Mod.	0s	3-4	12	Mod.	0s
A3	Tri Set	Romanian deadlift	3-4	12	Mod.	90s	3-4	12	Mod.	90s
B1	Tri Set	Incline bench press	3-4	12-15	Mod.	0s	3-4	12-18	Mod.	0s
B3	Tri Set	Reverse Crunches	3-4	12	Mod.	90s	3-4	15	Mod.	90s
D	CARDIO	ANY CV EXERCISE	4 Rounds	60s work	-	120s rest	4 Rounds	60s work	-	120s rest
Use a weight above head to counterbalance. Slowly curl hips off floor bringing knee toward chest										
Use a different piece of cardio kit than last time										

FATLOSS (PHASE 3)

Name:	Fat Loss Phase 3
Meso. Phase Split	Full Body - 4 day week

DAY 1 (1 & 3) Workout A			- FULL BODY -				-Week 1-				-Week 2-				-Week 3-				-Week 4-				EXERCISE NOTES			
Resistance Exercise / Order / Training Methods			Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail		Rep 3 / Fail									
Order	Methods	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest				
A1	Giant Set	Dynamic Lunge	3-4	15 EL	Mod.	0s	3-4	15 EL	Mod.	0s	3-4	15 EL	Mod.	0s	3-4	15 EL	Mod.	0s	Step forward Lunge slowly down until both knees 90 degrees then return to start position and repeat Use a wide overhand grip, engage glutes and abdomen, press overhead, return to chin level Maintain a straight back, push hips backward hinging at hip lower until feel a stretch of hamstrings Use hand or assist machine, use a neutral grip, pull chest toward bar, retract shoulderblades fully							
A2	Giant Set	Barbell Military Press	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s								
A3	Giant Set	SL Stiff leg deadlift	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s								
A4	Giant Set	Chinups (Assisted if needed)	3-4	15	Mod.	120s	3-4	15	Mod.	120s	3-4	15	Mod.	120s	3-4	15	Mod.	120s								
B2	Super Set	Dips	2-3	15	Mod.	60s	2-3	15	Mod.	60s	2-3	15	Mod.	60s	2-3	15	Mod.	60s	Use parallel bars lower body until bicep touches forearm return by straightening arms							
C	Straight set	LB Russian twist	2	10 ES	Mod.	60s	2	10 ES	Mod.	60s	2	10 ES	Mod.	60s	2	10 ES	Mod.	60s								
D	CARDIO	ANY CV EXERCISE	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	Sit in semi situp position abs engaged. Move weight from one side to other - keep abs engaged Use a different piece of cardio kit than last time							
			5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest								

DAY (2) & (4) Workout B			- FULL BODY -										NO REST BETWEEN DAYS 1 & 2										
Resistance Exercise / Order / Training Methods			Rep 3 / Fail					Rep 3 / Fail					Rep 2 / Fail					Rep 1 / Fail					EXERCISE NOTES
Order	Methods	Exercise	-Week 1-					-Week 2-					-Week 3-					-Week 4-					
			Sets	Reps	Tempo	Rest		Sets	Reps	Tempo	Rest		Sets	Reps	Tempo	Rest		Sets	Reps	Tempo	Rest		
A1	Giant Set	Single leg deadlift	3-4	15	EL	Mod.	0s	3-4	15	EL	Mod.	0s	3-4	15	EL	Mod.	0s	3-4	15	EL	Mod.	0s	Maintain a straight back, slight knee bend lower until hand just touches floor Balance hands on a stability ball and perform pressup movement, move slow and controlled Hold hands over head or empty barbell and perform deep squats. Alternatively perform a goblet squat
A2	Giant Set	SB Pushups	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	
A3	Giant Set	Overhead Squat	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	3-4	15	Mod.	0s	
A4	Giant Set	Inverted row	3-4	15	Mod.	120s		3-4	15	Mod.	120s		3-4	15	Mod.	120s		3-4	15	Mod.	120s		
B1	Super Set	Single leg squat to box	2-3	15	Mod.	0s	2-3	15	Mod.	0s	2-3	15	Mod.	0s	2-3	15	Mod.	0s	2-3	15	Mod.	0s	Take a squat stance holding one leg off the ground slowly lower self to box and return to upright position Lunge slowly down until you feel glutes and vmo activate then return to start position and repeat
B2	Super Set	Tricep Pressdown	2-3	15	Mod.	60s	2-3	15	Mod.	60s	2-3	15	Mod.	60s	2-3	15	Mod.	60s	2-3	15	Mod.	60s	
C	Straight Set	SB ball Crunch	3-4	15	Mod.	60s	3-4	15	Mod.	60s	3-4	15	Mod.	60s	3-4	15	Mod.	60s	3-4	15	Mod.	60s	Sit in semi situp position abs engaged. Move into a situp position then slowly lower - keep abs engaged
D	Straight set	Prone Cobra	2-3	Hold 10 sec	-	10s	2-3	Hold 10 sec	-	10s	2-3	Hold 10 sec	-	10s	2-3	Hold 10 sec	-	10s	2-3	Hold 10 sec	-	10s	
E	CARDIO	ANY CV EXERCISE	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	Use a different piece of cardio kit than last time
			5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	5 Rounds	60s work	-	120s rest	

REPEAT WORKOUTS 2 x A & 2 x B (= 4 SESSIONS A WEEK)

In week one repeat workouts like this: Monday = Workout A, Tuesday = Workout B, Thursday = Workout A, Friday = Workout B, Then for week 2. Alternate again for following weeks.

ONE DAY REST BETWEEN DAYS 2 & 3

NO REST BETWEEN DAYS 3 & 4



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