



S20
HEALTH + FITNESS

CHALLENGE YOURSELF

FEMALE TRAINING PLAN

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OVER THE NEXT 12 WEEKS YOU WILL AIM FOR 3 TRAINING SESSIONS PER WEEK. THE FIRST BLOCK WILL FOCUS ON 3 FULL BODY WORKOUTS AND THE SECOND BLOCK THEN FOLLOWS A PUSH, PULL, LEGS FORMAT.

BLOCK 1 - 3X FULL BODY WORKOUTS

****SESSION 1 & 2 ARE IN A SIMPLE SET FORMAT:***

PERFORM 1 EXERCISE, THEN REST AND RECOVER FOR THE ALLOCATED TIME BEFORE MOVING ONTO THE NEXT EXERCISE.

****SESSION 3 IS IN A SUPERSET FORMAT:***

PERFORM THE FIRST EXERCISE (I.E. 1A), REST FOR A SMALL RECOVERY TIME (10-20 SECONDS), THEN GO ONTO THE SECOND EXERCISE (1B). REST FOR 60-90 SECONDS BETWEEN SETS.

THE AIM OF THE SESSION IS TO WALK OUT FEELING ENERGISED, POSITIVE AND KNOWING YOU'VE TRAINED HARD. THIS IS DOWN TO YOU TO PUSH YOURSELF AND REMEMBER THAT WHAT YOU PUT IN IS WHAT YOU GET OUT. ENJOY THE PROCESS AND FOCUS ON FINDING COMFORT WITHIN THE DISCOMFORT.

FULL BODY PLAN

TRAINING DAY 1 – FULL BODY

	EXERCISE	SETS	REPS	REST
1A	PIVOT LEG PRESS	4	8-12	60
2A	SEATED CHEST PRESS	3	8-12	60
3A	CABLE SEATED ROW	3	8-12	60
4A	DB WALKING LUNGES	3	15-20 (TOTAL)	60
5A	SINGLE-ARM PULLDOWN	3	8-12	60
6A	CABLE TRICEP EXTENSION	3	12-15	60
7A	BICYCLE CRUNCHES	3	30-40 SECONDS	60

TRAINING DAY 2 – FULL BODY

	EXERCISE	SETS	REPS	REST
1A	GLUTE DRIVE MACHINE	4	8-12	60
2A	LAT PULLDOWN	3	8-12	60
3A	CABLE FACE PULLS	3	8-12	60
4A	SINGLE-LEG LEG PRESS	3	8-12 (EACH SIDE)	60
5A	SEATED SHOULDER PRESS	3	8-12	60
6A	ADDUCTOR MACHINE	3	20	60
7A	PLANK HOLD (ELBOWS)	3	30-50 SECONDS	60

TRAINING DAY 3 – FULL BODY

	EXERCISE	SETS	REPS	REST
1A	BB BACK SQUATS	4	8-12	70
1B	BULGARIAN SPLIT SQUATS	4	8-12 (EACH LEG)	60
2A	SINGLE-ARM CABLE ROW	3	8-12 (EACH ARM)	70
2B	STANDING DB OVERHEAD PRESS	3	8-12	60
3A	LYING LEG CURL	3	8-12	60
4A	BACK EXTENSIONS (WIDE STANCE)	3	8-12	60
5A	SINGLE-LEG HIP THRUSTS	3	8-12 (EACH LEG)	70
5B	LYING LEG RAISES	3	12	60

PUSH, PULL, LEGS PLAN

TRAINING DAY 1 – PUSH

	EXERCISE	SETS	REPS	REST
1A	DB STEP UP	4	8-12 (EACH LEG)	60
2A	MACHINE SEATED SHOULDER PRESS	3	8-12	60
3A	DIP MACHINE	3	8-12	60
4A	LEG EXTENSION	3	8-12	60
5A	CABLE TRICEP PULldOWN	3	8-12	60
6A	DB LATERAL RAISES	3	12-15	60
7A	MOUNTAIN CLIMBERS	3	30-40 SECONDS	60

TRAINING DAY 2 – PULL

	EXERCISE	SETS	REPS	REST
1A	SEATED HAMSTRING CURL	3	8-12	
2A	DB RDL	4	8-12	60
3A	SINGLE-ARM CABLE ROW	3	8-12	60
4A	ASSISTED PULL-UPS	3	8-12	60
5A	BB BICEP CURLS	3	8-12	60
6A	BACK EXTENSIONS	3	8-12	60
7A	PLANK HOLD	2	45 - 60 SEC.	60

TRAINING DAY 3 – LEGS

	EXERCISE	SETS	REPS	REST
1A	SEATED ABDUCTIONS	3	8-12	
2A	BB BACK SQUATS	4	8-12	60
3A	LEG PRESS	4	8-12	60
4A	GLUTE DRIVE	3	8-12	60
5A	DB WALKING LUNGES	3	8-12 (EACH LEG)	60
6A	LYING LEG CURL	2	8-12	60
7A	PRISONER SQUATS	2	20	60

EACH SESSION HAS A MINI DEMO VIDEO ATTACHED. PLEASE FOLLOW THE LINK IF YOU NEED A SAMPLE OF EACH EXERCISE/WORKOUT.

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BREAKFAST

OPTION 1: (LOW CARB)

- 2 EGGS, 2 EGG WHITES, 25G LOW FAT CHEESE, 1 TOMATO, 1 BIG HANDFUL SPINACH, 20G REDUCED SALT/SUGAR KETCHUP (OPTIONAL)

OPTION 2: (MODERATE CARB)

- 2 EGGS, 1 WHOLEMEAL BAGEL THIN, 1 BIG HANDFUL SPINACH, 20G REDUCED SALT/SUGAR KETCHUP

OPTION 3: (HIGH CARB)

- 50G OATS, 150G BERRIES (FRESH OR FROZEN), 30G PROTEIN POWDER OR 150G 0% FAT GREEK YOGHURT

LUNCH

OPTION 1: (LOW CARB)

- 200G (RAW WEIGHT) CHICKEN/TURKEY BREAST OR WHITE FISH, 50G (APPROX. HALF MEDIUM) AVOCADO OR 15G ALMONDS, 200-300G MIXED GREEN VEG, 50G SALSA OR TOMATO-BASED PASTA SAUCE

OPTION 2: (MODERATE CARB)

- 160G (RAW WEIGHT) CHICKEN/TURKEY BREAST OR WHITE FISH, ½ PACK MICROWAVE RICKE, 50G (APPROX. HALF MEDIUM) AVOCADO OR 15G ALMONDS, 200G MIXED GREEN VEG, 20G REDUCED SALT/SUGAR KETCHUP

OPTION 3: (HIGH CARB)

- 140G (RAW WEIGHT) CHICKEN/TURKEY BREAST OR WHITE FISH, 1 MEDIUM WHOLEMEAL WRAP, 50G (APPROX. HALF MEDIUM) AVOCADO OR 20G REDUCED FAT MAYONNAISE, 200G MIXED SALAD VEG)

DINNER

OPTION 1: (LOW CARB)

- 150G EXTRA LEAN BEEF MINCE, 200G COURGETTES (CAN SPIRALISE INTO 'PASTA'), 100G TOMATO-BASED PASTA SAUCE, 100-200G OTHER VEG OF CHOICE (CAN COOK CARROTS AND MUSHROOMS INTO MINCE AND PASTA SAUCE), 25G LOW FAT CHEESE

OPTION 2: (MODERATE CARB)

- 125G EXTRA LEAN BEEF MINCE, 60G (RAW WEIGHT) RICE, 200G COURGETTES, 100G TOMATO-BASED PASTA SAUCE, 20G LOW FAT CHEESE

OPTION 3: (HIGH CARB)

- 125G EXTRA LEAN BEEF MINCE, 75G (RAW WEIGHT) WHOLEWHEAT PASTA, 200G COURGETTES, 100G TOMATO-BASED PASTA SAUCE, 20G LOW FAT CHEESE

SNACKS (CHOOSE ONE A DAY)

- **POST WORKOUT IDEALLY:** 30G (FEMALE) OR 40G (MALE) WHEY PROTEIN POWDER (MIXED WITH WATER OR 200-250MLS UNSWEETENED ALMOND MILK)

- 200G 0% FAT GREEK YOGHURT/SKYR, 150G MIXED BERRIES (FRESH OR FROZEN), 15G PEANUT BUTTER

- 1 BANANA & 2 SQUARES (APPROX. 20G) DARK CHOCOLATE (70%+ PREFERABLE)

- 1 FIBRE ONE BAR + 150G STRAWBERRIES

- OPTIONS HOT CHOCOLATE (MADE WITH 200-250MLS UNSWEETENED ALMOND MILK OR SKIM MILK) + 1 SQUARE DARK CHOCOLATE

- 2 CARAMEL RICE CAKES + 15G PEANUT BUTTER

- LIDL/ALDI PROTEIN PUDDING

VEGETARIAN/VEGAN

BREAKFAST

OPTION 1: (LOW CARB)

- 2 EGGS, 2 EGG WHITES, 25G LOW FAT CHEESE, 1 TOMATO, 1 BIG HANDFUL SPINACH, 20G REDUCED SALT/SUGAR KETCHUP (OPTIONAL) **VEGAN: REPLACE EGGS WITH 200G FIRM TOFU

OPTION 2: (MODERATE CARB)

- 2 EGGS, 1 WHOLEMEAL BAGEL THIN, 1 BIG HANDFUL SPINACH, 20G REDUCED SALT/SUGAR KETCHUP
**VEGAN: REPLACE EGGS WITH 150G FIRM TOFU

OPTION 3: (HIGH CARB)

- 50G OATS, 150G BERRIES (FRESH OR FROZEN), 30G PROTEIN POWDER OR 150G LOW FAT GREEK/SOYA YOGHURT

LUNCH

OPTION 1: (LOW CARB)

- 200G (RAW WEIGHT) FIRM TOFU OR QUORN PIECES, 50G (APPROX. HALF MEDIUM) AVOCADO OR 15G ALMONDS, 200-300G MIXED GREEN VEG, 50G SALSA OR TOMATO-BASED PASTA SAUCE

OPTION 2: (MODERATE CARB)

- 160G (RAW WEIGHT) FIRM TOFU OR QUORN PIECES, ½ PACK MICROWAVE RICKE, 50G (APPROX. HALF MEDIUM) AVOCADO OR 15G ALMONDS, 200G MIXED GREEN VEG, 20G REDUCED SALT/SUGAR KETCHUP

OPTION 3: (HIGH CARB)

- 140G (RAW WEIGHT) FIRM TOFU OR QUORN PIECES, 1 MEDIUM WHOLEMEAL WRAP, 50G (APPROX. HALF MEDIUM) AVOCADO OR 20G REDUCED FAT MAYONNAISE, 200G MIXED SALAD VEG)

DINNER

OPTION 1: (LOW CARB)

- 150G QUORN MINCE OR CANNED BROWN LENTILS (DRAINED & RINSED), 200G COURGETTES (CAN SPIRALISE INTO 'PASTA'), 100G TOMATO-BASED PASTA SAUCE, 100-200G OTHER VEG OF CHOICE (CAN COOK CARROTS AND MUSHROOMS INTO MINCE AND PASTA SAUCE), 25G LOW FAT CHEESE (OR VEGAN CHEESE)

OPTION 2: (MODERATE CARB)

- 125G QUORN MINCE OR CANNED BROWN LENTILS (DRAINED & RINSED), 60G (RAW WEIGHT) RICE, 200G COURGETTES, 100G TOMATO-BASED PASTA SAUCE, 20G LOW FAT CHEESE (OR VEGAN CHEESE)

OPTION 3: (HIGH CARB)

- 125G QUORN MINCE OR CANNED BROWN LENTILS (DRAINED & RINSED), 75G (RAW WEIGHT) WHOLEWHEAT PASTA, 200G COURGETTES, 100G TOMATO-BASED PASTA SAUCE, 20G LOW FAT CHEESE (OR VEGAN CHEESE)

SNACKS (CHOOSE ONE A DAY)

- **POST WORKOUT IDEALLY:** 30G (FEMALE) OR 40G (MALE) WHEY/VEGAN PROTEIN POWDER (MIXED WITH WATER OR 200-250MLS UNSWEETENED ALMOND MILK)

- 200G 0% FAT GREEK YOGHURT/SKYR OR SOYA YOGHURT, 150G MIXED BERRIES (FRESH OR FROZEN), 15G PEANUT BUTTER

- 1 BANANA & 2 SQUARES (APPROX. 20G) DARK CHOCOLATE (70%+ PREFERABLE)

- 1 FIBRE ONE BAR + 150G STRAWBERRIES

- OPTIONS HOT CHOCOLATE (MADE WITH 200-250MLS UNSWEETENED ALMOND MILK OR SKIM MILK) + 1 SQUARE DARK CHOCOLATE

- 2 CARAMEL RICE CAKES + 15G PEANUT BUTTER

- LIDL/ALDI PROTEIN PUDDING



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12 IN 12

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WEEK 12 – TO COMPLETE IN 24 HOURS:

10km WALK/RUN/JOG	
2 PIECES OF FRUIT	
1 SERVE OF GREEN VEG	
READ FOR 12 MINS	
10 MINDFUL MINUTES	
3 HOUR DIGITAL DETOX	
FULL BODY STRETCH	
GRATITUDE LIST	
2.5/3L WATER	

HABIT BREAKDOWN

WEEK 1 - 30 MINUTE WALK EVERYDAY

- TO KICK OFF OUR 12 WEEKS OF POSITIVE HABIT FORMATION, WE WANT YOU TO GO FOR A 30 MINUTE WALK EACH DAY. IDEALLY YOU WANT TO DO THIS WALK OUTDOORS, HOWEVER IT CAN BE DONE IN THE GYM OR ON A TREADMILL AT HOME IF MORE CONVENIENT.

WEEK 2 - 3X GRATITUDE LISTS

- ON AT LEAST THREE DAYS THIS WEEK, YOUR AIM IS TO MAKE A LIST OF THE TOP 3 (CAN BE MORE!) THINGS YOU WERE GRATEFUL FOR THAT DAY.

WEEK 3 - 3X 5 MINDFUL MINUTES

- EACH DAY THIS WEEK WE WANT YOU TO SET 5 MINUTES ASIDE TO PRACTICE MINDFULNESS. THIS COULD BE A SHORT GUIDED MEDITATION OR JUST SITTING OUTSIDE & BREATHING IN SOME FRESH AIR.

WEEK 4 - 2.5L (FEMALE) OR 3L (MALE) WATER PER DAY

- HYDRATION IS THE FOCUS THIS WEEK AND WE WANT FEMALES TO BE DRINKING AT LEAST 2.5 LITRES OF WATER EACH DAY, AND MALES HAVING 3 LITRES.

WEEK 5 - 2 PIECES OF FRUIT EACH DAY

- EVERYDAY WE WANT YOU TO EAT 2 PIECES OF FRUIT (E.G., AN APPLE, A BANANA, A HANDFUL OF BERRIES)

WEEK 6 - 3X FULL BODY STRETCHING ROUTINE

- THIS WEEK WE WILL BE PROVIDING YOU WITH 3X10 MINUTE FULL BODY STRETCHING VIDEOS TO FOLLOW AND COMPLETE BY THE END OF THE WEEK.

WEEK 7 - 10KM WALK/RUN/JOG

- YOUR TASK THIS WEEK IS TO SET ASIDE A DAY WHERE YOU CAN DO A 10KM (6.2 MILE) WALK, RUN OR JOG (PREFERABLY OUTDOORS).

WEEK 8 - 1 SERVE OF GREEN VEG

- EVERYDAY THIS WEEK YOU WANT TO INCLUDE A SERVE OF GREEN VEGETABLES (BROCCOLI, SPINACH, KALE, COURGETTES, GREEN BEANS, PEAS, ETC.) WITH AT LEAST ONE MEAL.

WEEK 9 - 3X 10 MINDFUL MINUTES

- JUST LIKE IN WEEK 3 BUT NOW GOING FOR 10 MINUTES WE WANT YOU TO INCORPORATE MINDFUL MINUTES INTO EACH DAY.

WEEK 10 - READ FOR 12 MINUTES PER DAY

- PICK ANY BOOK YOU LIKE AND AIM TO READ AT LEAST 12 MINUTES EVERY DAY.

WEEK 11 - 3 HOUR 'DIGITAL DETOX' PER DAY

- SET YOUR PHONE ASIDE EITHER ON FLIGHT MODE OR WITH THE WIFI OFF FOR 3 HOURS EVERYDAY THIS WEEK (EVENING IS A GREAT TIME TO DO THIS).

WEEK 12 - TO COMPLETE IN 24 HOURS:

- TO FINISH UP THE 12 WEEKS WITH A BANG, WE WANT YOU TO COMPLETE EACH WEEKLY HABIT WITHIN A 24 HOUR PERIOD. THIS WILL LOOK LIKE COMPLETELY A 10KM WALK, RUN OR JOG, EATING 2 SERVES OF FRUIT AND 1 SERVE OF GREEN VEG, READING FOR 12 MINUTES, HAVING 10 MINDFUL MINUTES, A 3 HOUR DIGITAL DETOX, A FULL BODY STRETCH (VIDEO PROVIDED), DRINKING 2.5/3L WATER, AND WRITING A GRATITUDE LIST.