CUSTOM FITNESS PERSONAL TRAINING AND NUTRITION

	Week 1			Week 2				Week 3	Week 4			
Day 1	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Lower Body Push												
Upper Body Pull	As many	as many as 20 mins		As many as mins			As many as	26 mins		As	29 mins	
Lower Body Pull					mino					many as		
Upper Body Push	possible			possible			possible	111110		possible		
Core												

D	ay 2	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any					
Lower Body	y Push																	
Upper Body	y Pull	As many			As many	23 mine		As			As							
Lower Body	y Pull	as	20 mins		as		mine	mine	mine	mine			many as	26 mins		many	29 mins	
Upper Body	y Push	possible			possible			possible			possible							
Glutes																		

Day 3	Ro	ounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Lower Body Push													
Upper Body Pull	Ası	manv			As many			As			As		
Lower Body Pull		as	20 mins		as	23 mins		many as	26 mins		many	29 mins	
Upper Body Push	pos	ssible	111113		possible	1111113		possible			possible	1111113	
Core													

Day 4 (option)	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any			
Glutes															
Upper Body Pull	As many			As many as possible 23	23		As			As	[
Lower Body Pull	as	20 mins				mina	mino	mino	ins		26 mins	as	many	29 mins	
Upper Body Push	possible	1111110	p										possible	-	
Core															

Instructions:

Warm up with some jumping jacks / jogging or similar until heart rate is elevated but you are still able to speak in sentences without pausing for breath.

For each exercise, select an option that you can for 20 reps or less

Do each movement until you feel you can only do it for 2-3 more reps, then change to the next exercise

Rest as need between rounds. (1 round = all the exercises for the day)

Do as many rounds as possibe in the given time.

How To Increase Difficulty:

- Select a harder variation (closer to top of list)
- 2. Swap to single leg version or single arm version (or assisted single leg/arm version for a difficulty level between the two)
- 3. Add weight. Bag of books / rocks etc, bottles of water / sand. Or use resistance bands.
- 4. Reduce speed on the way down, and/or pause at the lowest point, and/or use 'super reps' (go down, half way up, back down, fully up)

After This Program:

After 4-6 weeks, return to the start of the program and increase the difficulty level of each movement