

MYPROTEIN

I AM FOREVER FIT

TRAINING & NUTRITION GUIDE

THE  
**FUNCTIONAL  
FITNESS  
GUIDE**

**With**

*Alex Beattie*

FOREVER FIT

# Contents

*Tap to jump to section*



1

**Let's get started**

2

**My mantras**

3

**Food for thought**

4

**Ask Alex**

5

**The scoop on supplements**

6

**Functional fitness**

7

**The secret to long-term success**

8

**The final word**



# Let's get started

**There are so many  
ways to approach  
training, so it's  
important to find  
what works for you.**

I've fallen into the trap of focusing on classic bodybuilding moves to change my physique. But, what's the alternative? For me, it's functional fitness.

Functional fitness is nothing new, it's simply training your muscles for daily life rather than the gym.

It incorporates full-body movements that mimic everyday actions — pushing, pulling, twisting, squatting, and lifting.

So, if you're ready to get fit for life, let's get started...



# My mantras

**Before we start, as a qualified personal trainer, there are a few things I'd like to get off my chest.**

The health and fitness industry is brimming with misleading and confusing information, so it's important that you know how to achieve the best results, once and for all.

## **Quick fixes don't work**

Shortcuts can be hard to resist, but it's important to remember that quick fixes don't work because they're just that... a quick fix.

They don't work long-term and often they make things worse.

## **Ignore crash diets**

To put it simply, don't crash diet if you want to lose weight and keep it off in the long term.

Sure, there are ways to lose weight quickly, but if you can't sustain it, what's the point?

Crash dieting, or the latest fad diet, can lead to an unhealthy relationship with food and force you into developing poor eating habits.

## **The final word**

If you want to make a change you need to consider the long-term. Escape the New Year resolution mentality and make sustainable changes to your health and fitness.

Do you want to be fit for a few weeks or forever fit?





# Food for thought

**We caught up with qualified nutritionist Jennifer Blow to get the lowdown on how to feed your body for sustainable, long-lasting results.**

## **In this section we'll show you:**

How to calculate how many calories your body needs to achieve your goal.

The major food groups and what percentage of your diet they should make up.

Super-simple recipes and a meal plan so your journey doesn't equal bland food or complicated kitchen routines.

Now get a calculator and a pen and paper handy for your personalised nutrition plan...



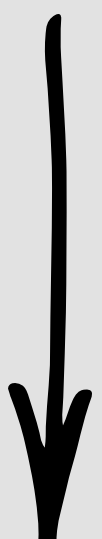
# MAKE CALORIES COUNT



The amount you eat directly affects your body composition, so why do most of us use the generalised population guidelines (or none at all)?

In reality, calorie requirements are as unique as you are — your age, gender, body composition, physical activity all affect how many you need per day, AKA your ‘total daily energy expenditure’.

Let’s take a look at some general calorie recommendations...

AGE 	SEDENTARY		MODERATELY ACTIVE		ACTIVE	
	You’re not doing much exercise — just daily living activities (kcal)		A couple of gym sessions or long walks per week (kcal)		3+ gym sessions per week (kcal)	
	M	F	M	F	M	F
18	2,400	1,800	2,800	2,000	3,200	2,400
19-20	2,600	2,000	2,800	2,200	3,000	2,400
21-25	2,400	2,000	2,800	2,200	3,000	2,400
26-30	2,400	1,800	2,600	2,000	3,000	2,400
31-35	2,400	1,800	2,600	2,000	3,000	2,200
36-40	2,400	1,800	2,600	2,000	2,800	2,200
41-45	2,200	1,800	2,600	2,000	2,800	2,200
46-50	2,200	1,800	2,400	2,000	2,800	2,200
51-55	2,200	1,600	2,400	1,800	2,800	2,200
56-60	2,200	1,600	2,400	1,800	2,600	2,200
61-65	2,000	1,600	2,400	1,800	2,600	2,000
66-70	2,000	1,600	2,200	1,800	2,600	2,000
71-75	2,000	1,600	2,200	1,800	2,600	2,000
76+	2,000	1,600	2,200	1,800	2,400	2,000

# Work out your calorie requirements: the science

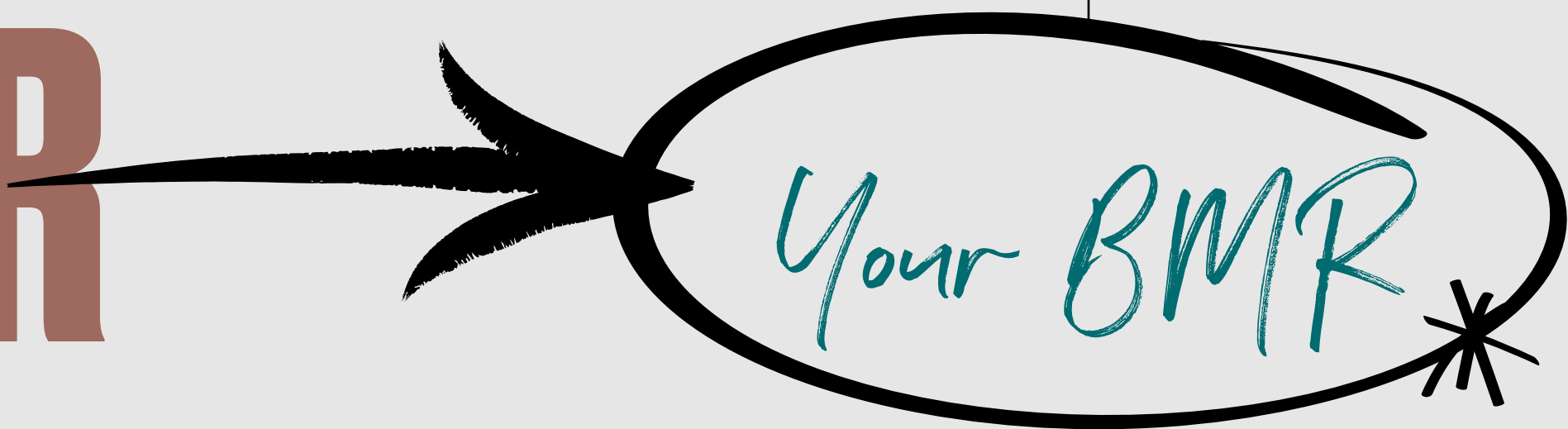
Now it's time to get personal. Follow these steps to work out how many calories your body needs to maintain your current body composition. After that, you'll be able to work out how many calories you need to build muscle.

## STEP 1 ————— Work out your BMR

Your BMR is your 'basal metabolic rate'. It's the amount of energy (calories) your body burns if you do nothing but rest for 24 hours.

To calculate your BMR, you should know your weight in kilograms and your height in centimetres, and you should have a calculator.

Use one of the following equations to calculate your BMR:

	WOMEN	MEN
WEIGHT	10 X WEIGHT IN KG	10 X WEIGHT IN KG
	+	+
HEIGHT	6.25 X HEIGHT IN CM	6.25 X HEIGHT IN CM
	-	-
AGE	5 X AGE IN YEARS - 161	5 X AGE IN YEARS + 5
	=	=
BMR		

## STEP 2

# Work out your TDEE

Your 'TDEE' is your total daily energy expenditure. That's the amount of calories your body needs daily — including physical activity.

To work out how many calories you need per day, use a calculator to multiply your BMR (you've just worked this out in step 1) by your physical activity level or 'PAL', which is represented by the numbers below:

**SEDENTARY**

**1.4**

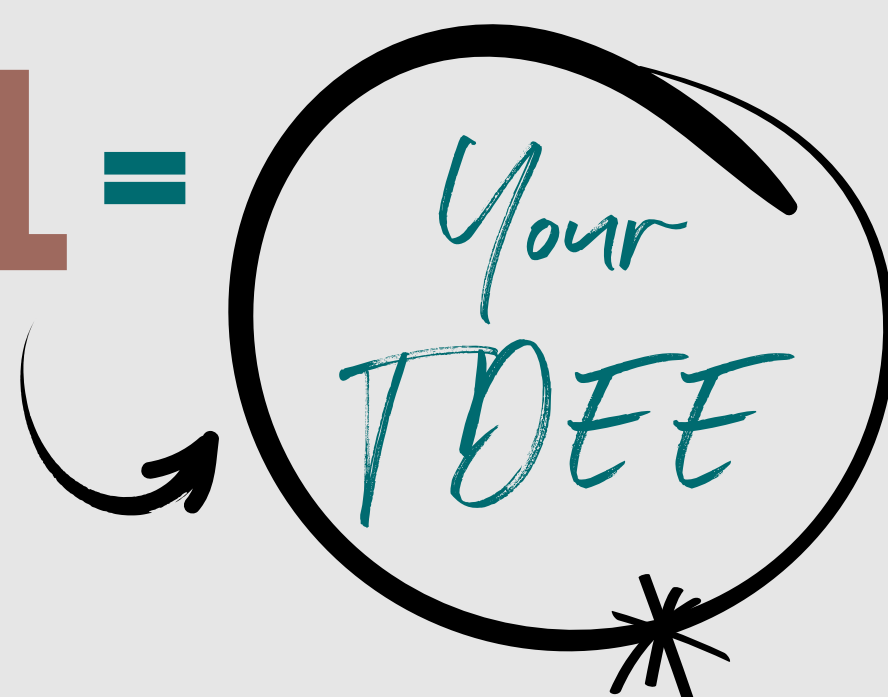
**MODERATELY  
ACTIVE**

**1.6**

**HIGHLY  
ACTIVE**

**1.8**

**YOUR BMR X YOUR PAL =**



## STEP 3

# Work out your 'goal TDEE' for muscle gain

**Muscle gain:** The amount of calories you'll need per day to build muscle depends on your overall goal — whether you'd like to lose fat as well as gaining muscle, or just gain muscle without losing any fat.

To lose fat while gaining muscle mass, subtract approximately 500kcal from your TDEE — your body will use up the remaining calories from your energy stores. This energy can be taken from both fat and muscle tissue. To minimise muscle tissue loss, it's important to keep on top of weight training and eat enough protein (we'll get to this later).

If you'd only like to gain muscle, studies suggest you should add around 500kcal to your TDEE. Take body measurements every few weeks. You can either increase your intake in increments of around 250kcal if you're not gaining muscle, or if you find you're gaining too much weight in the wrong places, decrease your intake slightly.

**Lose fat and build muscle:**

**YOUR TDEE - 500KCAL =**

**Build muscle:**

**YOUR TDEE + 500KCAL =**





# MASTER MACROS

It's important to work out your macronutrient requirements, which means how much protein, carbohydrates, and fat your body needs. Follow these steps to work out what you need — grab a pen and paper and write the numbers down as you go.

*Follow these steps*

## STEP 1

### How much protein?

Calculate your protein requirements first, and the rest (carbohydrates and fat) should be taken from your remaining calorie requirements.

Protein is the body's bricks and mortar for rebuilding muscle, replicating DNA, and catalysing metabolic reactions. High amounts are found in meat, fish, animal products, and also plant-based sources like legumes, nuts and seeds. Eating enough of the stuff combined with weight training promotes muscle growth (AKA muscle protein synthesis) and maintenance.

**Build muscle:** Research spanning the last 30 years recommends that to gain muscle mass, you'll need approximately 1.6g of protein per kilogram of bodyweight per day.

Simply multiply your weight in kg by 1.6 to work out how many grams of protein you need every day.

Once you've worked out how many grams of protein you need per day, multiply the amount of grams by 4 to get the amount of calories it represents. Subtract this from your goal TDEE, and you'll have your remaining calories to work out your fat and carbohydrates. Write down these numbers.

**WEIGHT IN KG X 1.6 = DAILY GRAMS PROTEIN**

**DAILY GRAMS PROTEIN X 4 = CALORIES**

**YOUR GOAL TDEE - CALORIES =**

*Your remaining calories*

## STEP 2

### How much fat?

Research shows that around 35% of your diet should be made up of fats.

To work this out, divide your goal TDEE by 100 and multiply that number by 35.

To get the amount of fat in grams you need, divide that number by 9. Write these numbers down.

There are a few different types of fats — some of which are healthy and some that have no health benefits at all.

Monounsaturated and polyunsaturated fats are found in foods like avocados, nuts, olive oil, and oily fish, and boast big health benefits. Saturated fats found in things like coconut oil, meat, egg yolk and dairy are beneficial in smaller amounts. Finally, you have trans fats, which are found in fast foods, ready meals, and confectionary. Avoid these as they're harmful to health and will slow progress.

**YOUR GOAL TDEE ÷ 100**

**THEN X 35**

**THEN ÷ 9 =**



## STEP 3

### How many carbohydrates?

Now you've worked out your protein and fat requirements, the remaining calories from your goal TDEE should be made up of carbohydrates.

To work out your remaining calories, simply subtract your protein and fat calories from your goal TDEE.

Next, divide your remaining calories by 4 to get the amount of carbohydrates in grams you need.

There are two main food groups that contain carbs:

**Starchy foods:** Starchy foods are the main source of carbs and play a key role in energy metabolism. These include foods such as bread, pasta, potatoes, rice and cereal. Try to eat these as wholegrain varieties (or leaving the skin

on for potatoes), as that's where lots of the goodness is found.

**Fruit and vegetables:** Boasting a huge range of vitamins and minerals and absolutely essential for health, fruit and vegetables are a must.

Vegetables help you feel full due to their fibre content, plus they're often low in carbs (not including starchy veg like potatoes). Try to get at least 3-4 portions of vegetables into your daily diet.

Fruits are higher in carbs in the form of simple sugars, but are still an important food for health. Try to get 1-2 portions of fruit into your daily diet (dried fruits and fruit juices have a higher sugar content so try to steer clear of having these too often).

**YOUR GOAL TDEE – YOUR PROTEIN AND FAT CALORIES**

**THEN X 4 = CARBOHYDRATES IN GRAMS**





# Breakfast boosters

**Breakfast doesn't have to mean wolfing down a bowl of cereal before you leave for work or downing that cup of coffee at your desk.**

**Here are some super-simple ideas to kick-start your day the right way.**





MAKES  
4 Servings

# Avocado baked eggs 2 ways

I don't think this recipe needs much of an introduction at all really, it's pretty much a complete winning combo of champion breakfast ingredients — avocado, egg, and melted cheese.

Feta, Spinach & Tomato per portion

KCAL  
207

FAT  
17g

PROTEIN  
8g

CARBS  
6g

Bacon & Cheddar per portion

KCAL  
264

FAT  
21g

PROTEIN  
13g

CARBS  
6g

## INGREDIENTS

2 medium avocados

4 eggs

2 tsp. [Coconut Oil](#) (melted)

15g feta cheese (crumbled)

Small handful of spinach

Handful of cherry tomatoes (halved)

30g cooked bacon lardons

20g cheddar cheese (grated)

## METHOD

First, preheat your oven to 180°C/350°F

Halve your avocados, remove the stone and then scoop out a heaped tablespoon of avocado from the centre to create a bigger well.

Then, brush your avocados with the melted coconut oil.

Next, crack an egg into a small cup or ramekin first, and then pour it carefully into the avocado well. Repeat for other three.

Now, add the toppings to your avocados and then bake them in the oven for 15 minutes.

I've gone for spinach, feta and tomatoes on one, and cheddar and bacon on the other, but feel free to choose your own.

Enjoy!





MAKES  
9 Servings

# Sheet pan protein pancakes

Forget standing over a greasy frying pan wondering whether you’re too early to flip — with the help of a humble sheet pan, you simply let the oven do the work for you.

They’ll keep for up to 5 days, so that’s breakfast sorted for every day of the working week.

KCAL  
169

FAT  
3 g

PROTEIN  
13 g

CARBS  
22 g

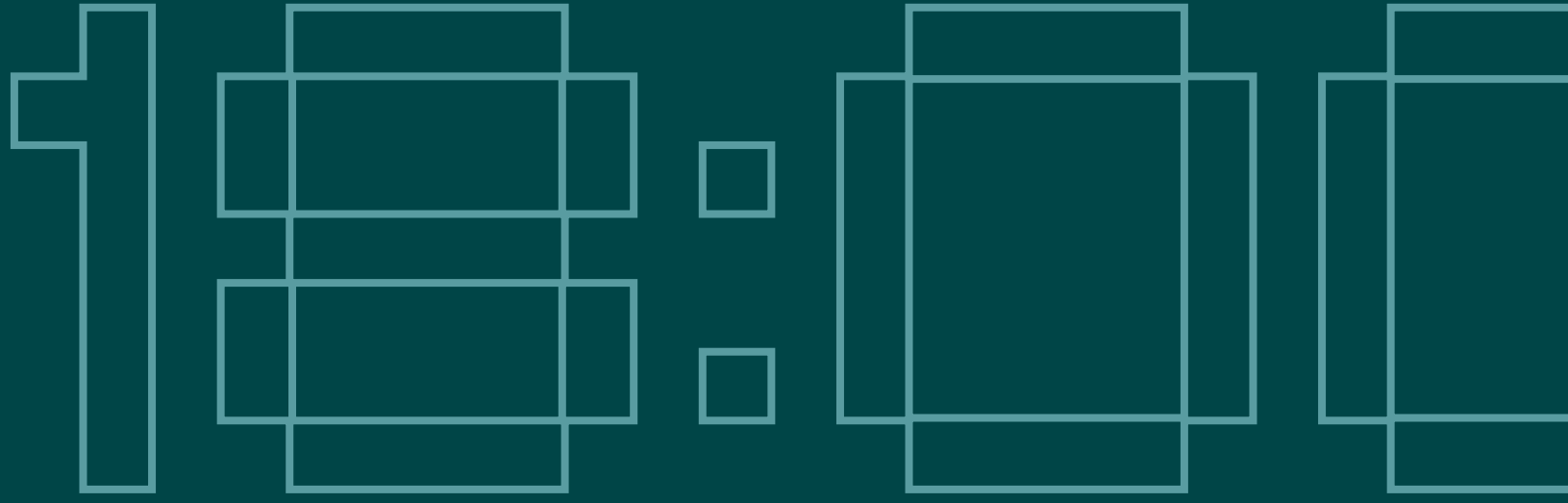
## INGREDIENTS

- 3 eggs
- 3 scoops [Impact Whey Protein](#) (Vanilla)
- 300ml milk
- 200g plain flour
- 2 tsp. baking powder
- 150g strawberries (sliced)
- 150g blueberries

## METHOD

- Preheat your oven to 220°C (425°F).
- Add the eggs to a large mixing bowl and beat well with a whisk. Then add the milk and whisk again to combine.
- Next, add the flour, baking powder, and protein to the bowl. Whisk well until you have a smooth batter.
- Pour the pancake batter into a sheet pan that’s lined with baking paper. Use a spatula or the back of a spoon to make sure all the mixture is evenly spread throughout the tray.
- Now place your toppings onto the pancake batter. We went for a fruity combo of slices of strawberries and blueberries, but you can get creative with whatever your favourite ingredients are.
- Bake for 15 minutes, or until golden brown.
- Cut into squares and either enjoy immediately, or store in the fridge in a sealed container for up to 5 days.





# Winner dinners

**You've had a busy day, you're not sure what to make for dinner. It'd be so easy to throw in the towel and grab your favourite takeaway. But, here's the solution.**

**Try these super-simple, super-tasty dinners that'll most likely save you some money and an evening of guilt.**





MAKES  
3 Servings

# Spicy one-pot lentil dal

Spice up your life with this one-pot, high-protein vegan meal prep.

KCAL  
504

FAT  
6 g

PROTEIN  
28 g

CARBS  
83 g

## INGREDIENTS

1 tsp. [Coconut Oil](#)

2 white onions  
(finely chopped)

4 cloves garlic  
(finely chopped)

Spices: ½ tsp. turmeric, ½ tsp. ground cumin, 1 tbsp. medium curry powder

200g (dry weight)  
puy lentils

1 400g tin chickpeas  
(260g drained weight)

1 head broccoli  
(cut into florets)

200g tin chopped  
tomatoes

1 vegetable stock cube

1 tsp. black pepper

½ lemon (juice)

200g basmati or  
long grain rice

## METHOD

First, add the coconut oil into a large sauce pan on a medium heat. Once melted, add the onions and fry for 3–4 minutes, stirring occasionally. Add the drained chickpeas and broccoli and brown for 3–4 minutes.

While waiting, in a separate bowl, prepare the stock. Dissolve stock cube with 500ml boiling water. Set aside.

Add the garlic, turmeric and cumin to the frying pan and fry for a further minute while stirring. Pour the stock into the saucepan along with the chopped tomatoes.

Add the lentils and pepper, stir, and turn the heat to low. Cover and simmer for 30–35 minutes. The lentils are best when they still have a little bite to them.

While waiting, cook the rice according to the instructions on the pack.

Once the one-pot lentils have cooked, stir through the lemon juice and divide amongst meal prep boxes along with the cooked rice.

Store covered in the refrigerator for up to 3 days. When ready to eat, microwave for 3 minutes on high, stir, and microwave for a further 1 minute. Allow to stand for 1 minute, then it's ready to eat.





MAKES  
4 Servings

# Lean creamy sausage pasta

Fed up of your chicken, rice and broccoli? Yup, me too. Let this super-lean, high-protein creamy sausage pasta liven up your midweek meal prep.

KCAL  
504

FAT  
6g

PROTEIN  
28g

CARBS  
83g

## INGREDIENTS

1 tsp. [Coconut Oil](#)  
1 leek (finely sliced)  
2 cloves garlic (finely chopped)  
8 reduced-fat pork sausages (sliced)  
200g quark  
350g tomato and basil pasta sauce or tinned chopped tomatoes  
240g (dry weight) wholemeal penne pasta  
1 tsp. sea salt, 1 tsp. black pepper and 1 tsp. dried chilli flakes  
700ml water  
Handful fresh basil leaves

## METHOD

Add the coconut oil to a large, non-stick pan on a medium to high heat. Add the sliced leek into the pan and fry for 3-4 minutes, stirring occasionally. Add the garlic and pan fry for a further 2 minutes, then add the sliced sausages and fry for 6-10 minutes, stirring occasionally, until they are brown on all sides.

Next, add the water, tomato sauce and dried pasta and stir to combine. Bring to the boil, then turn the heat down and simmer for 15-20 minutes, uncovered. If the mixture becomes too dry, add a little more water and stir.

Once the pasta is cooked through, stir through the quark and season with salt, pepper and chilli flakes. Heat through for 2-3 minutes, then divide amongst dishes and top with fresh basil leaves.



# Ask Alex

## Do I need supplements?

**Navigating the world of supplements can be a real minefield. Here's what you need to know...**

Supplements often get a bad rap. So, it's worth reinforcing their role in the health and fitness industry. Quite simply, they're designed to complement and enhance your existing diet — not replace it.

### **What are the benefits?**

In our increasing busy lifestyles, there's less and less time for meal prep. So, supplements can be a super-convenient way of increasing your intake of nutrients that you might be lacking.

Whether it's those extra calories, a hit of protein, or a vitamin and mineral boost, supplements can provide a quick and easy solution.

### **Where do I start?**

It's important to remember that supplements come in all shapes and sizes. Pre-workouts, intra-workouts, post-workouts, proteins, essential vitamins and minerals. But, where do you start?

Firstly, you need to assess your current diet and training plan. What's your goal? Are you eating the right foods to achieve this goal?

Once, you've asked yourself these questions, you should have a better understanding of what supplements can do for you.

### **What supplements do I take?**

Personally, I like to keep things really simple and stick to three main supplements when training. That's whey protein, creatine monohydrate, and essential amino acids.



# The scoop on supplements

**There are plenty of reasons to take supplements when you're trying to build muscle.**

From making sure you're pumped for every session to optimising your recovery, our supplements can help you tackle any workout.



THE SCOOP ON SUPPLEMENTS

# WHEY PROTEIN

Whey protein is a great way to get those extra grams of protein. It's super-easy to drink and saves the time and hassle of eating a full meal straight after your session.

Here's what I'd suggest:



## Impact Whey Protein

It provides your body with convenient, high-quality protein, which contributes to the growth and maintenance of muscle mass — making sure you're getting the protein you need, each and every day.

[Find out more](#)



## Impact Whey Isolate

One of the purest whey protein powders available. It's put through an expert purifying process to keep maximum protein integrity — resulting in a massive 90% protein content.

[Find out more](#)



## THE Whey

Featuring a blend of isolate, concentrate, and hydrolysed whey protein, it delivers high-quality nutritionals, that's designed to give you the protein you need, to grow and maintain muscle.

[Find out more](#)



## Plant-based alternative:

As whey's derived from milk, it's not suitable for those following plant-based diets. But, don't worry! There are plant-powered alternatives you can try.

## Vegan Protein Blend

Free from artificial sweeteners, this blend is packed with protein from pea and fava bean protein isolates, to enhance your plant-powdered diet.

[Find out more](#)

THE SCOOP ON SUPPLEMENTS

# CREATINE MONOHYDRATE

Creatine is one of my favourite supplements and something I'd recommend for anyone looking to gain strength and size.

It's been heavily researched and the benefits have been scientifically proven in multiple studies, including increasing your physical performance in high-intensity exercise.

Here's what I'd suggest:



## Creatine Monohydrate Powder

One of the most highly researched forms of creatine in the world, this hard-hitting powder is scientifically proven to increase physical performance — helping you to take your training to the next level.

[Find out more](#)



## Creatine Monohydrate Tablets

These tablets are a super-convenient way to get the scientifically proven benefits of creatine. Simply take 3 tablets before or after your workout — it's that easy.

[Find out more](#)



## Creapure® Creatine Powder

Creapure® is widely known to be the purest and finest level of micronised creatine monohydrate available on the sports nutrition market — it undergoes rigorous testing to make sure it's free from impurities, and the result is a 99.99% creatine content.

[Find out more](#)



THE SCOOP ON SUPPLEMENTS

# AMINO ACIDS

Last, but certainly not least, essential amino acids or BCAAs — the building blocks of protein.

BCAAs are three essential amino acids, leucine, isoleucine and valine, that can't be produced by your body — so we must get them from our diets.

I like to drink BCAAs when I'm training. The fruity flavours make drinking water less boring!

Here's what I'd suggest:



## Essential BCAA 2:1:1 Powder

An everyday blend of the essential amino acids — leucine, isoleucine, and valine, providing the optimal 2:1:1 ratio of essential amino acids to help you achieve your goals.

[Find out more](#)



## Impact EAA

A superior blend of all nine essential amino acids, with zero calories and zero sugar, delivering the amino acids you need without derailing your training.

[Find out more](#)



## The Amino Energy

A unique blend of amino acids, vitamin C, and natural caffeine, for that super-energising boost — when you need it most.

[Find out more](#)

THE SCOOP ON SUPPLEMENTS

# THE DAILY DOSE

Here are 5 daily supplements to improve your health and wellbeing...



## Essential Omega-3

Omega-3 is an essential fatty acid that your body can't make itself, so you have to get from your diet. It's found naturally in fish oil — meaning it can be difficult to get enough of it from what you eat alone.

It contains EPA and DHA which both play an important role in the normal function of the heart.

[Find out more](#)



## Vitamin D3

It's not always easy to get your daily dose of vitamin D, as it mainly comes from sun exposure, and isn't present in many foods.

This sunshine vitamin delivers the all the great benefits of vitamin D, whatever the weather.

[Find out more](#)



## Alpha Men Multivitamin

An ultra-formula of essential vitamins and minerals including calcium, vitamin D, selenium, vitamin B5, biotin, as well as energising natural extracts — boosts your everyday wellbeing while training hard.

[Find out more](#)



THE SCOOP ON SUPPLEMENTS

# THE DAILY DOSE

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It contains EPA and DHA which both play an important role in the normal function of the heart.

[Find out more](#)



## ZMA

ZMA is a unique blend of zinc, magnesium, and vitamin B6 — delivering a range of benefits to your body.

It's a great addition to your daily diet, whether you're looking to perform in the gym or on the pitch.

[Find out more](#)





# Functional fitness

**Functional training is something that everyone should be doing. It might seem like a meaningless buzzword at first, but it's much more than that.**

What's the point in being big and strong, if you can't use it in everyday life?

I've changed up my style of training to implement more functional movements, so that I'm not all show and no go!

Here are the workouts you'll need to be forever fit...



EXERCISES

Functional  
fitness

Workout One

EXERCISE	SETS	REPETITIONS
Dumbbell Incline Chest Press	3	12
Dumbbell Arnold Press	3	12
Dumbbell Bent-Over Row	3	12
Dumbbell Seated Bicep Curl	3	12
Seated Single Arm Overhead Tricep Extension	3	12 L+R
Bench Dip	3	To failure





## EXERCISE

# Dumbbell incline chest press

**Sets**     **3**

**Reps**    **12**

## METHOD

Lie back on an incline bench, with your feet firmly on the floor and your arms extended over your chest, holding a dumbbell in each hand.

Slowly bend your arms to lower the dumbbells down and outward until they are on either side of your chest.

Extend your arms straight up and over your chest again, pressing the dumbbells back to the starting position.





## EXERCISE

# Dumbbell Arnold press

**Sets 3**

**Reps 12**

## METHOD

Hold a dumbbell in each hand with your arms bent, like the top of a bicep curl, so your palms are facing you.

Spread your arms to each side laterally, before pressing your arms up and twisting your hands, so your palms face forwards.

To finish, push your head forwards and reach as high as you can, so your biceps are close to your ears.



## EXERCISE

# Dumbbell bent-over row

**Sets 3**

**Reps 12**

## METHOD

Holding a dumbbell in each hand bend your knees slightly and bring your torso forward, so your upper body is almost parallel to the floor.

Keeping your back straight lift the dumbbells to the side, keeping the elbows close to your body.

At the top of the movement, squeeze your back muscles and hold for a few seconds.

Slowly lower the weights to the start position and repeat.





## EXERCISE

# Dumbbell seated bicep curl

**Sets 3**

**Reps 12**

## METHOD

Start off by sitting on a bench with your feet firmly on the floor and your back straight.

Hold a dumbbell in each hand with your palms facing each other.

Lower the dumbbells to your sides and slowly curl your arms up.

Squeeze your biceps at the top and slowly lower to the starting position.



## EXERCISE

# Seated single arm overhead tricep extension

**Sets**     **3**

**Reps**   **12 L+R**

## METHOD

Start by sitting on a bench, holding a dumbbell in your left hand with an overhand grip.

Raise the dumbbell to shoulder height, then push the dumbbell overhead with your palm facing forward.

Slowly bend at the elbow and lower the weight behind your head.

Push the dumbbell back up to the starting position. Repeat with the opposite arm.





## EXERCISE

# Bench dips

**Sets**    **3**

**Reps**    **To failure**

## METHOD

Stand facing away from a bench, reach back and grab it with both hands at roughly shoulder-width.

Extend your legs out in front of you and lower your body, by bending your elbows, until your arm at forearm create a 90-degree angle.

Using your triceps push yourself back to the starting position.

EXERCISES

# Functional fitness

## Workout Two

EXERCISE	SETS	REPETITIONS
Dumbbell Goblet Squat	3	12
Bodyweight Walking Lunge	3	10 L+R
Barbell Hip Thrust	3	12
Stiff-Leg Deadlift	3	12
Standing Dumbbell Calf Raise	3	12
Wall Sits	3	30s





## EXERCISE

# Dumbbell goblet squat

**Sets 3**

**Reps 12**

## METHOD

Hold a dumbbell and stand with your feet slightly wider than hips-width apart with your toes pointing slightly out.

Hold the dumbbell vertically, so your wrists are touching the bar, and hands are cupping the top end of the weight.

Keeping your arms close to your chest, and elbows pointing down, squat down as far as you can go.

At the bottom, pause for a few seconds before driving through your heels back to the starting position.



## EXERCISE

# Bodyweight walking lunge

**Sets 3**

**Reps 10 L+R**

## METHOD

Lunge forward as far as you can with your right leg, bending your left knee so it's just above the floor.

Using the heel of your right foot, push into the next lunge, leading with your left leg. To make this more difficult try holding dumbbells.





## EXERCISE

# Barbell hip thrust

**Sets 3**

**Reps 12**

## METHOD

Start with a barbell parallel to a bench.

Position yourself on the floor, with your shoulders resting on the bench. Roll the barbell over your legs until it's directly over your hips.

Put your elbows on the bench and your hands on the bar to steady the weight.

Take a deep breath in, brace your core, and drive through your heels.

Squeeze your glutes to lift your hips, and the barbell, before lowering the weight back down



## EXERCISE

# Stiff-leg deadlift

**Sets 3**

**Reps 12**

## METHOD

Start by standing with your feet shoulder-width apart holding a barbell in an overhand grip. Your knees should be slightly bent.

Bend at your hips and lower the barbell until you feel the stretch in your hamstrings and glutes. Remember to keep your back straight.

Slowly straighten back up, keeping the bar close to your body throughout.





## EXERCISE

# Standing dumbbell calf raise

**Sets 3**

**Reps 12**

## METHOD

Start by standing upright holding two dumbbells by your sides.

Place the balls of your feet on a weight plate with your heels touching the floor.

With your toes pointing forwards, raise your heels off the ground and squeeze your calves.

Slowly return to the starting position.



## EXERCISE

# Wall sits

**Sets 3**

**Reps 30s**

## METHOD

Stand near a wall, around two feet away, with your feet shoulder-width apart.

Lean back against the wall and slide down until your thighs are parallel to the ground. Your knees should be bent at right-angles.

Keeping you head, shoulders, and back against the wall, hold the position for as long as you can.



EXERCISES

# Functional fitness

## Workout Three

EXERCISE	SETS	REPETITIONS
Kick Through	3	16
Jump Squat	3	16
Burpee	3	8
Deadlift	3	12
Barbell Back Squat	3	12
Barbell Bent-Over Row	3	12



## EXERCISE

# Kick through

Sets 3

Reps 16

## METHOD

Begin in a high plank position with your hands shoulder-width apart.

In one motion, rotate your body to the left and kick your right leg through. Use your left arm to touch your hand to your toe.

Bring your hand and foot back to high plank position, and repeat on the opposite side, touching your right hand to your left foot.





## EXERCISE

# Jump squat

**Sets 3**

**Reps 16**

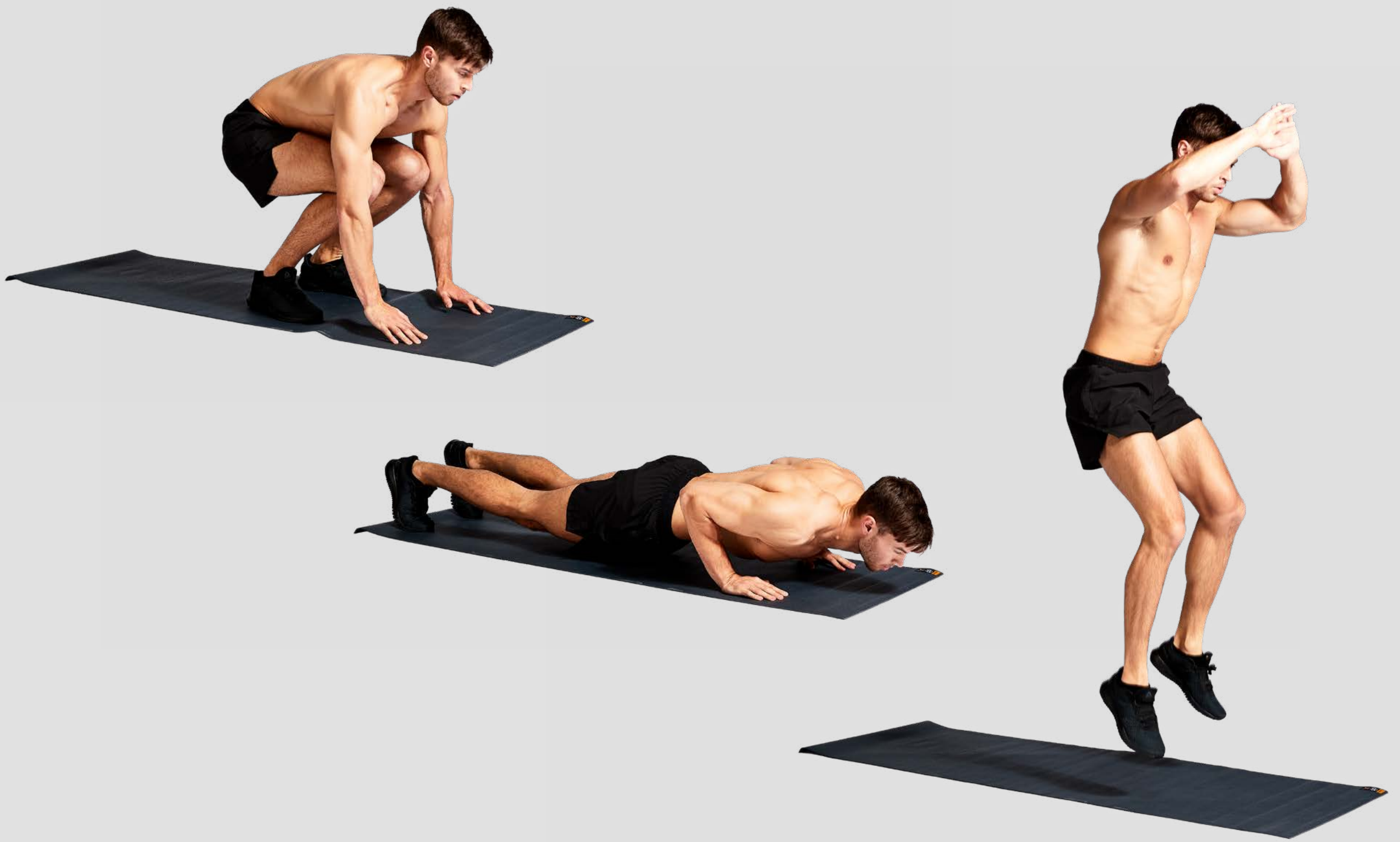
## METHOD

Start by standing with your feet hip-width apart.

Hinge at the hips and lower into the squat position.

Press your feet down to explode off the floor and jump as high as you can.

Allow your knees to bend when you land, and immediately drop back down into a squat, and jump again.



## EXERCISE

# Burpee

**Sets 3**

**Reps 8**

## METHOD

From a standing position, drop into a squat with your hands on the ground just in front of your feet.

Kick your feet behind you, keeping your arms extended so you're in a raised plank position.

Bring your feet back towards your hands, and leap into the air with your arms straight above you.





## EXERCISE

# Deadlift

**Sets 3**

**Reps 12**

## METHOD

Stand with your feet shoulder-distance apart, with a barbell positioned in front of you.

Hinge at your hips and lower yourself down, with a slight bend in your knees, until able to grab the bar.

While holding the bar, keep your shoulders back, squeeze your glutes and core as you stand up straight and lift the barbell.

Pause for a moment at the top, then slowly lower back down to the ground.



## EXERCISE

# Barbell back squat

Sets 3

Reps 12

## METHOD

Take the bar out of the rack, resting it on your rear shoulder muscles.

Stand with your feet roughly shoulder-width apart, with your toes pointing slightly out.

Lower yourself down, bending your knees until they're parallel to the floor.

Keep your weight on your heels as you drive back up.





## EXERCISE

# Barbell bent-over row

**Sets 3**

**Reps 12**

## METHOD

Stand with your feet shoulder-width apart, with the barbell on the floor in front.

Bend your knees and lean forward from the waist, keeping your back straight.

Grab the bar, your hands slightly wider than shoulder-width apart, and let it hang with your arms straight.

Brace your core and squeeze your shoulders, bringing the weight up towards your sternum.

Lower the weight back to the start.

EXERCISES

Strong  
to the  
core

Workout Three

EXERCISE

SETS

REPETITIONS

Leg Raise

3

30s

Crunch

3

30s

V-Sit

3

30s

Plank

3

30s

Russian Twist

3

30s





## EXERCISE

# Leg raise

**Sets 3**

**Reps 30s**

## METHOD

Start by lying down flat on a mat with your arms at your side and legs stretched out.

Keeping your legs as straight as possible, lift them until they're pointing at the ceiling or as far as you can.

Lower them until they're just above the ground, and then raise them again. Don't let your feet touch the ground between reps.



## EXERCISE

# Crunch

**Sets 3**

**Reps 30s**

## METHOD

Lie on your back on an exercise mat.

Bend your knees so your feet are flat on the floor. Cross your arms in front of your chest or place your fingertips behind your neck or head — use the one that feels more comfortable.

Lift your shoulder blades off of the mat and hold for 1 to 2 seconds.

Lower yourself back down with a slow, controlled motion and repeat.





## EXERCISE

# V-sit

**Sets 3**

**30 Seconds**

## METHOD

Lie flat on a mat with your arms by your sides.

Raise your legs as high as you can, keeping them straight, then lift your torso up towards your thighs to form the V-shape.

Keep your back straight and slowly lower back to the ground.



## EXERCISE

# Plank

**Sets 3**

**Reps 30s**

## METHOD

Start on the floor on your hands and knees.

Place your hands directly under your shoulders. Step your feet back, one at a time into a press up position.

For more stability, bring your feet wider than hip-distance apart, and bring them closer for more of a challenge.

Maintain a straight line from your heels to the top of your head, tighten your abs and hold.





## EXERCISE

# Russian twist

**Sets 3**

**Reps 30s**

## METHOD

Sit on the floor with your legs out straight.

Lean back slightly so your torso and legs form a V-shape, with your legs raised off the floor.

Keeping your balance, twist your body from side to side without moving your legs.

To make this more challenging try holding a medicine ball.



# THE SECRET TO LONG-TERM SUCCESS

**Follow these tips to make health and fitness part of your life.**

## **01 Find something you enjoy**

Fitness comes in all forms so it's important to find something you enjoy. You're more likely to stick with an activity you love.

## **02 Learn something new**

The secrets to ensuring your exercise regime lasts longer than a few weeks is fun and variety. Unless you're planning to focus on one sport to a high level, you have the gift of being able to do anything you want.

Cardio doesn't just mean endless miles on the treadmill. Try cycling, boxing, swimming or skipping — it all counts!

## **03 Stop training alone**

An important aspect of fitness is being sociable. So, sign up to that fitness class or find a gym partner.

You can push each other to achieve your goals and progress together. And, it's much easier to miss a session if no one knows you're going...



# The final word

**Remember, being fit and healthy  
is a life-long journey that'll  
have its ups and downs.**

**There's no magic pill and it's not  
going to be easy. The trick is to  
keep challenging yourself and make  
this a lifestyle you can stick to.**