

celebrityslim
PROGRAM

EXERCISE
PLAN

*Eat six times a day
Slimming the easier way**



CELEBRITY SLIM EXERCISE PLAN

Welcome to the Celebrity Slim Exercise Plan!

The purpose of this Guide is to introduce you to some new ways of exercising and improve your overall strength, fitness and mobility.

Our exercise plans combine 3 x weekly cardio sessions, designed to raise your heartbeat, with 2 x resistance exercise sessions to build strength and 2 rest days.

You can choose from 3 levels of exercise: Light, Moderate or Intense, and these can be undertaken at home or in the gym to suit you.

LEVEL 1
LIGHT

LEVEL 2
MODERATE

LEVEL 3
INTENSE

If you are struggling for exercises while following our TRIM or MAINTAIN phase...

THESE ARE IDEAL!

Exercise isn't necessary if you are following our TRIM phase to achieve good results, although it does help!

LEVEL 1 LIGHT

- You don't currently exercise and / or would prefer to start with a lower intensity exercise programme initially and gradually increase your health and fitness
- 5 x 20-25 min sessions per week
- Low intensity workouts

LEVEL 2 MODERATE

- You already currently undertake a low-moderate level of exercise or want to undertake a programme of low-moderate activity to increase your health and fitness
- 5 x 30 min sessions per week
- Medium intensity workouts

LEVEL 3 INTENSE

- You already currently undertake a moderate-heavy level of exercise and want to undertake a programme of moderate-heavy activity to increase your health and fitness
- 5 x 30 min sessions per week
- High intensity workouts

TIP

According to the NHS, it is recommended for adults to engage in 150 minutes of exercise per week.

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-for-adults-aged-19-to-64/>











If you find it difficult to complete a 30-minute workout, there's no need to worry.

You can consider breaking your sessions into three shorter workouts, which will help you gradually increase your endurance.

** The exercise schedules recommended as part of the Celebrity Slim Exercise Programme are intended as a guide only and may be altered at the discretion of the participant considering their current fitness level and exercise ability. Participants should seek prior medical clearance from their doctor or health professional for any conditions they believe may impact on their ability to perform exercise as part of the Celebrity Slim Exercise Programme. **

EXERCISES OVERVIEW










- Muscle strengthening exercises are measured in repetitions or reps
- You should aim to complete the repetitions as indicated on the exercise plans or to the point where you find it hard to complete another repetition
- Take care to follow the instructions carefully
- If you don't have weights at home substitute a weighted item such as heavy tin cans

Exercise	Before and After Visual	Primary Muscle Areas	Description
Alternating shoulder Press		Shoulders	<ul style="list-style-type: none"> • Stand with legs shoulder width apart and in each hand grasp an appropriate weight • Raise both weights to shoulder height, then with one arm extend the weight upwards (without locking the elbow) • Return the weight back down to starting position and repeat with the other arm for the appropriate number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your core engaged and avoid excessive leaning or swaying of the body. • If you're new to this exercise, start with lighter weights and gradually increase the resistance as you become more comfortable and stronger.
Bench Press		Chest/ Arms	<ul style="list-style-type: none"> • This exercise can be performed on a proper barbell bench at your gym, or with household weights on a flat bench that supports your back • Reach up to grip the bar (or dumbbells) with an overhand grip, then extend your arms to fully support the weight • Lower the weight down to your chest by bending at the elbows, then raise the weight back up until you've locked your elbows. Repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your back and head firmly pressed against the bench throughout the exercise. • Maintain a controlled and smooth motion, avoiding any jerking or bouncing.
Bent Over Rows		Back	<ul style="list-style-type: none"> • Stand with your feet around shoulder-width apart, and grasp a barbell with an overhand grip around the level of your abdomen • Bend at the waist to create an approximate 45 degree angle, and arch your back and puff out your chest • Lower the bar by extending your arms and maintaining your posture then raise (row) the bar back to your abdominals, by pulling your elbows back and tucking them into the side • Continue for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • keep your back straight and avoid rounding or arching it during the exercise.
Biceps Curl		Arms	<ul style="list-style-type: none"> • Stand shoulder width apart and grasp a weight in each hand with an underhand grip and your arms locked to your side • Curl the weights on both sides upwards towards your chest until your bicep muscles are fully contracted • Bring your left leg in towards your chest, then alternate legs by extending your left leg back out whilst you bring your right leg in towards your chest • Repeat for the appropriate number of repetitions • Extra step: Keep your back straight, shoulders relaxed, and engage your core muscles for stability. <p>Important tips:</p> <ul style="list-style-type: none"> • Avoid using momentum or swinging your body to lift the weights. Focus on controlled and smooth movements.
Bicycle Kicks		Core	<ul style="list-style-type: none"> • Lie on your back and raise your legs. Put your hands behind your head for added stability • Bring your left leg in towards your chest, then alternate legs by extending your left leg back out whilst you bring your right leg in towards your chest • As an advancement to this exercise and to feel the workout in your obliques, you may raise the torso up and rotate at the torso each time you bring a leg into your chest (so that your opposite elbow meets your opposite knee). Repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your lower back pressed firmly against the floor or mat throughout the exercise. • Avoid pulling on your neck or straining it with your hands. Instead, lightly support your head.
Dead Lifts		Back	<ul style="list-style-type: none"> • Stand in front of a loaded barbell (or dumbbells, or heavy household weights if you prefer). Bend your knees and keep your back straight whilst gripping the weight with an overhand grip • Initiate the lift via your legs, whilst pushing out your torso to an upright position and exhale during the movement. At the top of the movement you should have your chest out and shoulder blades back • Return to the starting position by bending your knees and lowering your torso back to the starting position, whilst keeping your back straight. Repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Engage your core muscles throughout the exercise to stabilize your spine and protect your lower back.
Dumbbell Flys		Chest	<ul style="list-style-type: none"> • Lie on a flat bench, and lift dumbbells (or household weights) together above chest level with your palms facing towards each other • Lower your arms out to the side with a slight flex in your elbows until you feel the stretch in your chest • Raise your arms slowly back up to the starting position. Repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your shoulders relaxed and pressed into the bench throughout the exercise. • Focus on using your chest muscles to control the movement, rather than relying on your arms or shoulders.
Jump Squats		Legs	<ul style="list-style-type: none"> • Widen your feet to around shoulder width apart and rest your hands on your knees • Lower yourself down to a squatting position whilst maintaining your posture with back arched and chest forward • After reaching the bottom of the squat jump upwards in an explosive movement then repeat the exercise for the required number of repetitions
Lateral Raise		Back	<ul style="list-style-type: none"> • Stand up straight with your feet a comfortable width apart and holding a dumbbell or household weight in each hand either side of your body • Keeping your arms straight, raise your arms up until they are at shoulder level and hold momentarily • Lower back down to the starting position. Repeat for the required level of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your back straight, engage your core, and maintain a neutral spine position throughout the exercise.
One Arm Rows		Back	<ul style="list-style-type: none"> • Bend over a bench with your feet hip distance width apart. Support your weight on the bench with one arm and lower a weight in the other arm. • Keep your back straight. Pull the weight upwards whilst squeezing at your shoulder blade • Lower the weight back down maintaining controlled movement. Complete for the required number of repetitions then complete for the other arm

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EXERCISES OVERVIEW

- Muscle strengthening exercises are measured in repetitions or reps
- You should aim to complete the repetitions as indicated on the exercise plans or to the point where you find it hard to complete another repetition
- Take care to follow the instructions carefully
- If you don't have weights at home substitute a weighted item such as heavy tin cans

Exercise	Before and After Visual	Primary Muscle Areas	Description
One Arm Triceps Extension		Arms	<ul style="list-style-type: none"> • Grab a dumbbell (or heavy household weight) in one arm and stand upright. Bring the weight to shoulder height then extend your arm fully so the weight is over your head • Your other hand can grip your weight to support your posture. This is your starting position • Lower the weight behind your head by bending at the elbow but keeping your upper arm stationary • Extend the weight back to the starting position by flexing your triceps muscle. Repeat for the required number of repetitions then repeat with the other arm <p>Important tips:</p> <ul style="list-style-type: none"> • Throughout the exercise, focus on maintaining a stable and aligned position. Keep your back straight, core engaged, and avoid arching your lower back.
Plank Hold		Core	<ul style="list-style-type: none"> • Lie flat on the floor with your palms face down either side then raise your body up with arms extended and keeping your body straight • Maintain this position for the recommended time. (Note: If you struggle to support your body weight performing this exercise then you can undertake a modified plank by resting your knees on the ground if required) <p>Important tips:</p> <ul style="list-style-type: none"> • Engage your core muscles by pulling your navel towards your spine. This helps stabilize your spine and maintain a neutral position throughout the exercise.
Push Ups		Chest/Arms	<ul style="list-style-type: none"> • Lie on the floor with your hands faced palm down at around chest level either side of your body • Push yourself up until your arms are extended and you are on your toes, whilst keeping your body straight • If you cannot support your whole body weight then you can use your knees to help support your weight • Lower your body back down until your chest touches the ground, then raise back up again • Repeat the exercise for the required number of repetitions. You should feel the exercise through your chest and tricep muscles <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your back straight and avoid sagging your hips or lifting your hips too high. Maintain a straight line from your head to your heels (or knees).
Standing Calf Raise		Legs	<ul style="list-style-type: none"> • Stand on the edge of a step with your heels hanging over the edge. Lower your heels downwards then raise up onto your toes, feeling the stretch in your calf • Brace your core while you perform the exercise to help keep your balance. Repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Hold onto the wall or stable object for balance if needed, but focus on using your calf muscles to perform the movement.
Superman		Lower Back	<ul style="list-style-type: none"> • Lie face down on the floor with your arms and legs extended • In a simultaneous motion, raise up your arms and your legs towards the ceiling to create a gentle curve in your back • Lower back to the starting position then repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Squeeze your glutes and engage your lower back muscles to lift your legs and chest off the ground. Keep your neck in a neutral position, avoiding straining or excessive upward extension.
Swiss Ball Crunches		Core	<ul style="list-style-type: none"> • Lie backwards on a swiss ball with your back resting on the curve of the ball and your feet flat on the floor • Cross your arms over your chest then contract your abdominal muscles to pull your body to an upright position, whilst maintaining contact with the swiss ball with your lower back • Lower yourself back down and complete for the required number of repetitions. Note: If you do not have access to a swiss ball then you can perform the exercise on the floor, resting your bottom on the floor and bending your legs <p>Important tips:</p> <ul style="list-style-type: none"> • If you find it difficult to stabilize on the Swiss ball, start with a smaller range of motion and gradually increase it as your balance and core strength improve.
Triceps Dips		Arms	<ul style="list-style-type: none"> • This exercise can be performed on an exercise bench at the gym, or on a step. Sit on the bench with arms either side holding onto the edge • Position your feet comfortably away from the surface you are sitting on then lower your body downwards until your elbows are bent to about 90 degrees • Flex your knees slightly. Push yourself back up to the starting position and repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Avoid shrugging your shoulders or excessively hunching your upper back.
Upright Rows		Shoulders	<ul style="list-style-type: none"> • You can perform this exercise at the gym with a barbell or dumbbells, or at home with items of adequate weight • Take a comfortable stance and grasp the weights with an overhead grip • Pull the weights up to chest height, leading with the elbows and ensuring your elbows are higher than the weights at all times • Return to the starting position and repeat for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Focus on using your shoulder muscles to perform the movement, rather than relying on your biceps or forearms. Adjust your hand position on the barbell or dumbbells to find a grip width that feels comfortable and allows for proper alignment of your wrists and elbows.
Walking Lunges		Legs	<ul style="list-style-type: none"> • Stand with your feet a comfortable distance apart • Step one leg forward and bend both knees downwards, whilst bringing your back heel off the ground • Step back upwards then step forward and repeat with the other leg for the required number of repetitions <p>Important tips:</p> <ul style="list-style-type: none"> • Keep your core engaged, back straight, and chest lifted. If you're new to walking lunges, it can be helpful to practice stationary lunges first to become familiar with the movement and develop proper form.

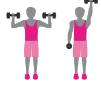
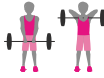







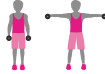



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LIGHT EXERCISE - WEEK 1

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS

LEVEL 1
LIGHT

- You can swap a cardio session for 20-25 mins moderate intensity sport - e.g. singles tennis, netball, fast swim, jogging or fast-walking
- You can swap a resistance session for an organised class such as Pilates, aerobics, Zumba
- Add an extra rest day into the schedule if you are struggling with this amount of exercise or, if you are finding it too easy, simply increase the time you exercise or the number of repetitions
- Please read our exercise guidance before starting the plan for tips and how-to guides

MON Resistance	Alternating Shoulder Press: 2 x 8 reps (each arm) 	Upright Rows: 2 x 8 reps 	Bicep Curls: 2 x 8 reps 	Push Ups: 2 x 8 reps 	Dumbbell Flys: 2 x 8 reps 	Tricep Dips: 2 x 8 reps 	
TUES Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	
WEDS	Rest Day						
THURS Resistance	Jump Squats: 2 x 8 reps 	Walking Lunges: 2 x 8 reps 	Standing Calf Raises: 2 x 8 reps 	Lateral Raises: 2 x 8 reps 	One Arm Rows: 2 x 8 reps (each side) 	Plank Hold: 2 x 20 second holds 	Swiss Ball Crunches: 2 x 8 reps 
FRI Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	
SAT	Rest Day						
SUN Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	











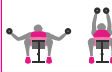



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LIGHT EXERCISE - WEEK 2

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS

LEVEL 1
LIGHT

- You can swap a cardio session for 20-25 mins moderate intensity sport - e.g. singles tennis, netball, fast swim, jogging or fast-walking
- You can swap a resistance session for an organised class such as Pilates, aerobics, Zumba
- Add an extra rest day into the schedule if you are struggling with this amount of exercise or, if you are finding it too easy, simply increase the time you exercise or the number of repetitions
- Please read our exercise guidance before starting the plan for tips and how-to guides




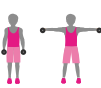







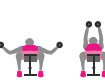

MON Resistance	Walking Lunges: 2 x 8 reps (each leg) 	Standing Calf Raise: 2 x 8 reps 	Dead Lifts: 2 x 8 reps 	Bent Over Rows: 2 x 8 reps 	Superman: 2 x 8 reps 	Bicycle Kicks: 2 x 8 reps 	Plank Hold: 2 x 20 second holds 
TUES Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	
WEDS	Rest Day						
THURS Resistance	Bench Press: 2 x 8 reps 	One Arm Triceps Extension: 2 x 8 reps (each arm) 	Tricep Dips: 2 x 8 reps 	Dumbbell Flys: 2 x 8 reps 	Push Ups: 2 x 8 reps 	Bicep Curls: 2 x 8 reps 	Swiss Ball Crunches: 2 x 8 reps 
FRI Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	
SAT	Rest Day						
SUN Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 2 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 12 minutes	Cross Trainer Machine - 12 minutes	Rowing Machine: 3 x 3 min intervals (1 minute rest in between)	OR 20 mins moderate intensity sports or leisure activity	

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MODERATE EXERCISE - WEEK 1

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS











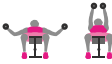



- You can swap a cardio session for 30 mins moderate intensity sport - e.g. singles tennis, netball, fast swim, jogging or fast-walking
- You can swap a resistance session for an organised class such as Pilates, aerobics, Zumba
- Add an extra rest day into the schedule if you are struggling with this amount of exercise or, if you are finding it too easy, simply increase the time you exercise or the number of repetitions
- Please read our exercise guidance before starting the plan for hints, tips and how-to guides

MON Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
TUES Resistance	Jump Squats: 2 x 12 reps 	Walking Lunges: 2 x 12 reps 	Standing Calf Raises: 2 x 12 reps 	Lateral Raises: 2 x 12 reps 	One arm Rows: 2 x 12 reps (each side) 	Plank Hold: 2 x 45 second holds 	Swiss Ball Crunches: 2 x 12 reps 
WEDS Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
THURS	Rest Day						
FRI Resistance	Alternating Shoulder Press: 2 x 12 reps (each arm) 	Upright Rows: 2 x 12 reps 	Bicep Curls: 2 x 12 reps 	Push Ups: 2 x 12 reps 	Dumbbell Flies: 2 x 12 reps 	Tricep Dips: 2 x 12 reps 	
SAT Cardio	Choose 2 of the following:	Treadmill Intervals - 3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
SUN	Rest Day						

MODERATE EXERCISE - WEEK 2

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS

- You can swap a cardio session for 30 mins moderate intensity sport - e.g. singles tennis, netball, fast swim, jogging or fast-walking
- You can swap a resistance session for an organised class such as Pilates, aerobics, Zumba
- Add an extra rest day into the schedule if you are struggling with this amount of exercise or, if you are finding it too easy, simply increase the time you exercise or the number of repetitions
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
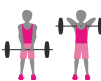


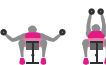




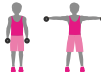



MON Cardio	Choose 2 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
TUES Resistance	Walking Lunges: 2 x 12 reps (each leg) 	Standing Calf Raise: 2 x 12 reps 	Dead Lifts: 2 x 12 reps 	Bent Over Rows: 2 x 12 reps 	Superman: 2 x 12 reps 	Bicycle Kicks: 2 x 12 reps 	Plank Hold: 2 x 45 second holds 
WEDS Cardio	Choose 2 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
THURS	Rest Day						
FRI Resistance	Bench Press: 2 x 12 reps 	One Arm Triceps Extension: 2 x 12 reps (each arm) 	Tricep Dips: 2 x 12 reps 	Dumbbell Flys: 2 x 12 reps 	Push Ups: 2 x 12 reps 	Bicep Curls: 2 x 12 reps 	Swiss Ball Crunches: 2 x 12 reps 
SAT Cardio	Choose 2 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 30 mins moderate intensity sports or leisure activity	
SUN	Rest Day						

INTENSE EXERCISE - WEEK 1

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS

LEVEL 3
INTENSE

- You can swap a cardio session for 30 mins moderate intensity sport - e.g. singles tennis, netball, fast swim, jogging or fast-walking
- You can swap a resistance session for an organised class such as Pilates, aerobics, Zumba
- Add an extra rest day into the schedule if you are struggling with this amount of exercise or, if you are finding it too easy, simply increase the time you exercise or the number of repetitions
- Please read our exercise guidance before starting the plan for hints, tips and how-to guides

MON Resistance	Alternating Shoulder Press: 3 x 10 reps (each arm) 	Upright Rows: 3 x 10 reps 	Bicep Curls: 3 x 10 reps 	Push Ups: 3 x 10 reps 	Dumbbell Flys: 3 x 10 reps 	Tricep Dips: 3 x 10 reps 	
TUES Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	
WEDS	Rest Day						
THURS Resistance	Jump Squats: 3 x 10 reps 	Walking Lunges: 3 x 10 reps 	Standing Calf Raises: 3 x 10 reps 	Lateral Raises: 3 x 10 reps 	One Arm Rows: 3 x 10 reps (each side) 	Plank Hold: 3 x 45 second holds 	Swiss Ball Crunches: 3 x 10 reps 
FRI Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	
SAT	Rest Day						
SUN Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	















The exercise schedules recommended in this plan are intended as a guide only and may be altered at the discretion of the participant taking into account their current fitness level and exercise ability. Participants should seek prior medical clearance from their doctor or health professional for any conditions they believe may impact their ability to perform these exercises. If you're new to weightlifting exercises or unsure about the correct form, it is recommended to seek guidance from a fitness professional or personal trainer. They can provide you with proper instruction and ensure that you perform the exercises safely and effectively.

INTENSE EXERCISE - WEEK 2

COMBINES 3 X CARDIO DAYS + 2 X RESISTANCE DAYS

LEVEL 3
INTENSE

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MON Resistance	Walking Lunges: 3 x 10 reps (each leg) 	Standing Calf Raise: 3 x 10 reps 	Dead Lifts: 3 x 10 reps 	Bent Over Rows: 3 x 10 reps 	Superman: 3 x 10 reps 	Bicycle Kicks: 3 x 10 reps 	Plank Hold: 3 x 45 second holds 
TUES Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	
WEDS	Rest Day						
THURS Resistance	Bench Press: 3 x 10 reps 	One Arm Triceps Extension: 3 x 10 reps (each arm) 	Tricep Dips: 3 x 10 reps 	Dumbbell Flys: 3 x 10 reps 	Push Ups: 3 x 10 reps 	Bicep Curls: 3 x 10 reps 	Swiss Ball Crunches: 3 x 10 reps 
FRI Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	
SAT	Rest Day						
SUN Cardio	Choose 3 of the following:	Treadmill Intervals -3 x 3 min jog, with 2 min walk in between	Light Bike Ride or Spin Bike - 15 minutes	Cross Trainer Machine - 15 minutes	Rowing Machine: 3 x 4 min intervals (1 minute rest in between)	OR 45 mins moderate intensity sports or leisure activity	

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