



FUEL YOUR AMBITION

TRAINING & NUTRITION GUIDE



# Contents

*Tap to jump to section*



1

**Let's get started**

2

**Fuel your progress**

3

**Supplements sorted**

4

**The winning workouts**

5

**Turn motivation into dedication**

6

**Reasons your progress has plateaued**

7

**The final word**

# Let's talk home fitness

**It might feel like there's an overwhelming amount of information out there, but we've got the perfect formula for getting you closer to your goals.**

We've split things up into nutrition, supplements, training, and helpful tips — so it's simple to see exactly how to get started. That way all your effort can go into the stuff that counts (like burpees).

Ready to feel stronger, fitter and healthier? Step right this way...

# Fuel your progress

**It's tempting to think that you can eat whatever you want if you train hard enough, but in reality, if you want to progress and see real changes, you ought to consider what fuel goes in the tank.**

Eating the right foods — in the right amounts — can make all the difference to getting you closer to your goals, and will help to support your body through the physical demands of a consistent training schedule.

Sticking to a well-balanced meal plan mostly comes down to forward-thinking and preparation — slip ups are much more likely to happen when you find yourself faced with cupboards filled with snacks that are easy to eat too much of. If you don't put yourself in a position where high-calorie, low-nutrient snacks are the most convenient option, then you've already won half the battle.

While we can't actually be there to steer you away from the cookie jar, or convince you to get off the sofa to start meal prepping, we can at least make it easier for you to begin by giving you the tools you need, along with a little inspiration. Let's face it, sometimes the hardest part of healthy eating is coming up with a plan for dinner that isn't just 'salad'.

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 personalized nutrition plan...



# MAKE CALORIES COUNT



The amount you eat directly affects your body composition, so why do most of us use the general 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  You’re not doing much exercise — just daily living activities (cal)		MODERATELY ACTIVE  A couple of gym sessions or long walks per week (cal)		ACTIVE  3+ gym sessions per week (cal)	
	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

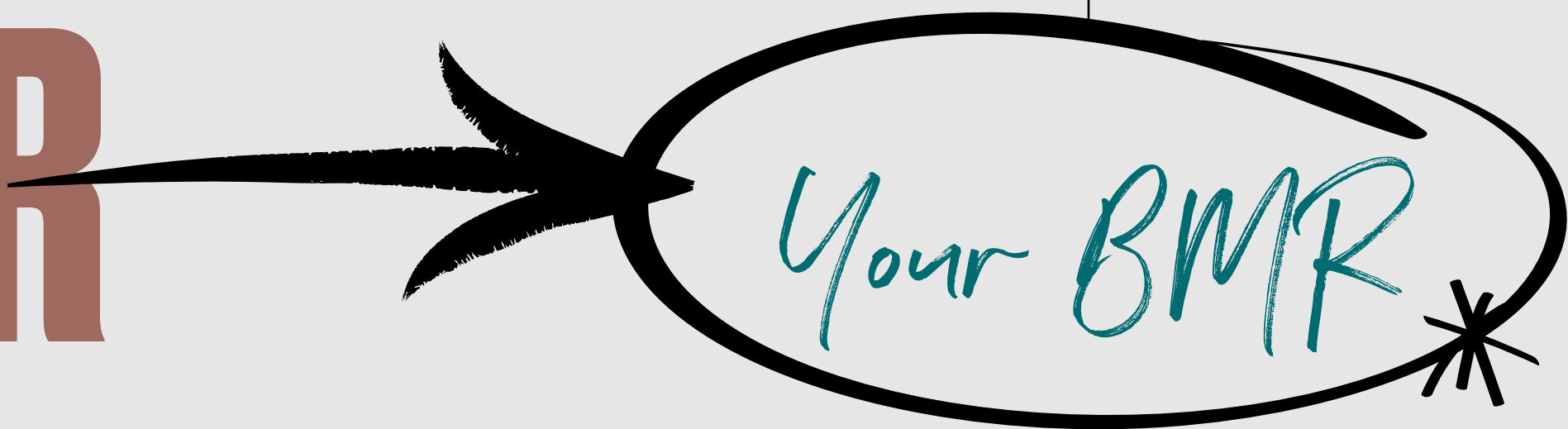
Now it's time to get personal. Follow these steps to work out how many calories your body needs to maintain your current body composition. After that, you'll be able to work out how many calories you need to lose weight or build muscle.

## 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 centimeters, and you should have a calculator.

Use one of the following equations to calculate your BMR:

	WOMEN	MEN
WEIGHT	4.536 X WEIGHT IN LBS	4.536 X WEIGHT IN LBS
	+	+
HEIGHT	15.88 X HEIGHT IN INCHES	15.88 X HEIGHT IN INCHES
	-	-
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**

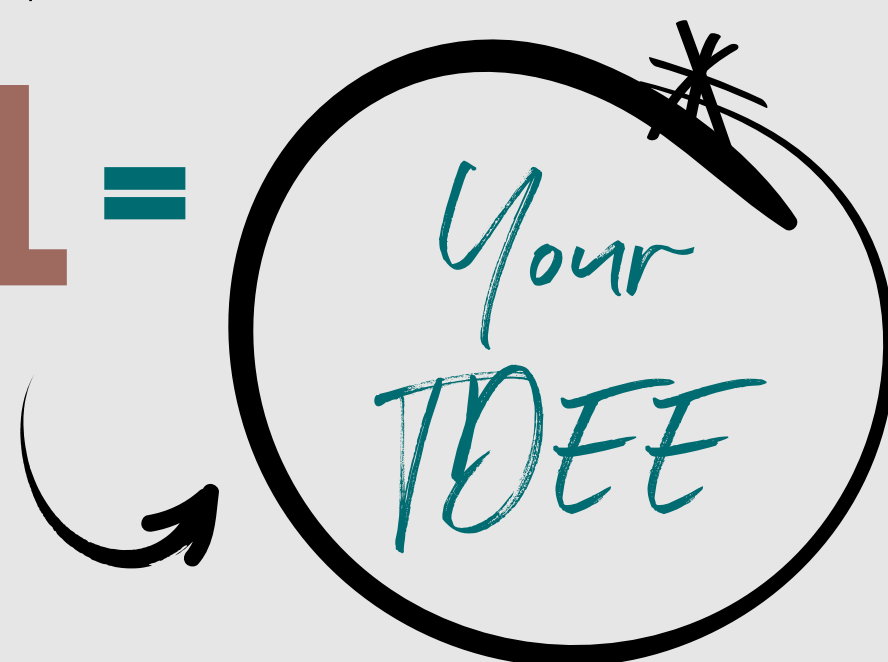
**MODERATELY  
ACTIVE**

**1.6**

**HIGHLY  
ACTIVE**

**1.8**

**YOUR BMR X YOUR PAL =**



## STEP 3

# Work out your 'goal TDEE'

The amount of calories you'll need per day depends on your 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 minimize muscle tissue loss and to keep your BMR high, 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.

Recalculate your calorie requirements every few weeks to make sure you're eating the right amount for your changing weight.

**Lose fat and gain muscle mass:**

**YOUR TDEE - 500KCAL =**

**Gain muscle mass only:**

**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 catalyzing 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.

Research spanning the last 30 years recommends that to gain muscle

mass, you'll need approximately 0.73g of protein per pound of bodyweight per day.

Simply multiply your weight in pounds by 0.73 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 LBS X 0.73 = 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 fiber 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 ÷ 4 = CARBOHYDRATES IN GRAMS**

# WHAT'S ON THE MENU

## Feast your eyes on this 7-day meal plan

This well-balanced meal plan comes from expert nutritionist Alice Pearson and is designed to keep you going all day long. Mix and match your meals and snacks to suit you, and remember, your calories and macronutrient weights are personal — you can apply these to the plan.



## MONDAY

### BREAKFAST

Banana-egg pancakes topped with natural yogurt, blueberries and Manuka honey

### LUNCH

Pesto pasta salad with spinach, tomato, mozzarella, and sliced chicken breast

### SNACKS

Multigrain crispbreads topped with low-fat cream cheese and avocado, with a side of grapes

### DINNER

Chili con carne with cheddar cheese, served with basmati rice

### SNACKS

Bowl of low-sugar muesli with milk

### WHY?

Because everyone needs pancakes — but these ones are low-fat high-protein and count as 1 of your 5-a-day.



## TUESDAY

### BREAKFAST

Spinach and mushroom omelet and baked beans

### LUNCH

Baked potato with tuna, sweetcorn & light mayonnaise with salad

### SNACKS

Brazil nuts and dried figs

### DINNER

Chicken & mushroom risotto with pine nuts

### SNACKS

Peanut butter & crushed berries on whole meal toast

### WHY?

Tuna is rich in leucine (which studies have shown stimulates muscle building) and omega-3 fatty acids.

Smashing berries onto your toast is a lower-sugar alternative to the typical PB & jam combo.



# WEDNESDAY

## BREAKFAST

Smoked salmon, cream cheese, and avocado on a whole meal bagel

## LUNCH

Chicken & avocado tortilla wrap

## SNACK

Carrot sticks with almond butter

## DINNER

Beef steak with sweet potato wedges and grilled asparagus

## SNACK

Toasted pita bread with hummus

## WHY?

Nut butters are rich in monounsaturated fatty acids, as well as protein, fiber, and several vitamins and minerals.



# THURSDAY

## BREAKFAST

Overnight oats made with strawberry low-fat yogurt, mixed frozen berries and almonds

## LUNCH

Quinoa brown rice salad with beetroot and goats cheese, topped with a poached egg

## SNACK

Malt loaf

## DINNER

Shrimp Pad Thai with crushed peanuts

## SNACK

Fat-free natural yogurt with mixed berries and vanilla protein powder

## WHY?

Beetroot is high in nitrates; which studies have shown can enhance aerobic exercise performance.



# FRIDAY

## BREAKFAST

Dessert shake (chocolate protein powder, frozen banana, peanut butter, and milk)

## LUNCH

Falafel with baked sweet potato, hummus, avocado, and curly kale

## SNACK

Trail mix

## DINNER

Turkey meatballs in tomato-based sauce with whole-wheat spaghetti

## SNACK

Sweet & salty popcorn

## WHY?

Whey protein is a convenient way to get in your essential amino acids — throw in some nut butter and fruit for extra energy.





# SATURDAY

## BREAKFAST

Smoked salmon, poached egg, and asparagus on a whole meal bagel, plus a glass of orange juice

## LUNCH

Greek salad with sliced turkey breast

## SNACKS

Mixed dried fruit

## DINNER

Beef steak with sweet potato wedges and grilled asparagus

## SNACKS

Dark chocolate coated rice cakes

### WHY?

Salmon is brimming with heart-healthy omega-3 fatty acids.



# SUNDAY

## BREAKFAST

Bacon medallions and scrambled eggs on whole meal toast

## LUNCH

Roast chicken leg with mashed potatoes, sautéed leeks and sprouts

## SNACKS

Apple and carrot sticks with almond butter

## DINNER

Potato & leek soup with a whole meal bread roll

## SNACKS

Low-fat Greek yogurt with walnuts and Manuka honey

### WHY?

Manuka honey boasts big benefits, including possible anti-oxidant and anti-inflammatory properties.







# Supplements sorted

**Supplements aren't a magic fix,  
but they can be the difference  
between coasting along and  
having a killer workout.**

If you want to fire up your performance  
and help your body to recover once you've  
put all the effort in, check these out...

SUPPLEMENTS SORTED

# NEED A KICK-START?

Pre-workouts to get you going



ESSENTIALS

## Creatine Monohydrate

Creatine has been shown to increase physical performance in successive bursts of short-term, high-intensity exercise, and can increase muscle size and strength.

[Find out more](#)



VEGAN

## THE Coffee Boost

Start your day the right way with a brain-boosting brew. THE Coffee Boost is our unique blend of the finest instant Colombian Coffee and Dynamine®, a powerful nootropic that improves your cognitive ability.

[Find out more](#)



PRO

## THE Pre-Workout

Get firing on all cylinders with 175mg caffeine to maximize performance, creatine to push physical performance, and added L-glutamine.

[Find out more](#)



SUPPLEMENTS SORTED

# DON'T STOP NOW

**Intra-workouts to see you through**



## ESSENTIALS

### **Essential BCAA 2:1:1**

An effective blend of the essential amino acids, leucine, isoleucine, and valine, to aid muscle recovery and promote muscle-protein synthesis.

[Find out more](#)



## VEGAN

### **L-Glutamine Amino Acid**

A popular amino acid that supports healthy digestive function, as well as supporting muscle function and protein synthesis.

[Find out more](#)



## PRO

### **THE Amino Boost**

Go stronger for longer with this winning formula. Each serving delivers 7g amino acids, 3g BCAAs and natural caffeine to boost endurance.

[Find out more](#)

SUPPLEMENTS SORTED

# THE ROAD TO RECOVERY

Post-workouts to push your progress



## ESSENTIALS

### Clear Whey Isolate

Looking for a refreshingly juicy boost of protein? Clear Whey is for you. With zero sugar, 20g of protein and 4g of BCAAs per serving, it’s ideal for your training goals.

[Find out more](#)



## VEGAN

### Vegan Protein Blend

Made from pea and fava bean protein isolates, this plant-based blend delivers 24g protein per serving — with no artificial sweeteners.

[Find out more](#)



## PRO

### THE Whey

This ultra-premium whey delivers 25g protein per serving to support muscle growth after every session. There’s also less than 2g carbs and 1g fat.

[Find out more](#)



SUPPLEMENTS SORTED

# YOUR EVERYDAY HEROES



ESSENTIALS

## Daily Multivitamin

Each tablet is packed with seven essential vitamins including vitamin A, C, D3, E, thiamine, riboflavin and niacin — helping to support your everyday wellbeing and keep up with a hectic training schedule.

[Find out more](#)



ESSENTIALS

## Essential Omega-3

Omega-3 is an essential fatty acid that you need to get from your diet, it supports heart health and cognitive function.

[Find out more](#)



VEGAN

## THE MCT Boost

MCTs are derived from coconut oil and can be quickly and efficiently converted into ketone energy, which can be used by the brain as an alternative energy source to carbs.

[Find out more](#)



PRO

## THE Neuro-Restore

Improve the quality of your sleep with this natural sleep support, ideal for helping you to relax, reduce stress and fall asleep faster — so you can be ready to tackle whatever your day brings.

[Find out more](#)

# 5 WAYS TO USE YOUR PROTEIN POWDER

## (That aren't just shakes)

There's more to protein than shakes, you know. Here are five of our favorite whey recipes for you to make the most of this stand-up supplement.

### WE ROLLIN'

These sweet & simple protein balls are an ideal post-workout snack.

1 ¼ cup rolled oats

2 scoops [Impact Whey Protein](#)

1/3 cup raisins

½ cup nut butter

2 tbsp. maple syrup

3 tbsp. milk

#### METHOD

In a bowl, mix all of the dry ingredients.

Add the nut butter and syrup and mix through.

Add the milk and mix until combined.

Take small handfuls and roll into balls, then repeat.

Chill for 2 hours — then enjoy!



### GET STACKED

There's nothing like a plate of freshly flipped pancakes.

1 ripe banana

2 large eggs

1 scoop [Impact Whey Protein](#)

1/3 cup rolled oats

#### METHOD

Heat a frying pan over a medium heat.

Add the banana and eggs to a blender and blend until smooth.

Then add the protein and oats and blend again for a smooth batter.

Pour quarter of the batter into the frying pan and cook for 45 seconds on each side.

Repeat until you have no batter left, then top with your favorite toppings.





# FRO-YO CUPS

These frozen yogurt cups are a tasty way to cool down after training.

1 tub (17.6 oz.)  
low-fat Greek yogurt

1 scoop [Impact Whey Protein](#)

1 tbsp. honey

½ cup peanut butter

Handful blueberries

## METHOD

Prepare a muffin tray with cake cases.

In a bowl, mix the yogurt, protein and honey until smooth.

Divide the mixture between the cake cases, then place a teaspoon of melted peanut butter on top along with some blueberries.

Freeze for at least 2 hours, then enjoy.



# STRONG START

Get ahead with this delicious overnight oats recipe.

1 cup almond milk

1 scoop [Impact Whey Protein](#)

1 ripe banana

½ tsp. cocoa powder

¾ cup rolled oats

## METHOD

Blend the milk, protein, banana and cocoa powder until you have a smooth batter.

Mix the batter together with the oats, then pour into a sealable container.

Leave to soak in the fridge overnight.



# KEEP IT CHILL

Made in less than a minute, this banana protein ice cream is a game changer, trust us.

17 oz. frozen bananas

4–6 scoops of [Impact Whey Protein](#)

1 cup fat-free yogurt

3 tbsp. milk

## METHOD

Blend all the ingredients together until just about smooth. Be careful not to over-process.

Scoop some of the ice cream into a bowl and enjoy straight away, placing the rest in a sealable container to freeze for more servings later.



# The winning workouts

**So now we've covered  
what's going on in the  
kitchen, it's time to tackle  
the training side of things.**

Toning up is about consistently challenging and pushing your body to get stronger, faster and fitter. That doesn't necessarily mean going in to every session with the intention of smashing your personal bests. It means turning up and giving your all to making progress wherever you can — even if that's just getting through your workout or feeling slightly better than you did the week before.

In this section you'll find a week's worth of workouts made up of strength training and cardio. You can do these workouts anywhere and all you need is a set of dumbbells (or some tin cans!). Carry out these workouts week by week for sustainable results that'll keep you forever fit. Let's get moving...

## **Meet the PT**

With over 12 years' experience in the sports industry, Hollie Philippa knows her stuff when it comes to staying in shape. Her experience working in top gyms around the world has given her the expertise to create holistic workouts tailored to promote weight loss.



EXERCISES

# Home HIIT workouts

## Workout One

**Complete 5 circuits, resting  
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Bodyweight squat	5	15
Bodyweight reverse lunge	5	15
Press-up	5	15
Tricep dips	5	15
Jump squats	5	15
Plank hold	5	60s



## EXERCISE

# Bodyweight squat

**Sets 5**

**Reps 15**

## METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels

## Why squat?

Great for building bigger, stronger glutes and abs. and exhale, bracing abs throughout movement.





## EXERCISE

# Bodyweight reverse lunge

**Sets 5**

**Reps 15**

## METHOD

Standing upright with your hands on your hips, take a large step backwards with one foot.

Bend your legs so that your front leg is parallel to the floor and your back knee is just off the ground.

Slowly straighten and repeat on the other leg.



## EXERCISE

# Press-up

**Sets 5**

**Reps 15**

## METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body.

Lower back to the starting position and repeat.

### **Take it down a notch:**

If you can't manage a full press-up, try doing them on your knees instead of your feet.





## EXERCISE

# Tricep dip

**Sets 5**

**Reps 15**

## METHOD

Position your hands behind your, shoulder-width apart, on a stable bench or chair.

Straighten your arms, with a slight bend at the elbows (to take the pressure off your joints) and then lower to a 90-degree angle.

Press back up to finish the move and then repeat.



## EXERCISE

# Jump squat

**Sets 5**

**Reps 15**

## METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.





## EXERCISE

# Plank hold

**Sets 5**

**Reps 60s**

## METHOD

Plant your hands directly under your shoulders, like you're at the top of a push up.

Squeeze your glutes and abs to stabilize your body and keep your back straight.

Hold this pose for as long as you can without compromising your form (don't let that bum dip!)

EXERCISES

# Home HIIT workouts

## Workout Two

**Complete 5 circuits, resting  
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Walking lunge	5	15
Jump squats	5	15
Step-ups	5	15
Press-up	5	15
30-second standing sprint	5	1
Ab crunch	5	15





## EXERCISE

# Walking lunge

**Sets 5**

**Reps 15**

## METHOD

Standing tall, with chest up and feet hip-width apart, engage your core and glutes and take a step forward on one leg.

Keep your knees behind your toes as you lower down so that your front thigh is parallel with the floor.

Step forward on your back leg and repeat the movement.

## Why lunge?

This move works every major muscle in your lower body — it's a winner with us.



## EXERCISE

# Jump squat

**Sets 5**

**Reps 15**

## METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position,

Keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.





## EXERCISE

# Step-up

Sets **5**

Reps **15**

## METHOD

Simple: Step up onto a bench or platform and step back down.

The higher the platform, the harder this move will get.

### Take it up a notch:

Add weights or increase the pace of your steps.



## EXERCISE

# Press-up

**Sets 5**

**Reps 15**

## METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body.

Lower back to the starting position and repeat.

### **Take it down a notch:**

If you can't manage a full press-up, try doing them on your knees instead of your feet.





## EXERCISE

# 30-second standing sprint

**Sets 5**

**Reps 1**

## METHOD

Staying on the spot, run for as fast as you can for 30 seconds, take a 10-second break and then go again.



## EXERCISE

# Ab crunch

**Sets 5**

**Reps 15**

## METHOD

Lie down on your back, bend your legs and place your feet firmly on the ground.

Cross your hands over your chest and lift your head and shoulder blades off the ground without straining your neck. Exhale as you do this.

Slowly lower yourself back to the starting position while inhaling and then repeat.



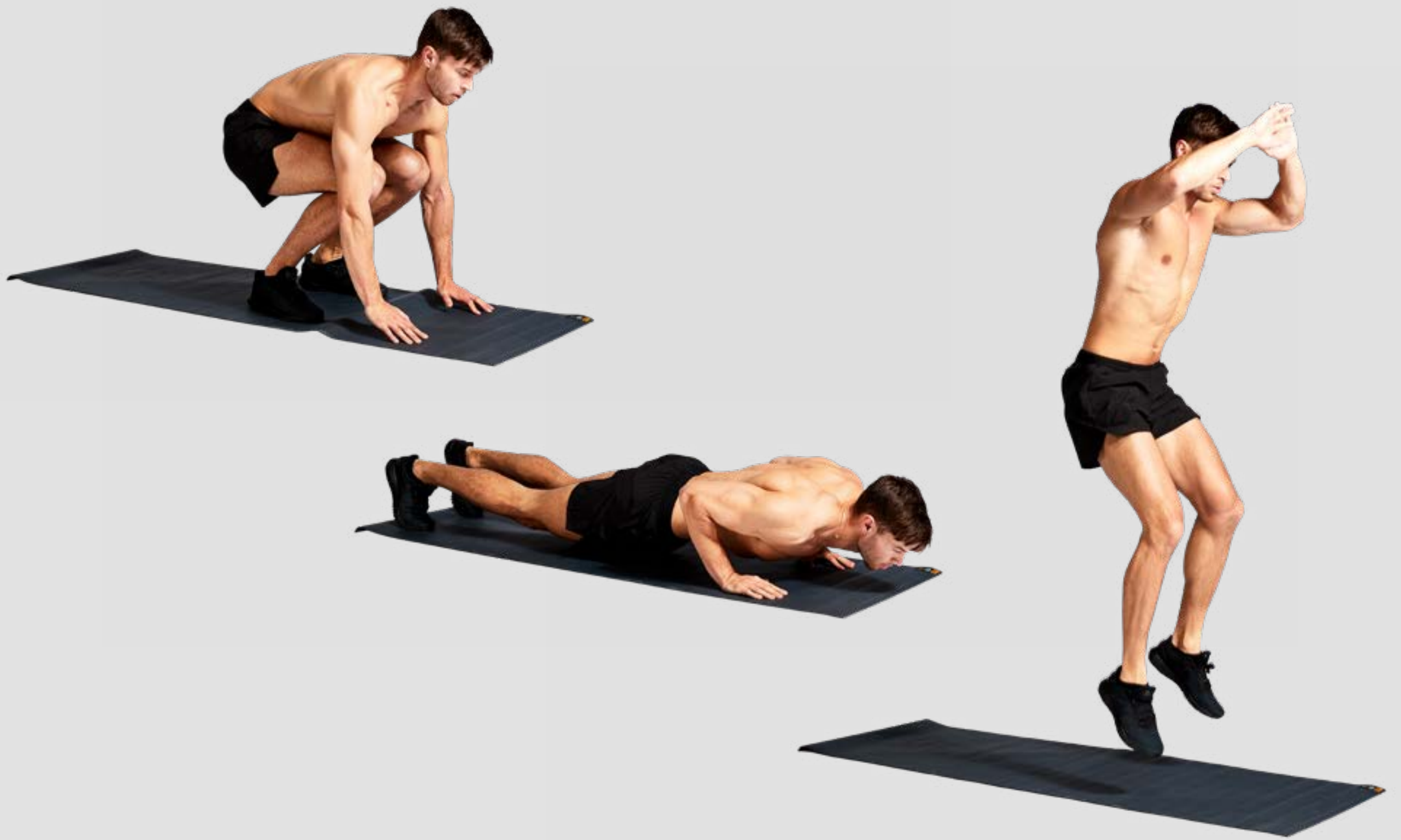
EXERCISES

# Home HIIT workouts

## Workout Three

**Complete 5 circuits, resting  
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Burpee	5	15
Plank hold	5	60s
Squat into overhead press	5	15
Jump squat	5	15
Bicycle crunch	5	15
Jump twist	5	15



## EXERCISE

# Burpee

**Sets 5**

**Reps 15**

## METHOD

From a standing position, drop down into a squat, kicking out your legs into a plank position.

Then, pull your legs back in and jump up as high as you can, landing softly.

Repeat the move as fast as you can, while keeping your form.

## Why burpee?

While everyone hates this move, everyone does it too. That's because it's a great high-intensity move that works the whole body.





## EXERCISE

# Plank hold

**Sets 5**

**Reps 60s**

## METHOD

Plant your hands directly under your shoulders, like you're at the top of a push up.

Squeeze your glutes and abs to stabilize your body and keep your back straight.

Hold this pose for as long as you can without compromising your form (don't let that bum dip!)

## Take it up a notch

Try lifting up one hand at a time to your chest while keeping your body stable.



## EXERCISE

# Squat into overhead press

**Sets 5**

**Reps 15**

## METHOD

With dumbbells or a barbell on your shoulders, stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, push the weights upwards until your arms are straight. Lower the weights as you lower into the next squat.





## EXERCISE

# Jump squat

**Sets 5**

**Reps 15**

## METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



## EXERCISE

# Bicycle crunch

**Sets 5**

**Reps 15**

## METHOD

Lying on your back, pressing it into the floor, raise your head and shoulders slightly above.

Place your hands on either side of your head without pulling on your neck.

Lift your legs off the ground, bending one knee towards your face while straightening the other leg out away from you.

Twist your core so that the opposite elbow meets with the bended knee.

## Why bicycle crunch?

It hits the upper and lower ab and the oblique muscles all in one move — impressive.





## EXERCISE

# Jump twist

**Sets 5**

**Reps 15**

## METHOD

Reaching up and keeping your body straight and knees slightly bent, push off the floor with both feet, bringing them up towards your chest.

Rotate your hips to one side while in the air, but keep your chest facing forwards. Land with both feet and repeat in the other direction.

EXERCISES

# Home HIIT workouts

## Workout Four

**Complete 5 circuits, resting  
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Jump squat	5	15
Burpee	5	15
Press-up	5	15
Tricep dip	5	15
Walking lunge	5	15
30-second standing sprint	5	1





## EXERCISE

# Jump squat

**Sets 5**

**Reps 15**

## METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



## EXERCISE

# Burpee

**Sets 5**

**Reps 15**

## METHOD

From a standing position, drop down into a squat, kicking out your legs into a plank position.

Then, pull your legs back in and jump up as high as you can, landing softly. Repeat the move as fast as you can, while keeping your form.



## EXERCISE

# Press-up

**Sets 5**

**Reps 15**

## METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body. Lower back to the starting position and repeat.

### Take it down a notch:

If you can't manage a full press-up, try doing them on your knees instead of your feet.





## EXERCISE

# Tricep dip

**Sets 5**

**Reps 15**

## METHOD

Position your hands behind your, shoulder-width apart, on a stable bench or chair.

Straighten your arms, with a slight bend at the elbows (to take the pressure off your joints) and then lower to a 90-degree angle.

Press back up to finish the move and then repeat.



## EXERCISE

# Walking lunge

**Sets 5**

**Reps 15**

## METHOD

Standing tall, with chest up and feet hip-width apart, engage your core and glutes and take a step forward on one leg.

Keep your knees behind your toes as you lower down so that your front thigh is parallel with the floor.

Step forward on your back leg and repeat the movement.



## EXERCISE

# 30-second standing sprint

**Sets 5**

**Reps 1**

## METHOD

Staying on the spot, run for as fast as you can for 30 seconds, take a 10-second break and then go again.

## Why sprint?

High-intensity exercise is a great fat burner and metabolism booster.



# WAYS TO MEASURE YOUR PROGRESS

## 01

### Take pictures

It can be hard to see changes when you see yourself day in, day out. Take a picture before you start your new routine and periodically take them to see how your body changes from the hard work you've put in. Make sure you wear the same clothes and take the pictures in the same light to see even the smallest of changes.

## 02

### Track your PBs

Take a note of your progress and keep jotting down your new PB every time you reach it — you can also do the same with your fastest runs. This way, you can look back at where you started and see how much you've improved.

## 03

### Take body measurements

This doesn't have to mean weighing yourself every day. Instead, take waist, thigh, and tricep measurements to keep track of how many inches you've lost from your waist, or the muscle you've gained.

## 04

### How do your clothes fit?

If your goal is weight-loss, then chances are you'll go down a couple of clothes sizes. If your jeans are feeling looser, or you even need to buy a smaller pair, then this is a sign that you're moving in the right direction.

# REASONS YOUR PROGRESS HAS PLATEAUED

## 01

### **You're not tracking your food accurately**

Are you guessing how many oats you're pouring into your bowl every day, or conveniently not counting that morning mocha? While being under or over on your calories every so often is absolutely fine, if you're finding you've stopped seeing progress, you may need to look at tracking your calories and macronutrients more accurately.

## 02

### **You're not consistently eating and exercising**

If your exercise routine has become a little sporadic and you're indulging more often than not, then you can't really expect to see the results you want. Stick to your exercise plan and try and take a few of the treats out of your diet.

## 03

### **Your workouts aren't varied or intense enough**

Do you spend most of your time in the gym sat on your phone? Unfortunately, scrolling doesn't burn as many calories as the treadmill. Use your workouts as a chance to challenge yourself by switching it up regularly and trying your hardest in the time you have.

## 04

### **Your goal is too vague/unrealistic**

If your main goal is "weight loss" or "muscle gain", then this can feel a little distant and vague. Think about why you want to lose weight or gain muscle and the little goals you can set to get you to your big goal. It may be to fit into an old outfit and the little goals to get there could be eating well 80% of the time and exercising 4-5 times that week.



# SURE-FIRE SUCCESS

**A diet and exercise plan are a great place to start, but how do you keep it fun, sustainable, and successful? Here are our top tips.**

## **01 Fuel up on fiber**

Studies show that fiber helps with keeping your nutrition on track by helping you feel fuller for longer.

## **02 Ditch the drink**

You were probably hoping this one wouldn't be on here, but alcohol is packed with calories and offers little nutritional value. Allowing yourself a treat now and then is good for keeping on track, but just make sure heavy drinking doesn't become a habit.

## **03 De-stress**

Stress causes the adrenal glands to release cortisol. High levels of this hormone can increase your appetite and abdominal fat storage, so give yourself a break and relax.

## **04 Weigh your food**

Weighing your food accurately is the best way to gauge whether you're getting the right amount of calories you need — it also makes it easier to adjust your plan for a little more or less food.





## 05 Keep it consistent

Don't deprive yourself of the odd treat, but if you're regularly exercising and eating well 80% of the time, then you'll soon see results.

## 06 Drink plenty of water

Switch out calorie-heavy sugary drinks and stick to water. Drinking a glass before eating may also help you to eat less.

## 07 Mix up your meals

Nothing will make you fall off the wagon like the same old boring meals, so add spices, switch up your vegetables and experiment with different food combinations.

## 08 Keep track of progress

There's nothing more motivating than seeing positive change in yourself, so take progress photos, body measurements and track your gym PBs, so that you've got something to celebrate at the end of each week.

# The final word

**You've made it this far... so, don't stop now. Remember, being fit and healthy is a life-long journey that'll have its ups and downs.**

**The trick is to keep challenging yourself and make this a lifestyle you can stick to.**