

MYPROTEIN



FUEL YOUR AMBITION

TRAINING & NUTRITION GUIDE

THE
TONE-UP
GUIDE

FUEL YOUR **AMBITION**

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Let's talk toning up

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 actual 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 empty cupboards at home, or haven't brought your own lunch with you to work. If you don't put yourself in a position where fast food or a meal deal is 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 biscuit aisle, 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 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 You’re not doing much exercise — just daily living activities (kcal)		MODERATELY ACTIVE A couple of gym sessions or long walks per week (kcal)		ACTIVE 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

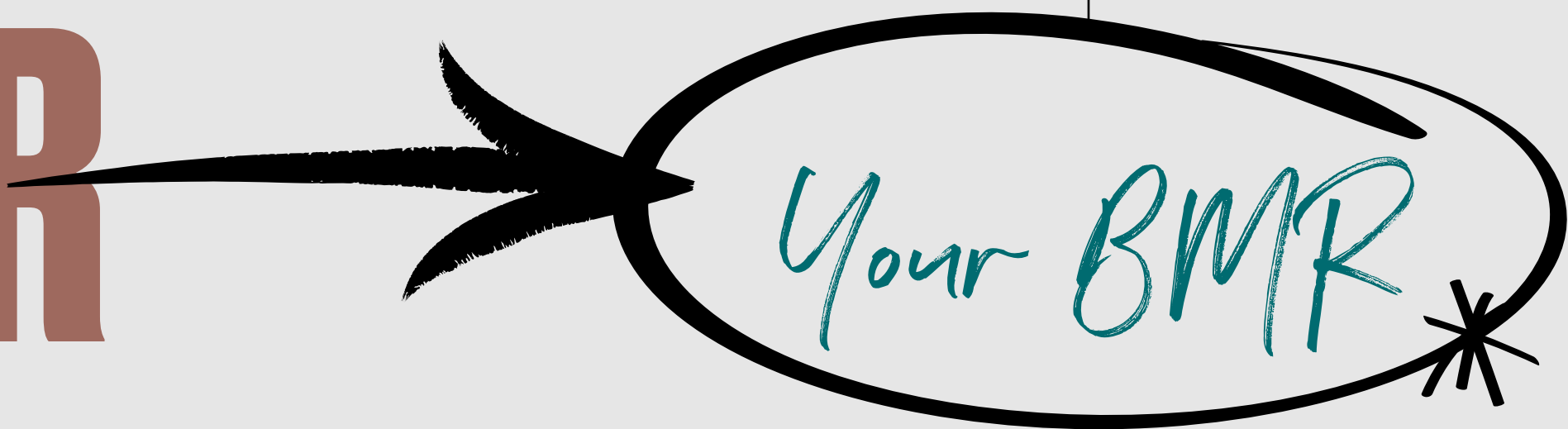
Now it's time to get personal. Follow these steps to work out how many calories your body needs to maintain your current body composition. After that, you'll be able to work out how many calories you need to lose weight.

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

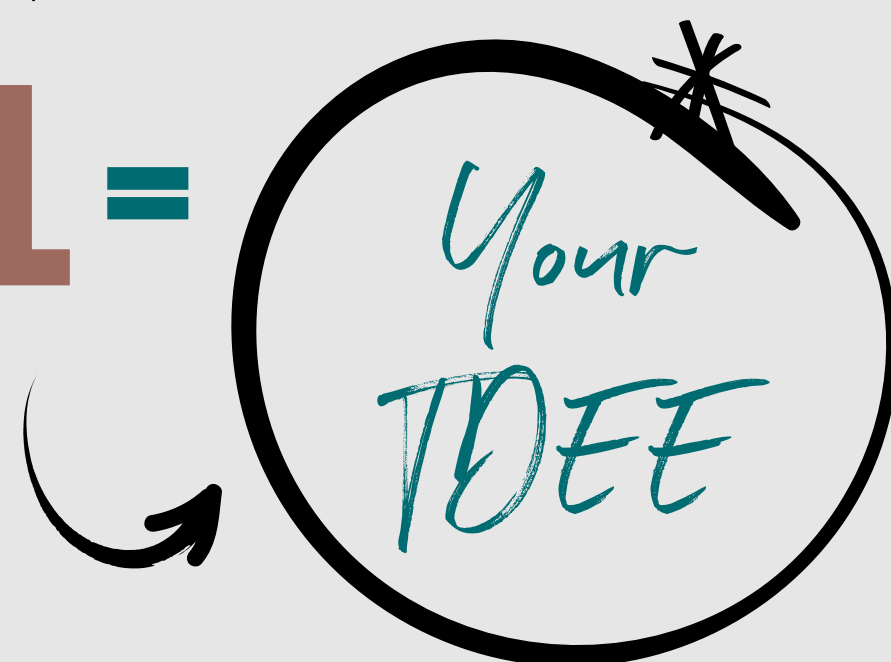
**MODERATELY
ACTIVE**

1.6

**HIGHLY
ACTIVE**

1.8

YOUR BMR X YOUR PAL =



STEP 3

Work out your 'goal TDEE' to tone up

The amount of calories you'll need per day to tone up 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 minimise 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 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.

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 / 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 yoghurt, 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

Chilli 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 omelette 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 wholemeal 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 wholemeal 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, fibre, and several vitamins and minerals.



THURSDAY

BREAKFAST

Overnight oats made with strawberry low-fat yoghurt, 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 yoghurt 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 wholemeal 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 wholemeal 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 wholemeal bread roll

SNACKS

Low-fat Greek yoghurt 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

Thermopure

This powerful thermogenic formula comes in convenient capsules — with caffeine to enhance performance and vitamin B6 to fight fatigue.

[Find out more](#)



VEGAN

Vegan Pre-Workout

Made with green coffee and green tea extracts to give a boost of natural caffeine, this plant-based formula will keep you focused and increase endurance.

[Find out more](#)



PRO

THE Pre-Workout

Get firing on all cylinders with 175mg caffeine to maximise 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 on the track, or the pitch



ESSENTIALS

Impact EAA

This refreshing blend contains all 9 essential amino acids and has a faster absorption rate than whey. Oh, and it's zero calories & zero sugar.

[Find out more](#)



VEGAN

Vegan BCAA Sustain

Hit it home with 4g BCAAs per serving, along with magnesium to support electrolyte balance.

[Find out more](#)



PRO

THE Amino Energy

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 & Impact Diet Whey

Looking for a refreshingly juicy boost of protein? Clear Whey is for you. Or, enjoy a smooth, indulgent shake of Impact Diet Whey with fewer calories than regular whey protein. Both options are a great source of protein, essential for muscle growth.

[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

Vitamin Gummies

Super-convenient, strawberry-flavour gummies that contain 12 essential vitamins — helping to support the immune system and maintain skin, hair and teeth.

[Find out more](#)



ESSENTIALS

Essential Omega-3

An essential fatty acid that supports heart health.

[Find out more](#)



VEGAN

Vegan A-Z Multivitamin

Staying on top of your daily intake made simple. These easy-to-take tablets contain a blend of 22 vitamins and minerals.

[Find out more](#)



VEGAN

Vegan Omega

Made from marine algae, Vegan Omega is an alternative to traditional fish oil supplements — but with the same great health benefits.

[Find out more](#)



PRO

THE Multi

A comprehensive multivitamin tablet with increased bioavailability — ideal to support the immune system and metabolism.

[Find out more](#)



PRO

Omega-3 Plus

High-purity fish oil that supports heart health.

[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 favourite 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.

120g rolled oats

2 scoops [Impact Whey Protein](#)

50g raisins

120g 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](#)

35g 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 favourite toppings.



FRO-YO CUPS

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

500g low-fat
Greek yoghurt

1 scoop **Impact
Whey Protein**

1 tbsp. honey

100g peanut butter

50g blueberries

METHOD

Prepare a muffin tray with cake cases.

In a bowl, mix the yoghurt, 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.

250ml almond milk

1 scoop **Impact
Whey Protein**

1 ripe banana

½ tsp. cocoa powder

75g 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.

500g frozen bananas

4-6 scoops of **Impact
Whey Protein**

250ml fat-free yoghurt

50ml 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.



SMART SWAP 101

Working towards a fitness goal doesn't mean you have to cut out all the flavour and foods you enjoy from your diet — and yes, that includes snacks *sigh of relief*.

With a few smart swaps here and there, you can keep all the treats you love without having to worry about setting back your progress.

Syrups > **Sugar-Free Syrup**

Let's face it, porridge and pancakes aren't the same without a drizzle of syrup. But did you know that regular syrup contains an average of 20 teaspoons sugar per 100ml. Ouch.

Sugar-Free Syrup contains just 0.1g of sugar with zero fat, and are only 5 calories per 100ml.

Chocolate Spread > **Protein Spread**

Can't shake those chocolate cravings? With this sweet solution, there's no need.

Irresistible Protein Spread isn't only made with quality whey protein, but it contains a massive 87% less sugar than supermarket alternatives. Pass us the spoon.

Sauces > **Sugar-Free Sauces**

How often do you cook a really healthy meal... then smother it in sugar-laden ketchup or BBQ sauce? It's a classic downfall.

Sugar-Free Sauce is the ideal alternative, containing just 0.2g sugar per 100ml, it's available in Tomato Ketchup, Sweet Chilli, BBQ and Peri Peri — spice up that meal prep.

Pasta > Zero Penne & Zero Spaghetti

It's comfort food like no other, but it's not always in line with your macros. That's where Zero Penne and Zero Spaghetti come in.

Made from konjac flour, a natural, water-soluble fibre, they contain just 0.1g of carbohydrates and 7 calories per 100g. Incredible.

Chocolate Bars > **THE Carb Crusher**

The average chocolate bar is going to set you up with a serious sugar spike of around 13g (at least). Satisfy your sweet-tooth with this triple-layered, chocolate-coated protein bar from heaven instead.

THE Carb Crusher is low in sugar and contains a huge 21g of protein per serving, ideal for filling that gap after training.

Biscuits > Baked Protein Cookie

If you're the kind of person who can't have a cuppa without a biscuit, this one's for you. Our Baked Protein Cookie is created with a rich, chocolatey dough and a generous sprinkling of dark chocolate chunks — and it packs in 13g of protein.

The best part? It's plant-based protein, making them an indulgent vegan-friendly snack too.

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 or adding 10kg on to every set. 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.

We've teamed up with qualified personal trainer, Rebecca Bantleman, to provide you with an easy-to-follow workout guide, as well as the tools you'll need to progress.

Meet the trainer

Qualified personal trainer, Rebecca Bantleman, trains a variety of clients as well as running luxury fitness retreats abroad along with her personal trainer husband.

“I designed this programme to use a combination of strength training, beginning with lower reps and higher sets at a heavier weight in a bid to break down muscle fibres. It then transitions into hypertrophy by using higher reps and fewer sets at a lower weight to burn calories while placing less stress on the central nervous system.”

EXERCISES

Glutes and hamstrings

Workout One

EXERCISE	SETS	REPS	REST
Hamstring Curl (Swiss ball)	6	6	45s
Dumbbell Squat	6	8	45s
Barbell Hip Bridge	5	10	45s
Dumbbell Walking Lunge	5	10 L+R	45s
Kettlebell Romanian Deadlift	4	15	45s
Kettlebell Swing	4	45s	45s



EXERCISE

Hamstring curl (Swiss ball)

Sets **6**

Reps **6**

Rest **45 Seconds**

METHOD

Start by lying on your back on a mat with your feet elevated on a Swiss ball, arms resting by your side.

Raise your hips off the floor to rest on your upper body.

Keeping your feet together and hips elevated, bend your knees to bring your feet in towards your glutes.

Hold, then straighten your legs again to return to the start.



EXERCISE

Dumbbell squat

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Stand up straight, feet shoulder-width apart, while holding a dumbbell in each hand.

Lower yourself by bending at the knees, keeping your torso straight and head up.

Continue until your thighs are parallel to the floor.

Raise your torso, pushing through the heels.



EXERCISE

Barbell hip bridge

Sets **5**

Reps **10**

Rest **45 Seconds**

METHOD

Begin seated on the ground with a loaded barbell over your hips.

Lay down flat, with your feet planted on the floor, knees up.

Drive through your heels to push your hips up off the floor.

Extend as far as possible, then return to the start position.



EXERCISE

Dumbbell walking lunge

Sets **5**

Reps **10 L+R**

Rest **45 Seconds**

METHOD

Stand with your feet hip-width apart, holding a dumbbell in each hand down by your sides.

Step forward with one leg and bend the knees to drop your hips, keeping your torso upright. Your back knee should almost touch the ground. Don't allow your front knee to go beyond your toes.

Drive through the heel of your lead foot to raise yourself back up.

Repeat with the opposite leg.



EXERCISE

Kettlebell romanian deadlift

Sets **4**

Reps **15**

Rest **45 Seconds**

METHOD

Start standing holding a kettlebell with both hands.

Keeping your back straight, flex your hips, slowly pushing your rear back as far as you can, only partially bending the knees. This should be a horizontal movement of the hips, rather than a downward one.

Pause, then slowly return to the starting position.



EXERCISE

Kettlebell swings

Sets **4**
Reps **45**
Rest **45 Seconds**

METHOD

Stand feet shoulder-width apart, holding a kettlebell with both hands.

Bend slightly at the knees, hinging at the hips, pulling the kettlebell back between your legs.

Drive your hips forward and straighten your back to swing the kettlebell up to shoulder height.

Repeat the move in one continuous motion.

EXERCISES

Upper
body

Workout Two

EXERCISE	SETS	REPS	REST
Supinated Barbell Bent Over Row	6	8	45s
Dumbbell Chest Press	6	8	45s
Seated Dumbbell Lateral Raise	5	10	45s
Flat Dumbbell Tricep Extension	5	12	45s
Bench Reverse Crunch	4	15	45s
Swiss Ball Side Crunch	4	15 L+R	45s



EXERCISE

Supinated barbell bent over row

Sets **6**
Reps **8**
Rest **45 Seconds**

METHOD

Stand feet shoulder-width apart, holding a loaded barbell with supinated grip (palms facing up).

Bend your knees slightly and bring your torso forward, bending at the waist.

Keeping your head up and torso still, lift the barbell upwards, keeping your elbows close to the body.

Hold at the top, then slowly lower the weight.



EXERCISE

Dumbbell chest press

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Lie flat on a bench with a dumbbell in each hand resting on top of your thighs.

Use your thighs to help raise the dumbbells up one at a time, holding them out to the side with your upper arm and forearm creating a 90-degree angle, palms facing away from you.

Breathe out and push the dumbbells upwards, locking your arms straight at the top of the lift.



EXERCISE

Seated dumbbell lateral raise

Sets **5**
Reps **10**
Rest **45 Seconds**

METHOD

Sit at the end of a bench with feet firmly on the floor. Hold a dumbbell in each hand with palms facing in, arms straight down.

Keeping your torso stationary, lift the dumbbells out to the side with a slightly bent elbow until your arms are parallel to the floor.

Pause for a second, then lower the weights back down slowly.



EXERCISE

Flat dumbbell tricep extension

Sets **5**

Reps **12**

Rest **45 Seconds**

METHOD

Lie on a bench while holding a dumbbell in each hand, arms fully extended upwards at a 90-degree angle from your torso. Palms facing in and elbows tucked in.

Breathing in, keep the upper arms stationary while slowly lowering the dumbbells towards your ears.

Use the triceps to bring the weights back up to the start. Repeat.



EXERCISE

Bench reverse crunch

Sets **4**
Reps **15**
Rest **45 Seconds**

METHOD

Lie on your back on a decline bench, holding the top with both hands. Straighten your legs so they're parallel to the floor.

Exhale and raise your legs up towards the torso, rolling your hips off the bench.

Hold for a second then lower your legs back to the start position. Repeat.



EXERCISE

Swiss ball side crunch

Sets 4

Reps 15 L+R

Rest 45 Seconds

METHOD

Place a Swiss ball near a wall or sturdy object. Drape your left side over the ball, with your right leg extended. Your left foot should support and balance you.

Hold your hands at your temples and activate the right side of your torso, contracting upwards until upright but leaning on the ball.

Pause, then slowly release to starting position. Repeat.

EXERCISES

Lower
body

Workout Three

EXERCISE	SETS	REPS	REST
Barbell Sumo Deadlift	6	8	45s
Barbell Hack Squat (heels elevated)	6	8	45s
Box Jump	5	12	45s
Russian Step-Up	5	10 L+R	45s
Goblet Squat	4	15	45s
Wall Squat	4	45s	45s



EXERCISE

Barbell sumo deadlift

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Set up a loaded barbell on the floor. Stand behind the bar with a very wide stance, then bend at the hips to grip the bar close together.

Relax the shoulders, look forward and then drive through your heels, extending through the hips and knees until standing straight with the barbell lifted. Pull your shoulder blades together.

Return the weight to the ground, bending at the hips again.



EXERCISE

Barbell hack squat

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Stand straight, holding a barbell behind you at arm's length, feet shoulder-width apart.

Keeping your head up and back straight, squat until your upper thighs are parallel to the floor.

Then drive up through the heels, squeezing the thighs as you come back up. Repeat.



EXERCISE

Box jump

Sets **5**

Reps **12**

Rest **45 Seconds**

METHOD

Stand in front of the box with feet shoulder-width apart.

Bend into a half squat, swing your arms back and then forward to explode up off the ground. Aim to land on the box as softly as possible.

Jump back down and repeat.



EXERCISE

Russian step-up

Sets **5**

Reps **10 L+R**

Rest **45 Seconds**

METHOD

Stand with your left foot on the ground and the right on top of the box. Your right thigh should be no higher than parallel to the floor.

Contracting your right thigh, drive up so you're standing on the box, raising your left knee upwards.

Hold, then lower down and repeat.



EXERCISE

Goblet squat

Sets 4

Reps 15

Rest 45 Seconds

METHOD

Stand holding a kettlebell close to your chest.

Squat down, keeping your back straight and chest and head up, until your hamstrings touch your calves. Use your elbows to push your knees out.

Pause at the bottom and return up to the start position. Repeat.



EXERCISE

Wall squat

Sets **4**

Reps **45 Seconds**

Rest **45 Seconds**

METHOD

Stand with your back flat against the wall, feet shoulder-width apart about 2ft out from the wall.

Slide down the wall until your legs are bent at a 90-degree angle, knees directly above ankles.

Hold this position, contracting your abs.

EXERCISES

Upper
body

Workout Four

EXERCISE	SETS	REPS	REST
Overhead Barbell Press	6	8	45s
Triangle Press-Up	6	8	45s
Assisted Dumbbell Row	5	10	45s
Incline Dumbbell Flye	5	10	45s
Weighted Russian Twist	4	15 L+R	45s



EXERCISE

Overhead barbell press

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Stand with a barbell resting across your shoulders, hands shoulder-width apart, palms facing out.

Press the bar over your head until your arms are fully straightened.

Lock your elbows at the top, hold for a second, then slowly lower back to the start.



EXERCISE

Triangle press-up

Sets **6**

Reps **8**

Rest **45 Seconds**

METHOD

Kneel on a mat and walk your hands down so that your back is straight.

Arrange your hands on the mat to form a triangle with your thumb and index fingers.

Push up onto the balls of your feet so you're in a plank position. Lower yourself down until your chest touches the floor.

Exhale as you push up.



EXERCISE

Assisted dumbbell row

Sets **5**
Reps **10**
Rest **45 Seconds**

METHOD

Lean forward onto an incline bench with a dumbbell in each hand, arms straight down.

Retract the shoulder blades and flex the elbows to row the dumbbells to your side.

Pause at the top of the motion, then slowly return to the start position. Repeat.



EXERCISE

Incline dumbbell flye

Sets **5**
Reps **10**
Rest **45 Seconds**

METHOD

Lie back on an incline bench with a dumbbell in each hand.

Extend your arms above you, elbows slightly bent.

Slowly lower the arms to the side, keeping them extended with palms facing each other.

Exhale and bring the dumbbells back up to the start position. Repeat.



EXERCISE

Weighted russian twist

Sets **4**
Reps **15 L+R**
Rest **45 Seconds**

METHOD

Sit on a mat holding a dumbbell with two hands at chest height.

Plant your feet in front of you, bend your knees and lean back, keeping your torso straight. Your thighs and torso should make a V-shape.

Fully extend your arms and then lower the weight down to touch either side of the floor by your hips.

WANT TO TAKE IT TO THE NEXT LEVEL?

Try drop sets

A drop set is a training technique where you perform a normal set, but rather than heading straight into your rest, you drop the weight and perform another set until failure.

They can push your muscles beyond their normal limits, increasing the time they're under tension, as well as the training volume, which can ignite muscle growth.

It's a versatile technique that can be used during any workout — from legs to abs.

Here's how to maximise your drop sets...

01 Keep rest to a minimum

It's important to keep your rest as short as possible between sets, with only enough time to reduce the weight. The shorter the time, the more intense and effective your drop set will be, so keep it short and sweet.

02 Preparation is key

Make sure you have all your equipment ready before starting your drop set. If you're using a barbell, load it with 5kg or 10kg plates — ones that can be quickly removed.

Or, if you're using dumbbells, have them lined up ready. Just don't be that person who hoards three sets of dumbbells when the gym's crowded.

03 Use them sparingly

They're intense! If you use them too often, you'll run the risk of overtraining.

TURN MOTIVATION INTO DEDICATION

01

Meal prep for the week

It might be the last thing you feel like doing with your Sunday, but you know deep down it's going to set you up for a successful week. Plus, you'll be much less likely to be lured into a fast food chain for a quick fix if you come prepared.

02

Use a camera, not the scales

There are so many variables that can make your weight fluctuate over the course of the day, from what you've eaten to whether you've drank enough. Take photos instead, then you'll have a visible comparison to remind yourself of the progress you've made.

03

Remove temptations

You're much less likely to demolish a whole share bag of crisps on a whim if there isn't a share bag within reach in the first place. Be strict with what makes its way into your cupboards.

04

Mix up your meals

If you keep your diet varied and enjoyable, you're much more likely to stick at it. Get experimental with spices, seasonings and marinades, and keep switching up what veg you have on the side.

05

Listen to your body

Some days you aren't going to make it to the gym, and that's fine. If your body is telling you it's tired, or too sore from the day before, listen to it. It's much better to give yourself a break and come back refreshed, than to force yourself through the motions and risk injuring yourself seriously. Rest days are important.

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 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, then this can feel a little distant and vague. Think about why you want to lose weight 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.

The final word

You've made it this far... so, don't stop now. Getting fit and building strong muscles doesn't happen overnight — this is only the start of your journey. You've got this!