

YOUR 28-DAY FITNESS PROGRAMME



WELCOME TO FIT FOR YOU

Whatever your fitness ambitions, Myprotein are here on hand to help. Whether you're aiming to increase your cardio performance, or add some muscle, we've got you covered!

To kick-start your fitness mission, we're your workout buddy – giving you everything you need to become the fittest version of you, and make sure you're feeling great wherever the treadmill takes you.

Welcome to your dedicated 28-day fitness programme, designed to help you get into the shape you want to be – quickly and simply!

Packed with specially created cardio and resistance workouts, and a complete training plan, it's guaranteed to help you to achieve your fitness goals in a timeframe that works for you.

Each workout also has its own how-to video, which you can find on our website, allowing you to train in real-time as you receive great advice and motivation to keep pushing forward, each and every day.

Plus, we've also got loads of nutrition and supplement tips to make sure you get the most out of each session for the results you want, including some day-to-day do's and don'ts to keep your training on track.

Jumping at the bit to get fit? We're here to guide and support you every step of the way.

YOUR TRAINING PLAN

This is where it all begins. Over the next 28 days you'll complete a range of cardio and resistance workouts that target your entire body – gradually ramping up the intensity to help you achieve your fitness goals.

The following page shows you when to complete each of the exercises as you progress from week 1 to 4. If you have a really busy lifestyle, don't worry! This programme can be easily adapted to fit around your schedule. But, it's important to remember to complete the number of workouts specified for each week, and always allow yourself plenty of time to recover.

Don't worry if you miss a session! Pick up where you left off and keep pushing yourself to go harder each time. It's true what they say – the more effort you put in, the more you get out of it – especially when getting in shape in such a short period of time.



WEEK 1

MONDAY
WORKOUT ONE

TUESDAY
WORKOUT TWO

WEDNESDAY
REST

THURSDAY
WORKOUT ONE

FRIDAY
REST

SATURDAY
WORKOUT TWO

SUNDAY
REST



WEEK 2

MONDAY
WORKOUT ONE

TUESDAY
WORKOUT TWO

WEDNESDAY
REST

THURSDAY
WORKOUT ONE

FRIDAY
REST

SATURDAY
WORKOUT TWO

SUNDAY
REST



WEEK 3

MONDAY
WORKOUT TWO

TUESDAY
WORKOUT THREE

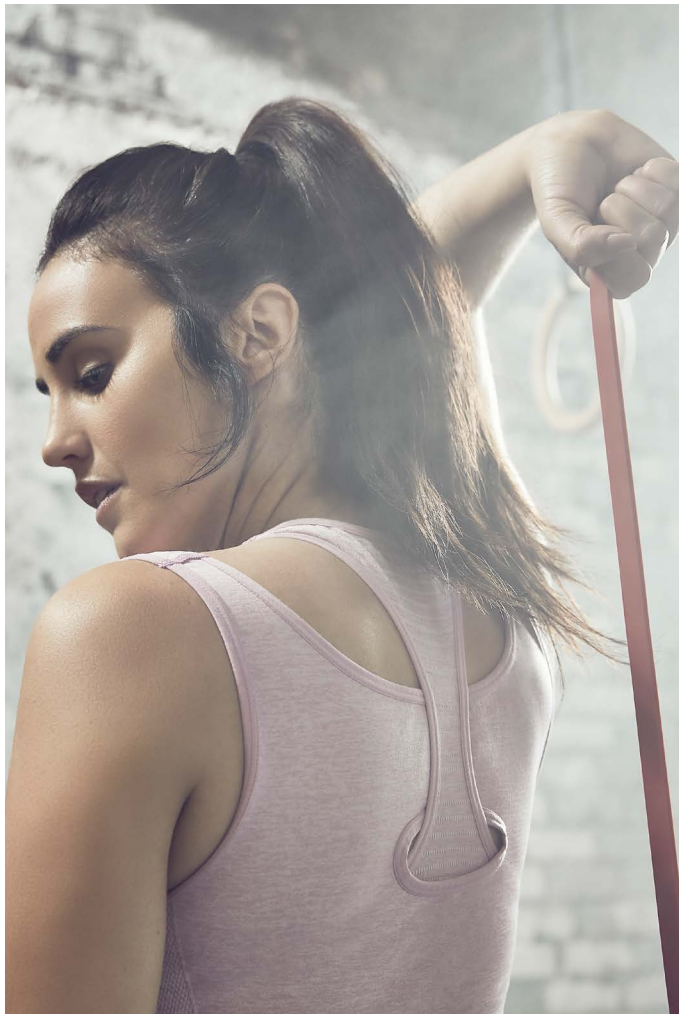
WEDNESDAY
REST

THURSDAY
WORKOUT THREE

FRIDAY
REST

SATURDAY
WORKOUT FOUR

SUNDAY
REST



WEEK 4

MONDAY
WORKOUT THREE

TUESDAY
WORKOUT FOUR

WEDNESDAY
REST

THURSDAY
WORKOUT FOUR

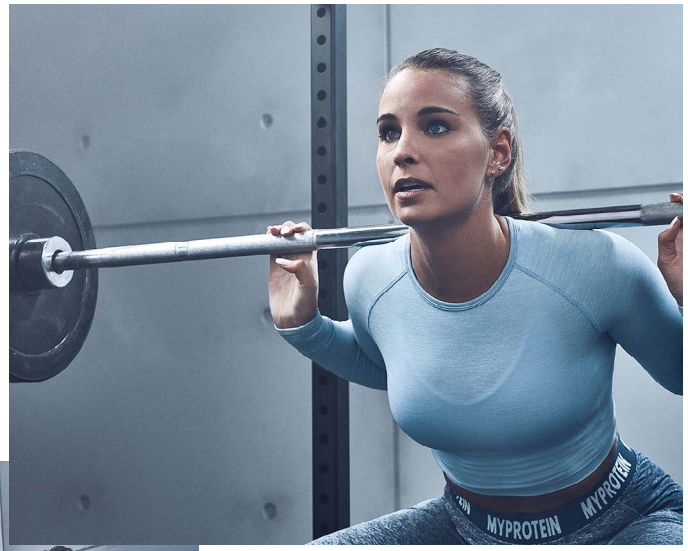
FRIDAY
REST

SATURDAY
WORKOUT FOUR

SUNDAY
REST

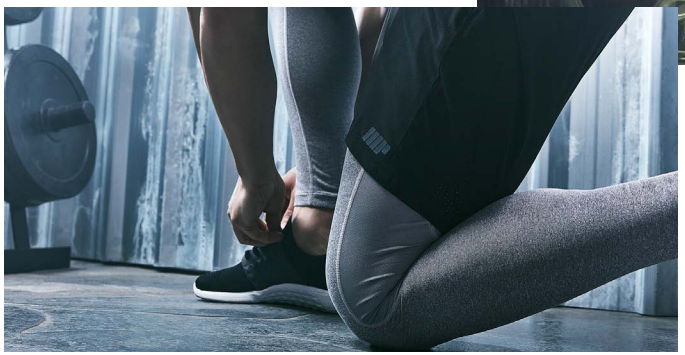












THE WORKOUTS

28 DAY WORKOUT PLAN

As detailed in the training plan, here are each of your workouts, numbered 1-4 – from beginner to advanced. You'll naturally work up to the harder ones, so take your time and enjoy it.

If you find yourself struggling at any point, take a look at the tips next to each workout to help make the exercises a little more manageable. And don't worry if you need a moment every now and then to catch your breath outside of the specified rest time – especially when you start out and first take on the more advanced techniques.

Remember, as long as you're pushing yourself as hard as you can, you'll reach the goals you set out to achieve!

WORKOUT ONE

INTENSITY: LOW

TRAINING METHOD: HIIT (LOW IMPACT)

EQUIPMENT NEEDED: BODYWEIGHT ONLY

TIME REQUIRED: 12 MINS

EXERCISE DURATION: 30-SEC WORK

REST PERIODS: 15-SEC REST

SETS: 2 SETS OF EACH BLOCK

▷ WATCH THE WORKOUT

BLOCK 1

1. SQUAT
2. PRESS - UP
3. REVERSE LUNGE
4. MOUNTAIN CLIMBERS

TIPS:

PRESS-UP – If this starts to become difficult you can drop to your knees, but make sure your chest always touches the floor.

MOUNTAIN CLIMBERS – If you're struggling to complete, simply hold yourself in the high plank position.

BLOCK 2

1. SIDE SQUAT (R)
2. TRICEP DIP
3. SIDE SQUAT (L)
4. WALL SIT

TIPS:

TRICEP DIP – Bend your knees 90 degrees to support your body more, making the exercise easier.





WORKOUT TWO

INTENSITY: LOW

TRAINING METHOD: HIIT – PLYOMETRIC (IMPACT)

EQUIPMENT NEEDED: BODYWEIGHT ONLY

TIME REQUIRED: 12 MINS

EXERCISE DURATION: 30-SEC WORK

REST PERIODS: 15-SEC REST

SETS: 2 SETS OF EACH BLOCK

▷ WATCH THE WORKOUT

BLOCK 1

1. SQUAT JUMPS
2. PRESS-UP BURPEE
3. PLYO LUNGE
4. SQUAT THRUSTS

TIPS:

SQUAT JUMPS – You can take the impact, and some of the strain, out of this exercise by performing a normal standing squat.

BLOCK 2

1. LATERAL HURDLES
2. PLANK WALKOUT
3. TAKEDOWNS
4. HI-LO PLANK

TIPS:

HI-LO PLANK – To simplify this exercise, you can stay in the plank position and hold.

WORKOUT THREE

INTENSITY: MEDIUM

TRAINING METHOD: HIIT – RESISTANCE (LOW IMPACT)

EQUIPMENT NEEDED: DUMBBELLS & BODYWEIGHT

TIME REQUIRED: 18 MINS

EXERCISE DURATION: 30-SEC WORK

REST PERIODS: 15-SEC REST

SETS: 2 SETS OF EACH BLOCK

▷ WATCH THE WORKOUT



BLOCK 1

1. DUMBBELL SQUAT
2. SPLIT-SQUAT SHOULDER PRESS
3. DUMBBELL PENDULUM LUNGE
4. DUMBBELL DEADLIFT

TIPS:

SPLIT-SQUAT SHOULDER PRESS – If you're finding this difficult in later rounds, simply stay static and perform a shoulder press.

DUMBBELL PENDULUM LUNGE – Return to the start position between each motion for an extra moment of rest if you need it.

BLOCK 2

1. SQUAT HOLD / BICEP CURL
2. LUNGE W/TRICEP KICKBACK
3. DUMBBELL SQUAT & CROSS
4. DUMBBELL WOODCHOPS

BLOCK 3

1. DUMBBELL CURTSY LUNGE
2. REVERSE LUNGE W/DUMBBELL LATERAL RAISE
3. OBLIQUE CRUNCH W/ROW
4. DUMBBELL WALL SIT

TIPS:

REVERSE LUNGE W/DUMBBELL LATERAL RAISE – Stay in the static split-squat position and simply perform the lateral raise to take the movement out of your legs.



WORKOUT FOUR

INTENSITY: HIGH

TRAINING METHOD: : HIIT – PLYOMETRIC & RESISTANCE (IMPACT)

EQUIPMENT NEEDED: DUMBBELLS & BODYWEIGHT

TIME REQUIRED: 18 MINS

EXERCISE DURATION: 30-SEC WORK

REST PERIODS: 15-SEC REST

SETS: 2 SETS OF EACH BLOCK

▷ WATCH THE WORKOUT

BLOCK 1

1. DUMBBELL SQUAT JUMP
2. DUMBBELL PLYO LUNGE
3. DUMBBELL PRESS-UP ROW
4. DUMBBELL BURPEE

TIPS:

DUMBBELL PLYO LUNGE – Change this to non-impact by taking out the jumping aspect of the exercise, making it gentler on your joints and easier to complete.

BLOCK 2

1. SPRINTERS W/PLYO PUNCH
2. DUMBBELL REVERSE FLY
3. SQUAT & DUMBBELL PUNCH
4. PLANK SIDE JABS

BLOCK 3

1. TUCK JUMP
2. PLYO WOODCHOP
3. DUMBBELL CRUNCH
4. DUMBBELL GET-UPS

TIPS:

TUCK JUMP – By limiting the height of each jump, you can minimise the impact when you land to make the exercise less strenuous.



NUTRITION

FEEL BETTER, GET FITTER

The workouts are only one part of your journey. Being strict when it comes to nutrition and supplements is the only way to really achieve your ambitions – helping you to push your performance, refuel, and recover the right way.

When it comes to eating healthily, nobody wants to just eat dry chicken and plates of veg. And you don't have to. You can lose weight with a controlled, carefully considered diet as long as you get the nutritionals you need to reach your goals. Plus, this way, you're more likely to stick with it over our 28-day programme and get the results you're aiming for!

Check out the following pages and get the most out of each session…

THINGS TO REMEMBER

ARE YOU EATING ENOUGH?

Losing weight and toning up isn't about starving yourself – you need enough calories to perform as you should. This lets your body work efficiently and helps create a healthy metabolism.

READ MORE

DON'T FEAR FATS!

Despite what many people think, fat does not equal fat. Your body needs healthy fats from food such as fish, nuts, dairy and avocados. They can help with better body composition, as well as making you feel fuller for longer!

READ MORE

DRINK PLENTY OF WATER

We can't stress this enough! When looking to tone up or lose weight, it's vital to stay hydrated so that your liver can metabolise fat efficiently.

READ MORE

AVOID ALCOHOL

You don't want to self-sabotage by enjoying a few beers or glasses of wine all too often! Your favourite drink is probably packed with calories and your performance will most likely take a hit the next day.

READ MORE

THINK PROTEIN, PROTEIN, PROTEIN

Include the stuff in every single meal as it supports the growth and maintenance of all-important muscle, and when combined with good fats and carbs it'll help you achieve the lean results you're looking for. Struggling to fit it into your busy schedule? Always have a shake on hand to make sure you meet your daily required intake.

READ MORE

CUT OUT 'REFINED' CARBS

Cut out biscuits, cakes and fizzy drinks. When it comes to dropping these sugar-filled snacks, it's a no-brainer.

READ MORE





SUPPLEMENTS

DIET AND WEIGHT LOSS BUNDLE

Whether you're simply trying to get a few pounds off, or want to kick-start that big lifestyle change, Myprotein has got all the products you need to achieve your goals.

Dropping size or toning up means losing weight and building muscle to get the shape and look you want – so our Diet and Weight Loss Bundle is the perfect starting point for anyone.

It's packed with all the essentials to set off on your journey to becoming the fittest version of you!

READ OUR SUPPLEMENT GUIDE

SHOP NOW

BUNDLE OVERVIEW

IMPACT DIET WHEY

- 35g protein per serving
- With added popular diet ingredients – green tea extract, acetyl-L-carnitine, and essential fatty acids
- Low in fat and carb content

Simply add 2 large scoops to milk or water 30 minutes pre-/post-workout.

READ MORE

MYPROTEIN MIXMASTER SHAKER

- Super ergonomic design
- 100% dishwasher friendly
- Large spout for easy drinking

READ MORE





BUNDLE OVERVIEW

FAT BINDER CAPSULES

- Helps to prevent absorption of calories from dietary fats
- Doesn't absorb fat soluble vitamins (A, D, E and K)
- Binds to multiple fat types

Take 2 capsules 15 minutes before a main meal with a large glatss of liquid.

READ MORE

DAILY VITAMINS

- Contains 7 essential vitamins including vitamin B2, C, E, A and D3
- Vitamin C contributes to reduced tiredness and fatigue
- Thiamine contributes to normal energy-yielding metabolism

Take 1 tablet daily.

READ MORE

MY BAR ZERO

- 20g protein per bar
- Contains amino acids – the building blocks of new proteins
- Low in sugar

Consume as a nutritious snack, 1-2 times per day.

READ MORE

ZMA

- Magnesium supports normal function of the nervous system and muscle function
- Vitamin B6 contributes to a reduction in tiredness and fatigue
- Convenient capsule form

Consume 2 capsules daily, preferably on an empty stomach, 30-60 minutes before bedtime.

READ MORE

SIMPLE STEPS TO SUCCESS.

With our 28-day programme, you'll soon be putting in the work and becoming a master at food prep to make sure you're ready for to reach your goals, without sacrificing taste.

So, we've got a few more tips to help you on your journey to being the fittest you possible.

These are super-simple, but put into practice, can make a massive difference…

READ THE LABEL

Be proactive and educate yourself with what you're putting in your mouth.

Some supermarket foods replace low sugar content with excessively higher fat. Familiarise yourself with the macronutrients and sugars of all foods.

CALORIE TRACKING

Calculate your calorie intake so you know you're reaching your daily targets"

Monitor your calories as accurately as you can. Write everything down in your own personalised 'calorie diary'. Review this after each day to make sure you're getting it right.

STAY INSPIRED

Find an inspiring influence and use them to keep yourself motivated at every moment.

Choose an individual you can relate to – either a sporting hero or a public figure. Constantly remind yourself that when it comes to achieving goals, you are no different.

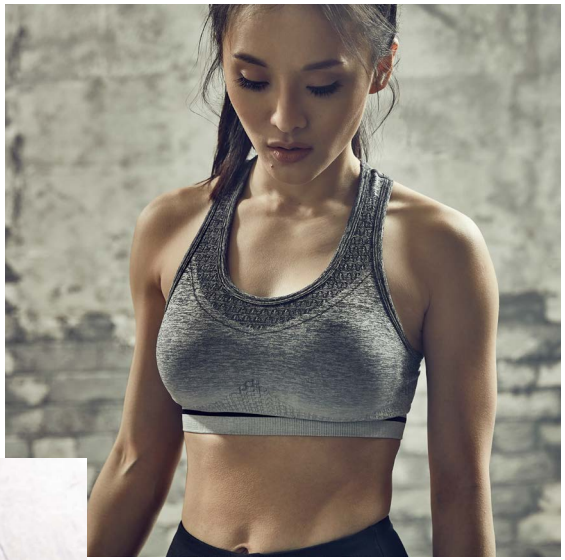
BE PATIENT

Keep checking you're achieving results, but remember, patience is the key.

And set yourself realistic targets! We're going to help you achieve your goals, but this is just the beginning of a positive lifestyle change that'll bring even greater results.











CLOTHING

SUCCEED IN STYLE

When pushing your performance, it's important that you're always prepared. And that doesn't just mean mentally, but also making sure you're kitted out to combat any workout.

From gym-bag essentials to the latest in performance clothing, we've got an extensive range of vests, t-shirts, hoodies, joggers, leggings and more, all created to keep you comfortable – complete with lightweight, breathable fabrics and cutting-edge designs.

Explore our extensive selection of colours, features and fits, with something to suit every style and to help you survive even the hardest of sessions.

SHOP NOW

AND THAT'S EVERYTHING TO GET FIT FOR YOU

But these workouts, nutrition tips, and supplements are just the start of your journey to a happier and healthier lifestyle. Dedicate yourself for 28 days and you'll achieve some great results, but you'll also learn the basics to help develop your long-term fitness, for life.

