4 Weeks of lifting weights and HIIT cardio sessions to increase strength & fitness fast!

✔️ MEN
✔️ WOMEN
✔️ FAT LOSS
✔️ BUILD MUSCLE

FITTER FASTER STRONGER TRAINERS DEB POWNEY & BOB LEE
Welcome to the FFS 4 Week BASIC TRAINER!

This is for people that have had a long break from training and are getting back into it or for people that have never trained before!

Congratulations on deciding that now is the time to make start on your health and fitness goals.

This program has been designed to use every muscle in your body during the 4 weeks. To get your body used to training.

You will notice that you are lifting weights one day and then cardio the next. This is to allow your muscles to recover between training sessions and be ready for the following day.

We hope you enjoy doing this program as much as we enjoyed putting it together! Remember that more isn’t better in the first 4 weeks of your training. So stick to the plan. Eat right. Use the right supplements.

And get fit, stay fit, have fun!
To really make the most out of the 4 week trainer you would be best to add nutratech supplements into your current regime. For most people this would just mean a protein powder & a multi vitamin.

If you are really wanting to help accelerate your progress we have designed supplement stacks which are specifically for certain goals in mind.

**Basic Fat Burning Stack**
Retail $151.80
Stack Price $131

**Basic Lean Muscle Building Stack**
Retail $184.80
Stack Price $159

**Guys Starter Pack**
Retail $118.80
Stack price $102

**Ultimate Lean Muscle Building Stack**
Retail $352
Stack price $304

**Ultimate Fat Burning Stack**
Retail $249.70
Stack price $215

**Girls Starter Pack**
Retail $80.30
Stack price $69

**Ultimate Mass Building Stack**
Retail $420.20
Stack price $362

**Vitaplex for her OR Vitaplex for him**

If you are confused as to what you should be buying to make the most out of your training and get to your goals faster then get in contact with bob or deb & we can give you the advice you need to make sure you buy the correct supplements for your particular goals. Or jump online at www.ffs.org.nz and shop by goal!
WHAT YOU NEED TO KNOW...

Always consult your physician before beginning any exercise or weight loss regime. The general information displayed here is not intended to substitute for or replace your health care professional. If you think you may have a medical emergency or experience any pain, call your doctor or dial 111 immediately. We make no representations or warranties concerning any usage of the information offered here and will not be liable for any direct, indirect, consequential, special, exemplary or other losses or damages that may result. Reliance on any information appearing on this site or from us is strictly at your own risk. However we encourage you to BE FIT STAY FIT AND HAVE FUN.
WEEK 1

DAY 1  FULL BODY WORKOUT

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Weight</th>
<th>Sets</th>
<th>Reps.</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest Press Machine</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wide Grip Lat Pulldown</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder Press Machine</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45 degree Leg Press</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Floor Sit-ups</td>
<td>3</td>
<td>20</td>
<td>30 sec</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for chest, back, arm, shoulders, glutes and legs.

YOU JUST CAN’T BEAT A PERSON WHO NEVER GIVES UP.

Tip for Day 1

If you have any medical issues always consult your doctor before starting an exercise regime. How ever most of the time exercise only helps with most conditions.
WEEK 1
DAY 2
FFS 20 MINUTE BLITZ

Warm up: Warm up for 5 minutes on your chosen piece of equipment. Once you have warmed up you will do 1 minute rounds of Max effort (100% refer to front page) then 1 minute at an easy pace. Repeat this for 20 minutes

<table>
<thead>
<tr>
<th>Exercise:</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose your piece of cardio equipment</td>
<td></td>
<td>1</td>
<td>1 min max</td>
<td>1 min easy</td>
<td>If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath.</td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

Sweat is fat crying

Tip for Day 2

Shoes: Make sure you have a WALKING or RUNNING shoe - do not use cross trainers, basketball shoes, or others – those are meant to support your foot when moving laterally (side-to-side); whereas walking/running shoes support your foot in the forward direction.
WEEK 1
DAY 3
FULL BODY WORKOUT

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Weight</th>
<th>Sets</th>
<th>Reps.</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close Grip Lat Pulldown</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Machine Chest Flys</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Face forward Shoulder Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Front Barbell Squats</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Leg drops</td>
<td>3</td>
<td>20</td>
<td></td>
<td>30 sec</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for chest, back, arm, shoulders, glutes and legs.

Life can be understood backwards, but it must be lived forward.

Tip for Day 3

Don't consider stretching a warm-up. You may hurt yourself if you stretch cold muscles. So before stretching, warm up with light walking, jogging or biking at low intensity for five to 10 minutes. Or better yet, stretch after you exercise when your muscles are warmed up.
Warm up: Warm up for 5 minutes on your chosen piece of equipment. Once you have warmed up you will do 1 minute rounds of Max effort (100%) then 1 minute at an easy pace. Repeat this for 20 minutes.

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<tr>
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<th>Rest:</th>
<th>Notes:</th>
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<tbody>
<tr>
<td>Choose your piece of cardio equipment</td>
<td></td>
<td>1</td>
<td>1 min max 1 min easy</td>
<td></td>
<td>If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath.</td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

When you get to the end of your rope, tie a knot and hang on.

Tip for Day 4

Buddy Up: Make walking dates with your spouse, friends, kids, or your 4-legged friend. Having someone to meet is always going to help keep you more accountable and less likely to miss.
Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Weight</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close Grip Chin Ups</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Smith Machine Chest Press Flat</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Bench Press</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumb-bell Shoulder Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Dumb-bell Static Lunge</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Plank</td>
<td>3</td>
<td></td>
<td>1 minute</td>
<td>30 sec</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for chest, back, arm, shoulders, glutes and legs.

**Postive and negative are directions. Which direction do you choose?**

**Tip for Day 5**

To reach a goal have a plan and be consistent with it.
Fatigue can often be blamed on dehydration. It takes more than 1 day to ensure that you are fully hydrated, so keep that water bottle handy and sip throughout the day, especially before and after exercising.
Exercise:

It’s Sunday go for a walk, bike ride, swim or just play games with the kids. Enjoy the day.

A single moment of understanding can flood a whole life with meaning.

Tip for Day 7

If you sit for long periods, get up and move around.
WEEK 2
Tip for Day 8

Static stretching is slowly elongating the muscle through its full range of motion, then holding it at a position where it is at full extension (but without pain). The stretch is held for 15 to 30 seconds.

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

Exercise: Weight: Sets: Reps: Rest: Notes:
Chest Press machine 3 8/12 90 sec
Wide Grip Lat Pulldown 3 8/12 90 sec
Shoulder Press Machine 3 8/12 90 sec
45 degree Leg Press 3 8/12 90 sec
Floor Sit-ups 3 20 30 sec

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

Our attitude towards life determines life’s attitude towards us
Warm up: Warm up for 5 minutes on your chosen piece of equipment.
Once you have warmed up you will do 1 minute rounds of Max effort (100%) then 1 minute at an easy pace.
Repeat this for 20 minutes

| Exercise: Choose your piece of cardio equipment | Weight: | Sets: 1 | Reps: 1 min max 1 min easy | Rest: 1 min easy | Notes: If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath. |

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

Tip for Day 9

Distance: Know your distance! It can be fun and motivating to know how many miles you are walking.
Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
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<th>Weight</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close Grip Lat Pulldown</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Machine Chest Flys</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Face forward Shoulder Press</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Front Barbell Squats</td>
<td>3</td>
<td>8/12</td>
<td>90 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg drops</td>
<td>3</td>
<td>20</td>
<td>30 sec</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for chest, back, arm, shoulders, glutes and legs.

If we do not plant knowledge when we are young, it will give us no shade when we are old.

Tip for Day 10

How to improve posture. Examine the areas that need improvement. Do your shoulders hunch, or are you swaybacked?
Tip for Day 11

Lose weight if you need it! Extra body fat is like carrying lead in your pockets—it slows you down. Dropping body fat (not water!) by improving your eating habits will make a huge difference in your ability to run!

Warm up: Warm up for 5 minutes on your chosen piece of equipment. Once you have warmed up you will do 1 minute rounds of Max effort (100%) then 1 minute at an easy pace. Repeat this for 20 minutes.

<table>
<thead>
<tr>
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<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose your piece of cardio</td>
<td>1</td>
<td>1</td>
<td>1 min</td>
<td>1 min</td>
<td>If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath.</td>
</tr>
<tr>
<td>equipment</td>
<td></td>
<td></td>
<td>max</td>
<td>easy</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

The only disability in life is a bad attitude.
WEEK 2
DAY 12
FULL BODY WORKOUT

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise</th>
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<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close Grip Chin Ups</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Smith Machine Chest Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Flat Bench Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Dumb-bell Shoulder Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Dumb-bell Static Lunge</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>90 sec</td>
<td></td>
</tr>
<tr>
<td>Plank</td>
<td>3</td>
<td></td>
<td>1 minute</td>
<td>30 sec</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

Few cases of eye strain have been developed by looking on the bright side of things.

Tip for Day 12

To get the best out of your stretching inhale and on the exhale go deeper into the stretch without causing pain.
### Tip for Day 13

Add a spin class, bike some hills, or climb some stairs once or twice a week, especially if your muscles are tired from running. These non-running workouts will boost your level of fitness and may add enough extra leg strength to make a difference in your running times.

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### Exercise:

| It’s the weekend encourage your family or friends to go for a walk with you. |

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**Speak when you are angry and you will make the best speech you’ll ever regret**
Tip for Day 14

Pay attention to the Tempo of your exercise. (Tempo is the speed at which you perform an exercise).

Exercise:

It’s Sunday enjoy the day with the family and do something active and fun.

What if you just acted like everything was easy
WEEK 3
Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

**Courage is doing what you’re afraid to do. There can be no courage without fear.**

### Tip for Day 15

Never drop the weights carelessly when you’ve completed a set. The loud clang is sure to annoy your fellow lifters, and the weights may roll away and land on someone’s toes.
Warm up: Warm up for 5 minutes on your chosen piece of equipment. Once you have warmed up you will do 1 minute rounds of Max effort (100%) then 1 minute at an easy pace. Repeat this for 20 minutes.

| Exercise: Choose your piece of cardio equipment | Weight: | Sets: 1 | Reps: 1 min max | Rest: 1 min easy | Notes: If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath. |

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

If you want to be happy just BE.

Tip for Day 16:
When using spin bike:
Keep shoulders loose; it takes attention to do it. This will relieve potential neck ache as it keeps the stress on the legs.
WEEK 3
DAY 17
FULL BODY WORKOUT

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise:</th>
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<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumb -bell Walking Lunges</td>
<td>4</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Decline Cable Press</td>
<td>4</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Barbell Rows</td>
<td>4</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Seated Military Press</td>
<td>4</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Hanging Leg Raises into Heel Touches</td>
<td>3</td>
<td></td>
<td>20</td>
<td>60 sec</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

We don’t stop playing because we get old, we grow old because we stop playing

Tip for Day 17

Be careful when you lift a weight from a rack and when you put it back. Never pick up a weight off the floor without bending your legs.
DAY 18  WEEK 3  FFS 20 MINUTE BLITZ

True enjoyment comes from activity of the mind and exercise of the body.

Tip for Day 18

If you are using a rower make sure you engage your core before you start as this helps keep the back safer.

Warm up: Warm up for 5 minutes on your chosen piece of equipment. Once you have warmed up you will do 1 minute rounds of Max effort (100%) then 1 minute at an easy pace. Repeat this for 20 minutes

<table>
<thead>
<tr>
<th>Exercise:</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose your piece of cardio equipment</td>
<td>1</td>
<td>1 min max</td>
<td>1 min easy</td>
<td></td>
<td>If you can hold the speed for the whole minute this is not max effort. Easy pace is you starting to catch your breath.</td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.
DAY 19

WEEK 3

FULL BODY WORKOUT

Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise:</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Stiff leg Dead-lifts</td>
<td>4</td>
<td>8/12</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean and Press</td>
<td>4</td>
<td>8/12</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flat Cable Cross-overs</td>
<td>4</td>
<td>8/12</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Machine Cable-rows</td>
<td>4</td>
<td>8/12</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>V Bar Tricep Push-downs into Cable Bicep Curls</td>
<td>4</td>
<td>8/12</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drop legs into v sits</td>
<td>3</td>
<td>20 of each</td>
<td>60 sec</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

When one door of happiness closes another opens, but often we look so hard at the closed door that we do not see the one that has been opened for us.

Tip for Day 19

Take note of how much water you drink today.
Exercise:

It the weekend do something active and fun. Create a new healthy meal that you can enjoy with your family.

You can discover more about a person in an hour of play than in a year of conversation.

Tip for Day 20

Maximum Heart Rate is based on the person’s age. An estimate of a person’s maximum age-related heart rate can be obtained by subtracting the person’s age from 220.
Tip for Day 21

Take a look at your supermarket isles and consider which isles you use most. It’s best to use the outside isles as they are the ones that contain mostly fresh food.

Exercise:

It’s Sunday so have a healthy breakfast and go find somewhere new to explore in your community.

The best job goes to the person who can get it done without passing the buck or coming back with excuses.
WEEK 4
Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise:</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Extension and Hamstring curls</td>
<td></td>
<td>5</td>
<td>20</td>
<td>60 sec</td>
<td>This is a superset so go from one machine to the other than take a rest</td>
</tr>
<tr>
<td>Leg Press and Hack squats</td>
<td></td>
<td>3</td>
<td>8/12</td>
<td>60 sec</td>
<td>This is a superset so go from one machine to the other than take a rest. With hack squats lie the seat down</td>
</tr>
<tr>
<td>Walking Lunges</td>
<td></td>
<td>3</td>
<td>8/12</td>
<td>60 sec</td>
<td>Use a weight you are comfortable with but don't be too easy on yourself</td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for quads, hamstrings and glutes.

If you do not go after what you want, you will never have it.

Tip for Day 22:
Set. Usually used in discussing strength training exercises, this term refers to repeating the same exercise a certain number of times. For instance, a weight lifter may do 10 biceps curls, rest for a few moments, then perform another "set" of 10 more biceps curls.
The training involves 20 seconds of intense exercise and 10 seconds of rest for 8 sets which takes you up to 4 minutes. The 20 seconds should be at such a high intensity that you are slowing down near the end. The 10 seconds should be complete rest.

Warm up: Warm up for 5 minutes on your chosen piece of equipment.

NOTE: You do not need to use just one piece of equipment for this session. Ideally you would use a different piece for each round.

<table>
<thead>
<tr>
<th>Exercise:</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose your piece of cardio equipment</td>
<td></td>
<td>4</td>
<td></td>
<td>2 minutes</td>
<td>Make sure your 20 seconds is at your max level then rest for the 10 seconds</td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

A single moment of understanding can flood a whole life with meaning.

Tip for Day 23

Repetition or "rep." This refers to the number of times you perform an exercise during a set. For example, the weight lifter mentioned above performed 10 reps of the bicep curl exercise in each set.
Warm up: Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Weight:</th>
<th>Sets:</th>
<th>Reps:</th>
<th>Rest:</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wide Grip Lat-pull-down with Barbell Rows</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Flat DB Chest Press with Chest Fly’s</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Clean and Press</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>Bar-bell Deadlifts</td>
<td>3</td>
<td>8/12</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>DB Swings with Hanging Leg Raises</td>
<td>3</td>
<td>20</td>
<td></td>
<td>60 sec</td>
<td></td>
</tr>
</tbody>
</table>

Cool down: Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

ARRIVING AT ONE GOAL IS A STARTING POINT TO ANOTHER.

Tip for Day 24

When doing squats if you have any knee problems ensure that your knee is aligned with the direction of your toes.
Tip for day 25

Iron transports oxygen to the body tissues and picks up CO₂ for expulsion. (Meat, seafood, whole grains are good sources of iron.)
**Tip for Day 26**

Stay away from processed foods as they are usually high in sugars.

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**WEEK 4**

**DAY 26**  
**LEGS WORKOUT**

**Warm up:** Warm up on rower or cross trainer for 5 minutes at a level you are comfortable with.

**Exercise:** | **Weight:** | **Sets:** | **Reps:** | **Rest:** | **Notes:** |
---|---|---|---|---|---|
Leg extension and Hamstring curls | | 5 | 20 | 60 sec | This is a superset so go from one machine to the other than take a rest |
Leg Press and Hack squats | | 3 | 8/12 | 60 sec | This is a superset so go from one machine to the other than take a rest. With hack squats lie the seat down |
Walking Lunges | | 3 | 8/12 | 60 sec | Use a weight you are comfortable with but don’t be too easy on yourself |

**Cool down:** Cool down on your choice of cardio and do stretches for Chest, back, arm, shoulders, glutes and legs.

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**DON’T REGRET THE THINGS YOU HAVE DONE, REGRET THE THINGS YOU DIDN’T DO WHEN YOU HAD THE CHANCE.**
Exercise:

It the weekend do something active and fun. Create a new healthy meal that you can enjoy with your family.

Good things come to those who wait, greater things come to those who get off thier ass and make it happen.

Tip for Day 27:

Consider filling out a food diary for 3 days so you can register what you are actually eating and drinking.
Establish a weekly routine that will help you be consistent in making the time for your daily exercise.