

Training Plan		Full Body workout - 1 - Elliptical Trainer, duration	
Goal	Lose Weight		
Start date	Time 1	End date	
Instructions	This workout can be used to help prepare the body for a hiking expedition. It's a progressive workout that can be used to build your cardiovascular fitness, strength & endurance, and core stability. This workout can also be combined with my stretching and flexibility programme.		



Exercises	Date	/	/	/	/
1. Elliptical Trainer, duration		Cardiovascular System			
	Duration	00:05:00			
	Distance	0			
	Speed	0			
	Kcal				
	Note	Coach note: This is your warm up to get your whole body ready for exercise and help with ensuring you do not injure yourself. please work at a pace of 40-50% of you Heart Rate Reserve (HRR)..			

Exercises	Date	/	/	/	/
2. Marching in place, duration		Cardiovascular System			
	Duration	00:00:20			
	Distance	0			
	Speed	0			
	Kcal				
	Note	Coach note: Maintain intensity at 40-50% of your HRR.			

Exercises	Date	/	/	/	/
3. Jogging, duration		Cardiovascular System			
	Duration	00:00:20			
	Distance	0			
	Speed	0			
	Kcal				
	Note	Coach note: Jog on the spot increase your intensity to get ready for your dynamic stretches..			


Exercises	Date	/	/	/	/
4. Chest stretch standing, left		Chest			
	Set 1	5 x			
	Note				


Exercises	Date	/	/	/	/
5. Chest stretch standing, right		Chest			
	Set 1	5 x			
	Note				


Exercises	Date	/	/	/	/
6. Walking hip stretch		Quads			
	Set 1	12 x			
	Note				


Exercises	Date	/	/	/	/
7. Quadriceps stretch hip extension, right		Quads			
	Set 1	12 x			
	Note				


Exercises	Date	/	/	/	/
8. Sumo squat stretch rotation		Quads, Obliques			
	Set 1	12 x			
	Set 2	10 x			
	Note				


9. Quick feet in place		Cardiovascular System, Legs			
	Duration	00:00:30			
	Distance	0			
	Speed	0			
	Kcal				
	Note				


10. Jumping jacks, duration		Cardiovascular System			
	Duration	00:00:30			
	Distance	0			
	Speed	0			
	Kcal				
	Note				


11. Stationary Bike, high intensity		Cardiovascular System			
	Duration	00:15:00			
	Distance	0			
	Speed	0			
	Kcal				
	Note	Coach note: Your main cardio exercises on your bike, treadmill, or cross trainer will help lower blood pressure by keeping your arteries cleaner, it will also help improve your coordination. The static bike (can be a spin bike) is effective in increasing your heart rate to a healthy level. Elevating your heart rate to a healthy level will help you perform your strength exercises with increased safety and success.			


12. Bench press, neutral grip - DBs		Chest			
	Set 1	12 x			
	Set 2	10 x			
	Note	Coach note: Aim to perform as many reps as possible in each set up to the highest end of the range. Please make sure you are using good posture with each exercise so you are performing them safely. .			


13. One arm side row, left - DB		Upper Back			
	Set 1	12 x			
	Set 2	10 x			
	Note				

14. One arm side row, right - DB		Upper Back			
	Set 1	12 x			
	Set 2	10 x			
	Note				


15. Bent-over reverse fly - DBs		Upper Back			
	Set 1	12 x			
	Set 2	10 x			
	Note				

16. Goblet squat - DB		Quads, Glutes			
	Set 1	12 x			
	Set 2	10 x			
	Note				

17. Split squat, right - DBs		Quads, Glutes			
	Set 1	12 x			
	Set 2	10 x			
	Note				


18. Split squat, left - DBs		Quads, Glutes			
	Set 1	12 x			
	Set 2	10 x			
	Note				

19. Biceps curl into shoulder press - DBs Biceps, Shoulders




Set 1	12 x			
Set 2	10 x			
Note				

20. Triceps kickback, left - DB Triceps




Set 1	12 x			
Set 2	10 x			
Note				

21. Triceps kickback, right - DB Triceps




Set 1	12 x			
Set 2	10 x			
Note				

22. Adduction leg lying, left Adductor




Set 1	12 x			
Set 2	10 x			
Note				

23. Adduction leg lying, right Adductor




Set 1	12 x			
Set 2	10 x			
Note				

24. Abduction leg lying, right Abductor




Set 1	12 x			
Set 2	10 x			
Note				

25. Russian twist - DB Obliques




Set 1	12 x			
Set 2	10 x			
Note				

26. Elliptical Trainer, duration Cardiovascular System




Duration	00:10:00			
Distance	0			
Speed	0			
Kcal				
Note	Coach note: Your heart rate will start to decrease back to how you felt pre exercise. This will prevent blood pooling and ensure that your body has time to recover and not leave you light headed. It will also help with producing HGH which will help muscle growth, strength and exercise performance. .			

27. Abduction leg lying, left Abductor




Set 1	12 x			
Set 2	10 x			
Note				

28. Lying leg raise Abs - Straight Abs




Set 1	12 x			
Set 2	10 x			
Note				

29. Sit-up Abs - Straight Abs




Set 1	12 x			
Set 2	10 x			
Note				

30. Plank static Abs - Straight Abs




Set 1	12 s			
Set 2	10 s			
Note				

31. Hamstring stretch straight leg, right Hamstrings




Set 1	12 x			
Note	Coach note: Stretches will help to improve your flexibility of your tight muscles. you will feel a slight pull. They will also help with increasing your range of motion which will have a direct impact on areas such as your hip flexors..			

32. Hamstring stretch straight leg, left Hamstrings




Set 1	12 x			
Note				

33. Glute stretch forced, left Abductor




Set 1	12 x			
Note				

34. Glute stretch forced, right Abductor




Set 1	12 x			
Note				

35. Quadriceps stretch standing, left Quads




Set 1	12 x			
Note				

36. Quadriceps stretch standing, right Quads




Set 1	12 x			
Note				

37. Deltoid stretch standing, alternated Chest




Set 1	12 x			
Set 2	1 x			
Set 3	8 x			
Note				

38. Triceps stretch behind the back Triceps




Set 1	12 x			
Note				

39. Deltoid stretch standing, right Back Shoulders





Set 1	12 x			
Note				


40. Cat pose Abs - Straight Abs




Set 1	12 s			
Note				

41. Chest stretch front, left		Chest			
	Duration	00:00:30			
	Distance	0			
	Speed	0			
	Kcal				
	Note				

42. Chest stretch front, right		Chest			
	Duration	00:00:30			
	Distance	0			
	Speed	0			
	Kcal				
	Note				

43. Lat stretch standing, left - Rig		Lats			
	Set 1	12 x			
	Note				

44. Lat stretch standing, right - Rig		Lats			
	Set 1	12 x			
	Note				