

New Image Personal Training Weekday Workout Guide

FREE PDF Download
Exercise Manual

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The Weekday workout

Ok this is something I hear all the time, especially from people I meet who never make it to being personal training clients of mine. **“I DON’T HAVE THE TIME”**.

You don’t have the time? Bearing in mind that most people who say this are generally the ones who are unfit, over weight or obese and are desperately in need of exercise.

When you consider the amount of **time** we all spend on our **work** lives, all to maintain or improve our current standard of living. Hopefully if you are organised enough you will also be saving and working towards a reasonable standard of living in retirement.

It is this last point I want you to focus on...retirement.

It is a sad fact that more and more of us are not going to enjoy a healthy and long term retirement simply because our health is going to let us down. This means not being able to relax and enjoy the fruits of our younger years, spend quality time with our families, not being able to go travelling or take up hobbies you’ve always wanted to do.

Yes not having time is a very real problem and one that most of us battle with day in and day out, but the point I am trying to make is that you must **prioritise your life** and ultimately your health must be somewhere near the top of that list.

With all that said, I have designed a routine which if you overhaul your diet at the same time will dramatically reduce your weight, improve your posture and also improve your fitness levels in **just minutes** a day.

All you need is 30 minutes in total every day and a little time to organise and prepare your diet each evening. I have broken down the programme in to three small workouts to be done each day over 5 days, you get the weekend off to perform some other type of recreational sport or activity.

WORKOUT 1

Straight after waking

The Exercises: *Ab Curl, Bridge, Back Extension and Cobra*

Workout time: 5 minutes

Purpose: To strengthen and tone the core muscles

Description:

Ab curl:

Lie on your back with feet flat on the floor and legs bent. Put your hands on the front of your thighs. Slowly curl up to touch your fingers to the top of your knees by squeezing and pulling the stomach muscles in, then lower. Keep a space between your chin and chest. Start off by doing 20 of these and then add another on each subsequent day.

Bridge:

Lying on your back with your hands down by your sides and feet flat on the floor with legs bent. Pull in your stomach muscles and squeeze your buttocks and slowly lift your bottom off the floor so your body weight is being held up by your shoulders and feet, there should be a straight line from your shoulders to your knees. Hold this position for 30 seconds and then add an extra second on each subsequent day.

Back Extension:

Lying face down on the floor with your arms down by your side, slowly raise your head and shoulders as far off the floor as comfortable. Be sure not to just lift your head up and make sure you look straight down to the floor to keep your spine in its natural alignment, slowly lower to the floor and repeat 20 times. Add another on each subsequent day.

Cobra:

Lying face down on the floor with your arms down by your side, slowly raise your head, arms and shoulders as far off the floor as comfortable. Be sure not to lift your head up, making sure you look straight down to the floor to keep your spine in its natural alignment. Hold yourself in the air whilst squeezing stomach, back and buttock muscles. Try to hold this position once for 30 seconds and then add an extra second on each subsequent day.

You can get a good quality workout mat to support your spine here: -

www.jagoholmes.co/mats.html

WORKOUT 2

Lunch time stroll

The Exercises: Walking

Workout time: 20 minutes

Purpose: To build endurance, challenge the heart and lungs and burn off calories

Description:

Choose a walking route straight out of the door at work or home. Try to find one that has at least a couple of inclines to it. Time your first walk and each subsequent time you do it aim to beat your previous best time by a few seconds. You should ultimately be getting quite breathless and tired by the time you complete the walk. This can be done during your lunch break or in the evening.

WORKOUT 3

Resistance workout, evening workout

Workout time: 5 minutes

The Exercises: Lateral raise, Press ups, Seated burns and Lunges

Purpose: To improve muscle tone, burn off calories and help to increase the metabolism

Description:

Lateral Raise

Tones and strengthens the shoulders. With a heavy tin of food or a dumbbell in each hand slowly raise your arms out from your sides up to shoulder height, keeping your elbows slightly bent, palms facing down. Return your arms down to your sides and repeat 20 times, add an extra rep on each subsequent workout, when you can do 30 increase the weight and build up again.

Press ups

Sitting on your knees, place your hands out in front of you a little wider than shoulder width apart, back straight and stomach muscles pulled in tightly. Your knees should be at 90° to your hips. Slowly lower your chest down towards the floor keeping your elbows out to the side. Press straight back up slowly until your arms are straight but not locked and repeat 20 times, add an extra rep on each subsequent workout, when you can do 30 have a brief rest and do another set of 15 weight and build up again to 30. You can make this exercise a little harder by moving your knees further away from your hands until eventually you are performing full press ups with your body weight on your hands and feet.

Seated burns

This is a great exercise for shaping the lower buttock area. Find a suitable patch of wall and stand with your back flat against it. Keeping your stomach muscles pulled in tight slowly lower yourself down the wall until your knees are at right angles. Hold this position for 30 seconds, do this once and then add an extra second on each subsequent day.

Lunges

The lunge is one of my favorite exercises. It tones and shapes the front, back, inner and outer thighs as well as firming the buttocks. A real must if you want firm toned legs and tight buttocks. Perform alternate legs or one leg at a time. Stand with feet hip width apart, stomach pulled in, chest out and arms relaxed down by your sides or on hips for balance. Slowly and under control step forwards making sure your knees travel in line with but not in advance of your toes. Try to imagine you are walking on two parallel lines, lifting your back heel

off the floor. Breathe in and continue to keep your stomach pulled in tight and back straight. Continue lowering until your back knee is about an inch off the floor and both knees form approximately 90-degree angles. You should feel a stretch across the front thigh. Begin the push by generating power through the leading leg as you begin to straighten both legs. continue pushing up to straight legs using predominantly the front thigh muscles, don't twist your shoulders and breathe out as you push up. return your feet to hips width distance apart and stabilize your body keeping shoulders back and stomach pulled in. Repeat 20 times. Add an extra rep on each subsequent workout, when you can do 30 hold some weight in both hands and build up again.

You can get a range of dumbbells here: - www.jagoholmes.com/dumbbells.html

This workout won't give you the body of your dreams you will need to work a little harder for that but it will give you a great start and allow you to experience the benefits of exercise. Your health and posture however will be improved dramatically by doing this workout regularly.

When you increase your activity levels and more specifically start using your muscles progressively on a regular basis it will become more important to consume slightly more protein in your diet. A really great source of protein is a meal replacement protein shake. These are easy and quick to prepare and will provide added vitamins and minerals. Don't go for a brand which is high in sugar or fats. If you want to use an extremely high quality protein shake then you can order from here: - www.jagoholmes.com/diet.html

Always consult your GP before starting an exercise regime if you have any health or injury concerns.

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