



Hi I'm Sam, your online coach

Contents

Having trouble reading this PDF on your phone?.....	3
How This Plan Should Be Used	3
Tailored Plan.....	3
Programming Options	4
Tabata	4
HIIT / Circuit.....	4
Calisthenics	4
Resistance Bands	4
Cardio Vascular	4
Weight Training	4
Session 1	5
Session 2	6
Session 3	7
How to Stretch.....	8
Hamstring	8
Calf	8
Quad	9
Glute	9
Tricep	10
Chest	10
Shoulder.....	11
Lats.....	11
Biceps.....	12

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How This Plan Should Be Used

There is 1 weeks' worth of Tabata sessions in this PDF. They can be used every other day to keep you on track without a gym over Lockdown 2.

Feel free to add cardio every other day or even everyday if that's what you're used to.

I'm running an online bootcamp every Monday, Wednesday and Friday at 6pm over lockdown 2. With more exercise routines just like this one. Please contact me if you're interested.

<https://easy2health.co.uk/online-bootcamp/>

If you have found any of this plan useful, please throw me a like on Facebook as it really helps.

Tailored Plan

If you would like a plan that would better suit your ability, fitness goals, equipment etc. Please get in contact.

Programming Options

Tabata

This type of exercise is a type of interval training that repeats an exercise 4 times for 30 seconds with 15 seconds rest in between. After this you move onto the next one. I usually plan 4 exercises in a “set”, then allow for a rest. I will mostly plan for 3 sets per exercise session. Best used for burning calories a toning up.

To make timing exercise easier please download interval timer from your App store...

https://play.google.com/store/apps/details?id=cc.dreamspark.intervaltimer&hl=en_GB&gl=US

<https://apps.apple.com/gb/app/interval-timer-hiit-workouts/id406473568>

HIIT / Circuit

High intensity interval training or circuit is like Tabata but you perform the exercise for a whole minute, with 15 seconds rest. There are 8 exercises per set. Each set should be repeated 3 times with a rest in between. Very good for burning calories a toning up.

Calisthenics

This simply means using your bodyweight as the resistance for training. This will be structured like most weight training programs. This type of training is very good for building muscle and strength.

Resistance Bands

Very similar to training with weights and will be structured almost the same. Very good for building muscle and strength.

Cardio Vascular

This type of exercise trains the cardio vascular system. Exercise types in this group are running, cycling, cross trainer, etc. This is the best type of exercise for burning calories.

Weight Training

This type of exercise is mainly for building muscle and strength. Progressive overload is very important to produce bigger and stronger muscles. This simply means adding weight, reps or volume. This type of exercise uses Free weights or machines.

Session 1

Warm Up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Set 1 (Tabata):

Exercise	Time (11 min 45 secs)	Video Link
Lateral leg raise (lying down)	30 secs work x4 + 15 secs rest x4	https://youtu.be/HuxBXmyWLRU
Lateral mountain climber	30 secs work x4 + 15 secs rest x4	https://youtu.be/rl_laAyWbz8
Tricep dips	30 secs work x4 + 15 secs rest x4	https://youtu.be/RozlF3YF0yM
Standing oblique crunches	30 secs work x4 + 15 secs rest x4	https://youtu.be/H3bIBU2uHYo

Rest: 1 -5 mins

Set 2:

Exercise	Time (11 min 45 secs)	Video Link
Marching glute bridge	30 secs work x4 + 15 secs rest x4	https://youtu.be/IgN2GMgy_TE
Plank Jacks	30 secs work x4 + 15 secs rest x4	https://youtu.be/P2KZSGshTG8
Curtsy squat	30 secs work x4 + 15 secs rest x4	https://youtu.be/IMNW0p5k1J8
Plank hand sidesteps	30 secs work x4 + 15 secs rest x4	https://youtu.be/nhmO196wSbo

Rest: 1 -5 mins

Set 3:

Exercise	Time (11 min 45 secs)	Video Link
Lunge	30 secs work x4 + 15 secs rest x4	https://youtu.be/p0nEU1lYfcc
High Knees	30 secs work x4 + 15 secs rest x4	https://youtu.be/oBu5gXlos3Y
Full plank to forearm	30 secs work x4 + 15 secs rest x4	https://youtu.be/NMSUAfi4HOM
Back step knee lift	30 secs work x4 + 15 secs rest x4	https://youtu.be/SNaw6e1a3cw

Cooldown: Stretches (Stretches are now at the end of the PDF)

Session 2

Warm Up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Set 1 (Tabata):

Exercise	Time (11 min 45 secs)	Video Link
Standing elbow to knee	30 secs work x4 + 15 secs rest x4	https://youtu.be/zU8J-K_sZZY
Plank rocker	30 secs work x4 + 15 secs rest x4	https://youtu.be/A0ZTO_B5qCQ
Side to side jump squats	30 secs work x4 + 15 secs rest x4	https://youtu.be/0Y20A-DzFZM
V hold	30 secs work x4 + 15 secs rest x4	https://youtu.be/TsxSlvyAb7s

Rest: 1 -5 mins

Set 2:

Exercise	Time (11 min 45 secs)	Video Link
Switch Kick	30 secs work x4 + 15 secs rest x4	https://youtu.be/0L3wJ0Gm37g
Walkouts	30 secs work x4 + 15 secs rest x4	https://youtu.be/9oO1AfWTAqk
Glute bridge	30 secs work x4 + 15 secs rest x4	https://youtu.be/tV2beexrxg0
Forward and reverse crawl	30 secs work x4 + 15 secs rest x4	https://youtu.be/Zh7zfes6YGA

Rest: 1 -5 mins

Set 3:

Exercise	Time (11 min 45 secs)	Video Link
Single leg DL reach	30 secs work x4 + 15 secs rest x4	https://youtu.be/E8q7ZfvrA2c
Reverse plank with kicks	30 secs work x4 + 15 secs rest x4	https://youtu.be/JEwaT-xO5xs
Box plank	30 secs work x4 + 15 secs rest x4	https://youtu.be/vU1gaCNA90g
Frog up	30 secs work x4 + 15 secs rest x4	https://youtu.be/s6mD-2cffww

Cooldown: Stretches (Stretches are now at the end of the PDF)

Session 3

Warm Up:

Exercise	Time (5mins total)
Walk on spot	1 min
High knee march	1 min
Side steps	1 min
Jog on spot	2 mins

Set 1 (Tabata):

Exercise	Time (11 min 45 secs)	
Fast Side Steps	30 secs work x4 + 15 secs rest x4	https://youtu.be/IOtOaMtEW7E
Press Up Hold	30 secs work x4 + 15 secs rest x4	https://youtu.be/-OHILX_kCxs
Jump Lunge	30 secs work x4 + 15 secs rest x4	https://youtu.be/XT029CmNpaM
Plank	30 secs work x4 + 15 secs rest x4	https://youtu.be/CUqBFRa86yA

Rest: 1 -5 mins

Set 2:

Exercise	Time (11 min 45 secs)	
High Knees	30 secs work x4 + 15 secs rest x4	https://youtu.be/oBu5gXlos3Y
Plank hand sidesteps	30 secs work x4 + 15 secs rest x4	https://youtu.be/nhmO196wSbo
Squat	30 secs work x4 + 15 secs rest x4	https://youtu.be/zlj64PeLkcE
Star Jumps	30 secs work x4 + 15 secs rest x4	https://youtu.be/ARiAuSsXAfA

Rest: 1 -5 mins

Set 3:

Exercise	Time (11 min 45 secs)	
Lunge	30 secs work x4 + 15 secs rest x4	https://youtu.be/p0nEU1lyfcc
Press Up (On Knees)	30 secs work x4 + 15 secs rest x4	https://youtu.be/BrCkCYxvGhw
Mountain climber	30 secs work x4 + 15 secs rest x4	https://youtu.be/gShG3on9X-k
Burpee	30 secs work x4 + 15 secs rest x4	https://youtu.be/j5Y5TfbpNwE

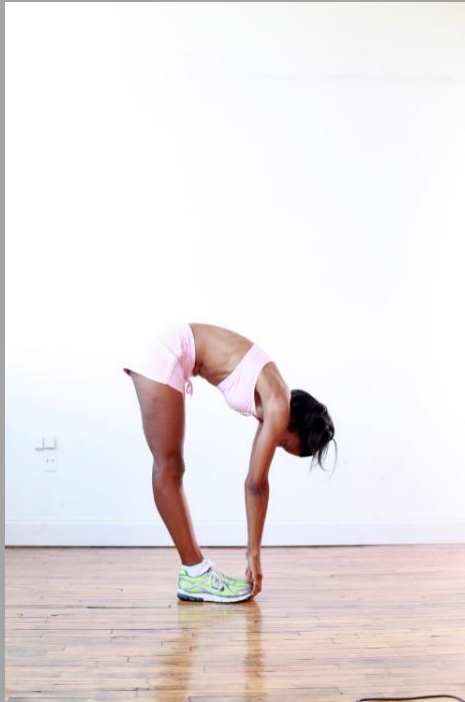
Cooldown: Stretches (Stretches are now at the end of the PDF)

How to Stretch

Hold each Stretch for at least 30 seconds. If you are particularly tight in certain areas, you should hold it for 1 minute.

Hamstring

Start standing with feet together. Keeping legs straight, slowly try and touch your toes. Go as far as comfortable.



Calf

This is best to do with a wall for support. Put foot in front of you and the other behind. Then place both hand on the wall and lean forward until you feel a stretch in your calf. Keep your heel on the floor.



Quad

Start standing. Hold onto something if your balance isn't good. Lift one foot up behind you. While keeping your knees together in both directions.



Glute

Lie on the ground. Keeping one leg straight, pull the opposite up to your chest.



Tricep

Put one arm above your head and bend at the elbow. Then use the other arm to push your arm backwards to achieve the stretch.



Chest

To perform this stretch, stand side on to a door frame and placing your lower arm on the door frame (elbow to hand). Then keeping a side on stance to the door frame and not twisting the shoulders, slowly moving your torso forward, so your elbow is moving towards your back. Carry on until you feel the stretch in your chest muscle.



Shoulder

Move one arm across the chest and pull it towards you with the other arm.



Lats

Holding onto something in front of you. Gradually move your torso backwards and down. Increasing the distance between your upper arm and torso.



Biceps

Place both arms out to your sides then twist your arms moving your thumbs down and round as far behind you as you can.

