

Workouts



There is no secret to weight loss. Hard work and commitment is the only way to ensure that you lose weight and keep it off! If you follow our workout plan, which will be updated every month, you should see yourself losing fat and toning up.

We're asking you to work out three times a week, and stay active whenever and wherever you can. Two of these should take place in the gym, and one can be done in the great outdoors, or the comfort of your living room. The key to ensuring weight loss is to mix up your routine, and combine strength training with cardio. Alter the intensity of your Monday workouts, depending on your level of fitness - but don't always take the easy way out! Challenge yourself every day to see a major difference, but listen to your body. Make sure you stretch and cool down after every workout.

Always consult your doctor before beginning a new regime, and if you experience any pain or shortness of breath, stop immediately.

Workout 1

Warm up: Walk on the treadmill for five minutes at a fast pace.

Cardio:

Hit the step machine. Climb for 5 minutes and see how high you can get.

Switch to the cross trainer. Engage your core and use both your arms and legs to power through for ten minutes.

Jump on a bike. Pedal fast for thirty seconds and take it easy for 1 minute. Repeat for five minutes.

Strength:

If you're just starting out, use 2-2.5kg weights. If you're more experience, grab some 5kg weights. If you think you can hack it, go for 7.5-10kg weights.

Bicep curls – 3 sets of 10 reps

Stand with your legs hip width apart. Hold your weights by your side and slowly curl each weight up to your shoulder and back down again, alternating sides.

Tricep kickbacks – 3 sets of 10 reps

Get down on one knee and put one of your weights down. Rest your left elbow on your knee and lift the weight in your right hand to the side of your body. Kick your arm back, in a slow, controlled movement and return it to your side. Repeat ten times, before switching arms.

Lateral raises – 3 sets of 10 reps

Engage your core, and lift your weights out to your sides. Hold for a beat, then slowly lower back down.

Bench press – 3 sets of 10 reps

Lie on your back on a bench and hold your weights by your shoulders. Push these up simultaneously to meet in the middle. Hold for a beat before lowering.

Squats – 3 sets of 10 reps

Hold your weights close to your shoulders and keep your feet shoulder width apart. Slowly lower down into a seated position, ensuring you keep your back straight and your knees don't travel too far over your toes. Get as low as you can before coming back up, and repeat.

Russian Twists – 3 sets of 20 full twists

Put one of your weights down. Sit down on a mat and grip your other weight with both hands. Lean back and lift your feet off the ground. Find your balance and then twist your upper body to the left. Tap your weight on the ground before twisting to the right. Repeat and complete 2 full twists.

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Workout 2

Attend a class at your local gym. We'd recommend something which combines cardio with strength training.

BodyPump is a high-reps, weight-based class with motivational music to work out to. Make sure you turn up early for your first class to speak to the instructor!

Spin is a great cardio workout which really makes you work up a sweat! Fast-paced indoor cycling against a variety of resistance levels to loud music gets your blood pumping, make sure you book in to ensure a place!

GT30 combines bodyweight and interval training, which is a great way to quickly work your body, and it increases your body's capacity to burn fat for up to two hours after the class.

Zumba is a fantastic and fun workout. Inspired by traditional cumbia, salsa, samba and merengue music, Zumba is high intensity and is guaranteed to put you in a great mood.

Pilates helps to increase your core strength, flexibility and balance. Pilates is less spiritual than yoga, but still incorporates similar moves and is just as relaxing.

Workout 3

Head out for a 20 minute run. Make sure you plan your route. Take it easy to begin with, warm up with a gentle jog, and when you feel you need to stop for breath, begin walking. After a minute's walk, start running again until you feel that you need to stop for breath again. Repeat for 20 minutes or until you get home, and don't forget to stretch.

Head out on a hike with some friends. Now the weather is improving, find a walk in your area. Challenge yourself each week, find a hill, scramble over rocky terrain or head out in difficult weather. Walking is free so you'll save money and spend some great time with your loved ones.

Find some new and exciting activities. Find your local rock climbing club, or visit an activity centre. Make sure that every weekend involves something which works your whole body, and include your friends and family.

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