

LEAN AND TONED

WORKOUT GOAL	To sculpt your muscles and drop that bodyfat revealing the toned look you've been looking for!					
WORKOUT DESCRIPTION	Weighted circuit with a HIIT finisher. As the workout advances - so does the intensity!					
SAFETY BRIEF	Ensure enough space is available, ensure treadmill belt is not moving before stepping on and completely stopped before stepping off					
EQUIPMENT	TRX, Dumbbells, Sandbag, Kettlebell, Barbell, Treadmill					
DURATION	45 - 60 minutes					
MOBILISERS	Glute and Hamstring Activation		Deadbugs		Superman	
THE WORKOUT	Session Design			Methodology		
	"Complete the circuit 3 times in the following format. Set 1 - 15 reps, Set 2 - 1 minute using same weight, Set 3 - 1 minute (aim for more reps) Finishing with a burst of HIIT on the treadmill to really blast that fat!"			Ensure you are using a challenging weight that doesn't compromise your technique. We are looking for good solid reps at about an 7-8/10 in difficulty. Remember your starting weight, how many reps you hit in our times sets and watch yourself progress!		
	Set	Exercise	Reps / Time & Rest	Sets	Equipment	Notes
	1	TRX Plank to Press	"15 / 1 min / 1 min"	3	TRX	Keep your core tight, control the decent - don't let your hips drop
	2	Dumbbell Bent Over Row	"15 / 1 min / 1 min"	3	Dumbbells	Heavy controlled reps
	3	Dumbbell Shoulder Press	"15 / 1 min / 1 min"	3	Dumbbells	Root your feet into the floor for a solid base. Tuck your chin to avoid arching your back
	4	Sandbag Front Squat	"15 / 1 min / 1 min"	3	Sandbag	Keep elbows high
	5	Kettlebell Sumo Deadlift	"15 / 1 min / 1 min"	3	Kettlebell	Focus on hinging your hips and not bending your knees
	6	Kettlebell Swing	"15 / 1 min / 1 min"	3	Kettlebell	Maximal effort, hinge at the hips and explode hips forward
	7	Barbell Above the Head Sit Up	"15 / 1 min / 1 min"	3	Barbell	Grip wider than shoulder width steady controlled reps
8	100m Treadmill Sprints	100m	5	Treadmill	Max effort 100m sprint 30 seconds rest x5	
COOL DOWN	2 minute jog following your sprints, gradually bring down to a walk and come to a stop					
STRETCH	Chest stretch, back rotation, cat stretch, hamstring stretch					
SIGNPOSTING	Use our Core App and view class timetables for more weight based programming					