

GOALS Conditioning and learning to work at the right pace.
Remember to warm up!

Level 1 - Just get through the workout. No weights used, or use bands. Rest as needed.

Level 2 - Hold Dumbbells when possible. Keep rest between exercises at 30-40 seconds.
Rest between sets 60-75 sec.

Level 3 - Hold dumbbells. Keep rest between exercises at strict 30 sec.,
60 sec. between sets and add the *Fat Finisher intervals.

SERIOUSLY SLIMMING SETS - STRENGTH TRAINING (CS)

Circuit Style (CS) - Perform SET 1 of ABC, this equals 1 circuit.
Repeat CS for sets 2 and 3.

Then move to Group B, same CS.

Record your reps/weight/rest below.

EXERCISES	SETS	REPS	SET 1	SET 2	SET 3	REST
GROUP A						
A - Step Ups - Alternating legs	3	15				
B - Knee lifts - hold weight on thigh	3	10 each leg				
C - Wide Stance Squat	3	15				
GROUP B	3					
D - Standing Leg Lift	3	15				
E - Standing Single leg calve raises	3	15 each leg				

* **LEVEL 3 FAT FINISHERS** - Add between each exercise, then rest 30 seconds and continue.

* At the end of each set, following the Fat Finishers, rest 60 sec.

EXERCISE CHOICES	TIME	TARGET HR
Alternating plyo lunges	30 sec.	75-90% or 7-9 on RPE
Low squat side to side shuffle	30 sec.	75-90% or 7-9 on RPE

COOL DOWN

ACTIVITY CHOICE	TIME/DIST	SETS/REPS

NOTES:

GROUP A

1 - ALTERNATING STEP UPS

Step up and down with right leg, then left leg. This equals one rep.



2 - KNEE LIFTS

Hold a pair of dumbbells and rest one on the thigh of the bent/working leg. Bend left (standing) leg slightly. Lift right leg to hip level and return to start position. = 1 rep



3 - WIDE STANCE SQUAT

Hold a pair of dumbbells at sides. Stand feet slightly more than shoulder width apart. Lower your body to a seated position as you bend your knees to 90, or slightly less than 90-degrees (which is the point in which the upper legs are below parallel to the floor) and maintain an upright posture. Return to upright position = 1 rep.



GROUP B

4 - STANDING LEG LIFT

Stand tall with right foot slightly in front of the left. Knees slightly bent. Extend right leg with toe extended, in the style of a kick until leg is parallel and at hip height. Return to start position = 1 rep.



5 - STANDING 1 LEGGED CALVE RAISES

Hold a pair of dumbbells. Knees slightly bent. Cross right leg behind left and raise left heel off ground. Return to starting position = 1 rep.



Modification for extra support.



For an extra burn, hold heel up and perform 3-10 suspended micro-reps/pulses, return to start.