

the
FAST
plan



FIT & SLIM in

by **KIM RAINÉ**

STAGE 1
weeks 1-3





STAGE 1

weeks 1-3

Strength Workouts

Weeks 1-3

Goal	Exercise	Time	Rest	Time	Rest	Time	Rest
		Round 1		Round 2		Round 3	

Workout A	Mobility Priming Workout						
Equipment required: • Mat	Glute Bridge	50	10	50	10	50	10
	YTWLs	50	10	50	10	50	10
	Body Weight Squat	50	10	50	10	50	10
	Kneeling Press Ups	50	10	50	10	50	10
	Plank	50	10	50	10	50	10
	Bird Dog	50	10	50	10	50	10
	Rest	60		60		60	
Metabooster	Jumping Jacks	20	10	x8			

Workout B	Base Strength						
Equipment required: • Mat	Split Squat	25/25	10	25/25	10	25/25	10
	Knee Press Ups	50	10	50	10	50	10
	Over Head Squat	50	10	50	10	50	10
	Stick Ups	50	10	50	10	50	10
	Back Extension	50	10	50	10	50	10
	Side Plank	25/25	10	25/25	10	25/25	10
	Rest	60		60		60	
Metabooster	Skipping	20	10	x8			

Glute Bridge

Working: Glutes, Lower Back and Abdominals

Progression: Marching Legs

Lay on your back with your feet flat on the floor and close to your bottom. Now lift your hips up to form a straight line from your knees to your shoulders. Imagine you are doing up a tight pair of jeans and zip yourself up from your pelvic floor upwards drawing in the belly button.

Maintaining that straight line with your hips level squeeze your glutes i.e. your bum muscles!

Hold this position for the count of 10 then ease back down for a moment and repeat.

Want to add a challenge?

Perform a marching movement, raising the left leg whilst keeping the bend in the knee, then the right as though you are marching. As you swap legs your hip will want to drop on the opposite side – squeezing your bottom prevents this and gets your glutes fired up!



Heels close to bottom and engage abs...



squeeze bottom and lift!



March!

YTWL

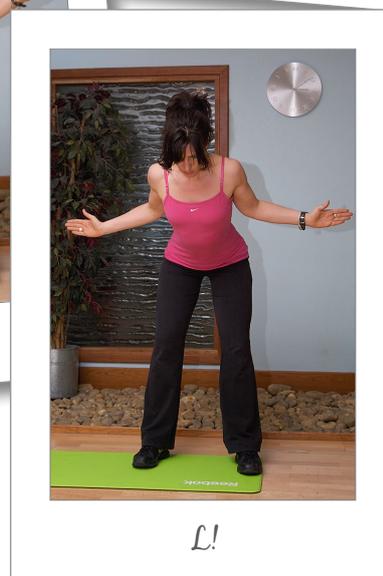
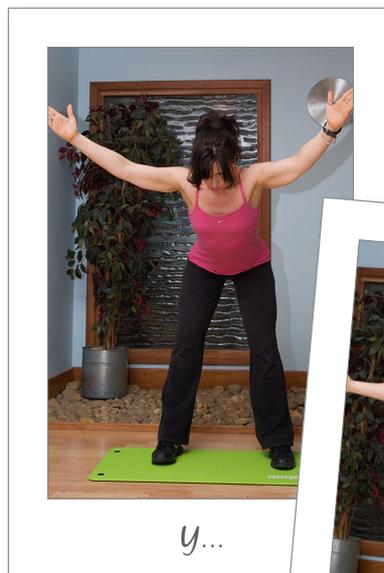
Working: The Upper Back and Shoulder Girdle

Progression: Add weight

Start by bending at the hips, pushing the hips backwards rather than bringing your back forwards. Have your knees soft and your back flat.

Have your arms straight above your head, using your shoulder blades pull your arms down into the Y position, then into the T position, then the W then the L.

The trick here is to ensure your shoulder blades do the job, not your arms!



Body Weight Squat

Working: Glutes, Hamstrings and Quads

Progression: Add weight

Start standing with your feet slightly wider than shoulder width and pointing outwards. Hold your weight at chest height. Keeping your back straight and your abdominals braced push back from the hips into a sitting position, going as low as you can.

Keep the knees behind the toes.

As you sink down into the bottom of the squat squeeze your glutes – bottom muscles – and use them to drive back up through the heels to standing.

Don't allow your chest to come forward and keep all the weight in your heels.

Want to add a challenge?

Add weight with a Kettlebell or Dumbbell if you are confident about your technique!



Chest proud...



knees behind toes!

Press Ups

Working: Chest Pectorals and Triceps

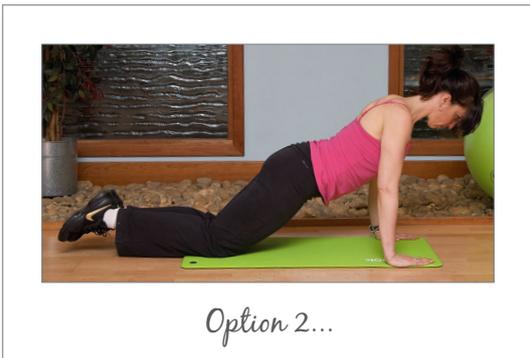
Progression: Full Body

Beginner – perform the moves on the knees the closer they are to the body the easier the move will be, make sure your weight stays over your hands as you execute the move chin tucked in and the shoulder blades contracted together, hands start on the floor just outside the shoulders. Push up through the palms, pushing the ground away as you lift your body up.



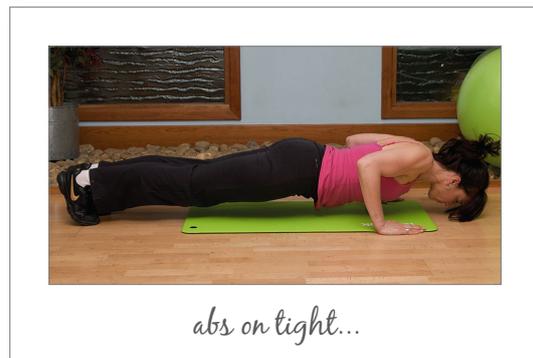
Want to add a challenge?

The body should be in a straight line from the head to the knees. Repeat the move keeping the body straight and do not allow the hips to drop.



Or go for the 'Full Monty'!

The body should be in a straight line from the head to the heels. Repeat the move keeping the body straight and do not allow the hips to drop.



The Plank

Working: Abdominals

Progression: Full Body – on your toes!

Laying face down with your body in a straight line lift yourself up onto your elbows and by putting your weight on to the bottom of your thighs just above your knees and bracing the abdominals for the allocated time, when this is no longer a challenge progress on to your toes, you will now be hovering above your mat. Ensure your abdominals are braced; your shoulders are relaxed with your chin tucked in.

Squeeze your bum and no elevated or sagging hips. Keep breathing throughout the move.

You should be straight like a plank!

Want to add a challenge?

To increase the intensity take your elbows in front now and bring them into the centre so they are closer together. Or to increase the intensity further straighten your arms and to make it harder still move the hands further in front of the shoulders and closer together – ouch!

Then later add the march.



Bird Dog

Working: Erector Spine Muscles

Progression: Increase holding time

Start on all fours with a flat back and your abdominals braced, as if you are about to be punched in the stomach – drawing it in tight.

During the exercise imagine you have a hot cup of coffee on your back, you don't want to spill it!

Keep the pelvis as steady as you can.

Lift your right arm and your left leg outwards in a straight line, keeping the arm close to the ear and squeezing the left buttock, hold this position for the count of 10 and then slowly return to the starting position and swap sides.



Pelvis stable, flat back...



extend opposite arm and leg!

Metabooster

Jumping Jacks

As you did at school, jumping your body out into a star shape, clapping your hands together at the top of the move, then bring your feet together and hands back to your sides.



Stand tall...



jump into 'star' shape..



hands together!

Split Squat

Working: Glutes, Hamstrings and Quads

Progression: Add weight

Stand with feet shoulder width apart, feet pointing forward and weights by your side.

Imagine you are on train tracks and take a big step forward, keep the front knee slightly bent.

Now let the back knee slowly drop down until it is almost touching the floor. You should now have right angles at both knees.

Just before you reach the floor extend the leg so they straighten and lift you back to the starting position.

Keep your chest up, your shoulders back and your hips facing forward as the back leg does the work.

Staying on this leg repeat the move for half the round time.



Overhead Squat

Working: Glutes, Hamstrings, Quads and Back

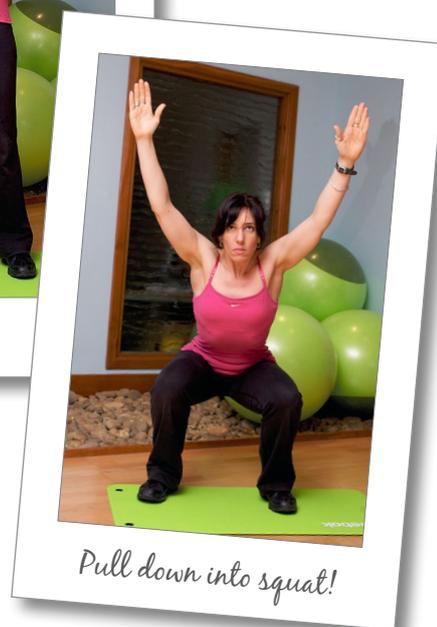
Progression: Add weight

Start with the bar above your head holding it with a wide overhand grip, have your arms fully extended and your abdominals braced. Now push your hips back and lower yourself to the floor, keeping your arms locked above your head. Ease yourself down into the squat, when you get to the bottom drive back up through your heels to the starting position keeping your arms above your head.

Keep your chest proud and your back straight; make sure that your knees are not tracking over your toes, if they are check that you are initiating the move from the hips opposed to the knees which is incorrect.

You are aiming to get as low as you can without your heels coming off of the floor. If you need to, you can put a plate or some blocks under your heels to allow the full range of motion, as you become more flexible and can keep your heels on the floor you can remove the blocks.

Try this exercise with a light barbell or even a broom handle to start with. This is a complex move that will be working the top of your back as well as your core muscles, many people struggle with their stability when they start out on this exercise so don't be afraid to err on the side of caution when choosing your load.



Stick Up

Working: Shoulders and Upper Back

Progression: Increase range of motion

Start with your back against a wall and your feet about 6 inches away. Your bottom, back, head and shoulders should all be touching the wall.

Keeping everything in contact with the wall stick your hands up above your head.

Now slide your arms down the wall, bringing your shoulder blades back together, contracting the shoulder blades.

You are working the postural muscles and shoulder girdle.

Now slide them back up the wall keeping everything in contact with the wall.



Back Extension

Working: Core and Lower Back

Progression: Lift feet also

Laying face down on the floor put your hands behind your head, squeezing your bottom raise your chest off the floor and return to the starting position.

Keep everything in line and have your abs slightly engaged.

Want to add a challenge?

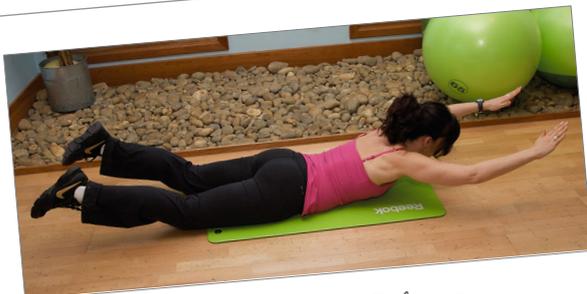
If you want you can lift your feet off the floor at the same time as you lift your chest.



Back Extension - Option 1



Back Extension - Option 2



Back Extension - Option 3

Side Plank

Working: Core especially Obliques – Arms and Shoulders!

Progression: Raise one leg

Lie on your side and support your body weight with your bottom leg bent as shown and your upper body balanced on to your elbow.

Raise your body in a straight line so it hovers, imagine you are between to panes of glass so you keep your body straight.

Keep your back straight and don't let your hip sag. Keep your abs pulled in but not so tight you don't breathe!

Hold this position for the amount of time.



Want to add a challenge?

Straighten both legs and hold the position as in the picture above again ensure that the hips aren't sagging and you stay straight.

Metabooster

Skipping

Just like when you were at school... but a little reminder just incase!

The basic starting position is to begin with the rope behind you, with your arms relaxed at your sides and the rope on the ground.

Using your wrists, turn the rope. The rest of your arm should be as still as possible. As the rope passes overhead to your feet, jump over the rope!

When you are jumping, stay on the balls of your feet and keep your knees bent slightly.

If you have to stop just return to your starting position with the rope behind you. Once you get the hang of it again you will be able to begin by swinging the rope as instead of going back to the starting position.



CARDIO
WORKOUT 'A'

CARDIO
WORKOUT 'B'

STAGE 1

weeks 1-3

Cardio Workouts

Weeks 1-3

Goal	Exercise	Time	Rest
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Workout A

Equipment required: • Mat • Skipping Rope	Skipping	50	10
	Burpees/Inchworms	50	10
	High Knees	50	10
	Mountain Climbers	50	10
	Rest	60	

Repeat for 4 Rounds

Workout B

Equipment required: • Mat • Skipping Rope	Step Ups	50	10
	Skipping	50	10
	Jumping Jacks	50	10
	Shuttle Runs	50	10
	Rest	60	

Repeat for 4 Rounds

Skipping

As before!

Burpees

Begin standing up straight, squat down to the floor and then kick your legs out behind you, moving into the press up position, from here bring your legs back and jump up. Keep everything in line.

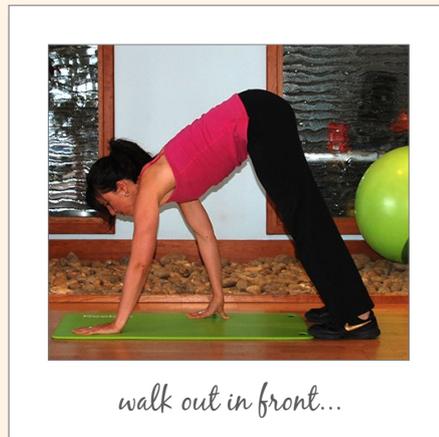


Beginner – half jack back put your hands on the floor walk the feet backwards into position, then forward jumping up and extending the body fully.

If you want an easier version how about trying the inchworm? The same as above except you are going to step your hands forwards and back then stand up, still add the jump if you can!

Inchworm

If you want an easier version how about trying the inchworm? The same as above except you are going to step your hands forwards and back then stand up, still add the jump if you can!



Knee Highs

You can do these high or low impact.

The move is similar to jogging or marching on the spot depending on the intensity you are going to work at but you will be raising your knees as high as you can and really driving them up into the air.

If you want to do low impact then do a high knee march, if you are looking for a higher intensity then really drive those knees high working as quickly as you can.

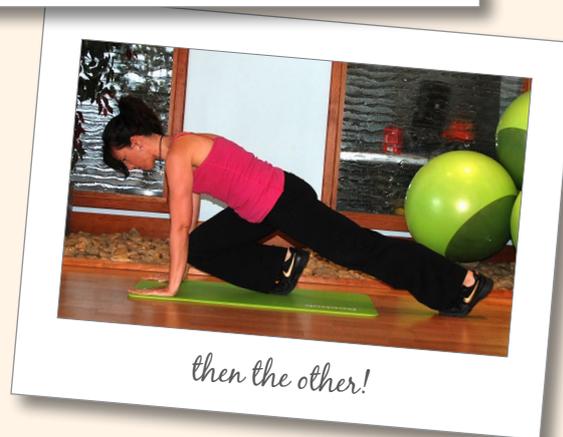
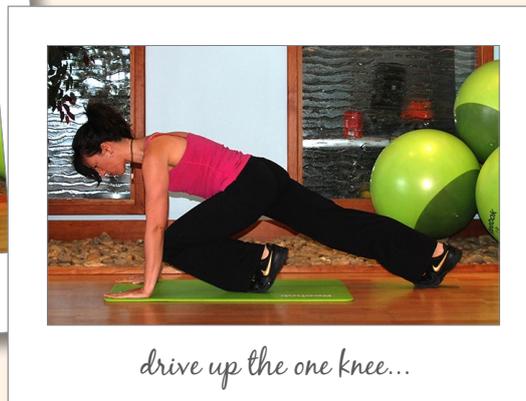
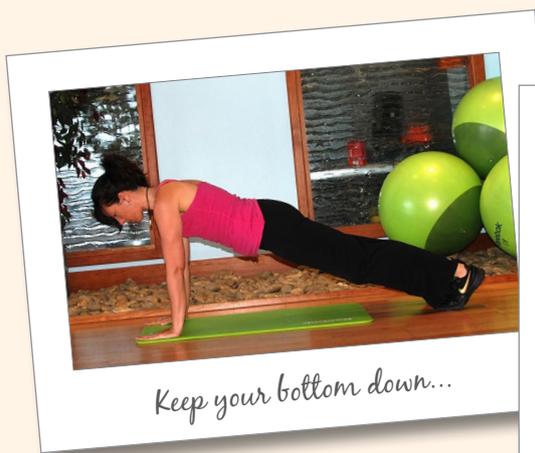


Mountain Climbers

Starting in a full press up position alternate bringing your knees up to your chest whilst keeping your bottom low down and your body in a straight line.

Change over legs as quickly as you can.

If you find this position a little bit too much of a challenge you can lean on a surface i.e. a bench, so you are on a diagonal, in a 3/4 mountain climber.



Step Ups

Choose a bench, step, bottom stair or table that will give you a right angle at the knee, the taller the step the harder you work your bottom!

If you are not yet strong enough for this height, start lower and increase the height as you gain strength. When you are able to do the move comfortably with a right angle in your knee add some load, with your Kettlebell or Dumbbell.

Moving as quickly as you can run up and down on the step.



Jumping Jacks

As explain early on and as you did school, jump out into a star shape, clapping your hands together at the top of the move, then bring your feet together and hands back to your sides. See page 9 for exercise instructions and pictures!

Shuttle Runs

Again back to school, using what space you have, back garden, front room, even in a small space run from one side to the other touching the floor at each side, if you have the space touch down a third of the way, run back, then run two thirds then back, then the full distance.