

the
FAST
plan



FIT & SLIM in

by **KIM RAINED**

STAGE 3
weeks 7-9



STRENGTH
WORKOUT 'A'STRENGTH
WORKOUT 'B'

STAGE 3

weeks 7-9

Strength Workouts

Weeks 7-9

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

Workout A

Increasing Intensity

Equipment required:

- Mat
- 2 x Dumbbell or Kettlebell

Squats with Lat Raises	50	10	50	10	50	10
Press Ups	50	10	50	10	50	10
Bentover Row	25/25	10	25/25	10	25/25	10
Curtsey Lunge	50	10	50	10	50	10
Renegade Row	50	10	50	10	50	10
Reverse Curls	50	10	50	10	50	10
Rest	60		60		60	

Metabooster

Get Ups	20	10	x8			
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Workout B

Base Strength

Equipment required:

- Mat
- 2 x Dumbbell or Kettlebell

Bentover Reverse Fly	50	10	50	10	50	10
Lunge with Bicep Curls	50	10	50	10	50	10
Kneeling close grip Press Ups	50	10	50	10	50	10
Single Leg Deadlift	25/25	10	25/25	10	25/25	10
Chest Press	50	10	50	10	50	10
Plank Rolls	50	10	50	10	50	10
Rest	60		60		60	

Metabooster

Mountain Climbers	20	10	x8			
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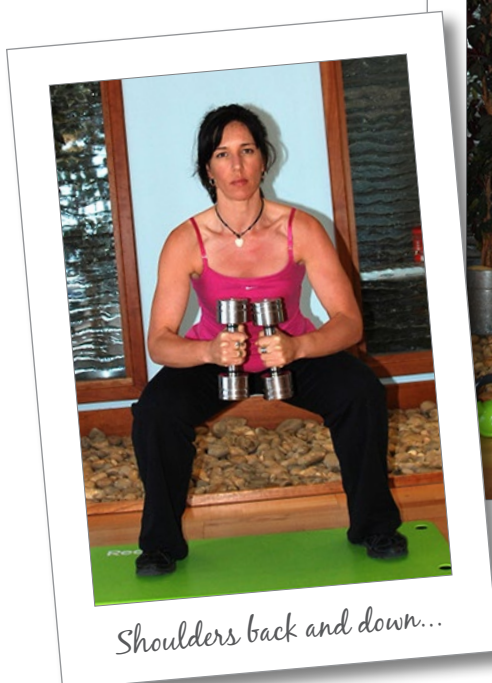
Squats with Lat Raises

Working: Glutes, Hamstrings, Quads, Core, Arms and Shoulders

Progression: Increase weight

Take a smaller weights, 3-4 kgs to start in each hand and lower down into a squat.

As you raise up push your hips forward and take your arms out to the side with a slight bend, bring them to shoulder level, lower them back down to your sides as you pull back down into your squat.



Press Ups

Working: Chest, Pectorals and Triceps

Progression: Full body

Work on improving this move all the time, your final aim is to be able to perform full press ups.

In this part of the program concentrate on advancing by elongating the distance between your knees and your hands.



Option 2...



chest to the floor...

Or even better attempting full press ups, you can always go back on to your knees when you tire.



Full Monty!



abs on tight...

Go on give it a go!!

Bentover Row

Working: Back and Biceps

Progression: Increase weight

Taking a weight in each hand push your hips backwards, so you are at about a 45 degree angle at the hips.

Do not allow your back to flop at the top, keep your shoulders engaged at the back.

Pull both weights in towards the waist, keeping the elbows in to the sides of the body.

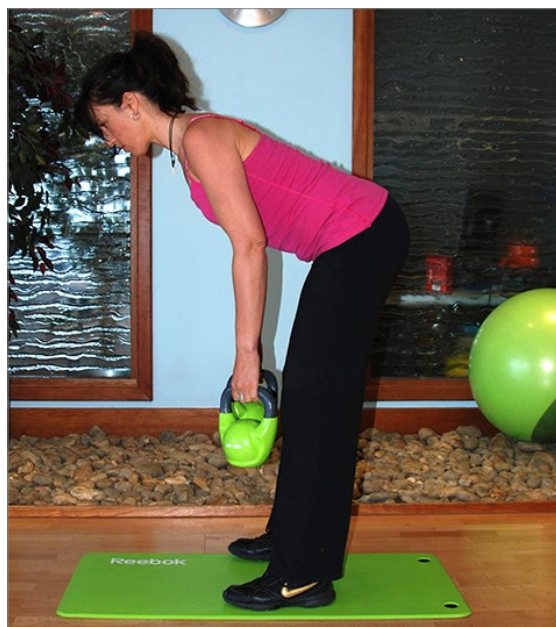
As you get to the top of the move give a gentle squeeze of the shoulder blades.

Abs tight and chin tucked in.

Repeat for the round.

If you feel your lower back during this move stop and reset your posture ensuring you are bending from the hips and not in the back.

Alternatively revert back to the 3 point bent over row form stage 2.



Engage shoulder blades...



squeeze back!

Curtsy Lunge

Working: Legs and Butt!

Progression: Increase weight

A simple variation on the lunge, begin with a weight in front of you but held closely to the body, lunge forward as previously except this time take your leading foot in front of the back knees, so there is a crossover.

Just like a curtsy. Push back and repeat on the opposite leg.



Bring leg across!

Renegade Row

Working: Back, Chest, Shoulders Arms and Core

Progression: Add weight

Start this as a body weight move.

Begin in the full press up position with your abs braced, with your hips down and your body straight.

Now using your back muscles pull one hand back towards the waist squeezing back with the shoulder blades.

Repeat on the other side. Maintain the straight arm plank position throughout the move.

When you are confident with the move add weight as in the picture above.



Reverse Curls

Working: Abdominals

Progression: Add heel taps



Engage abs...

Begin laying on your back with your knees bent.

Using your abdominals slowly lift the knees curling them up over the body. Continue the curl as you lift your hips and bottom off the floor. Gently lower the hips back down and repeat.

If you want to add an extra challenge then tap your heels on the floor as you bring your feet down.



lift slowly...



lift slowly...

Metabooster

Get Ups

This is a functional move with no real rules!

Begin laying on your back and using as much of your core and leg power as possible bring yourself up to straight standing.

The idea is to get up and down from the floor as many times as you can within the allotted time.



Lay on your back, engage core...



core still engaged...



*using your legs
push upwards...*

If you need to use your arms or twist slightly then that's ok, but your goal is to be able to get up and down without using your hands at all!



push up using all muscles...



well done!

Bentover Reverse Fly

Working: Back and Core Postural Muscles

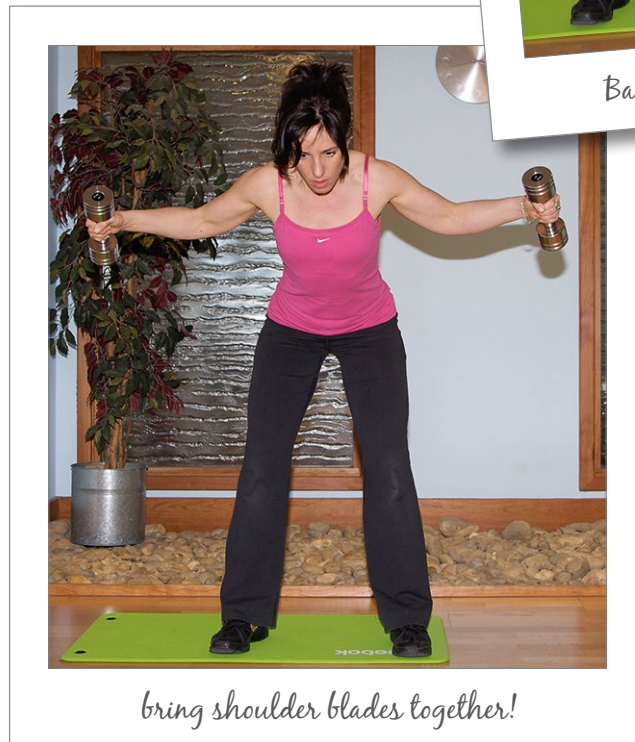
Progression: Add weight

Start this as a body weight move to begin with, pushing your hips backwards and keeping your back straight take your arms in front of you and draw your shoulder blades together to bring back the arms.

You can have a slight bend at the elbows.

Repeat the arc movement for the round.

When you are confident in your strength add small weights to the move.



Reverse Lunge with Bicep Curl

Working: Glutes, Hamstrings, Quads and Biceps

Progression: Increase weight

With this move you will be stepping backwards into your lunge instead of forwards. The same rules apply with the knee being behind the toe and the knee aiming towards the floor.

Standing straight step backward and allow your knee to drop to the floor, at the same time bend at the elbows and bring the weights into a bicep curl keeping your arms into the sides.

Stand and repeat on the other leg.



raise to shoulder level!

Kneeling Close Grip Press Up

Working: Chest and triceps

Progression: Progress to full

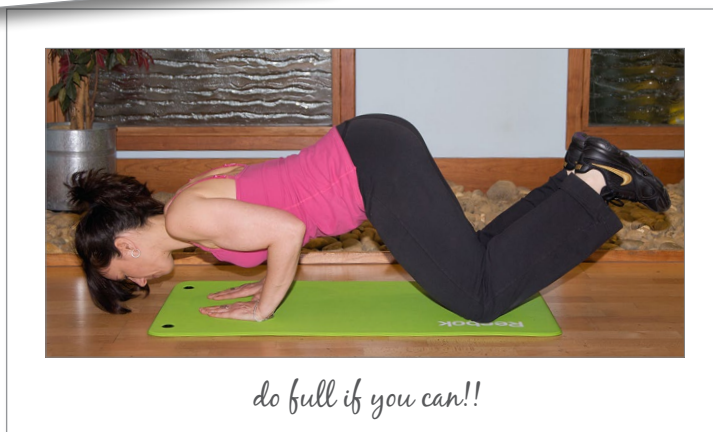


Ok ladies, this move is tough as it places a lot more emphasis on the triceps – we gonna get rid of those bingo wings!!

Start with your hands closer together than a traditional push up, thumbs almost together.

Keeping your weight forward with the elbows facing backwards and into the sides lower yourself downward as in a press up position.

Pause and push back up through the heels of the hands. If you are not feeling this after a few reps then double check your position because it's a killer!!!



Single Leg Deadlift

Working: Back, Bottom, Hamstrings

Progression: Add weight

Standing on one leg have both arms reaching towards the ground, as you get stronger you can hold a Dumbbell in the opposite hand but until then just use your body weight for this move.

Push the hips backwards and reach for the floor, you will feel a stretch down the back of your legs – your hamstrings.

Only go as low as you can whilst keeping your spine in neutral, now squeeze your bottom and bring yourself back to standing.

Repeat for time and then move on to other leg.



Push hips back...



reach for the floor!

Chest Press

Working: Chest and triceps

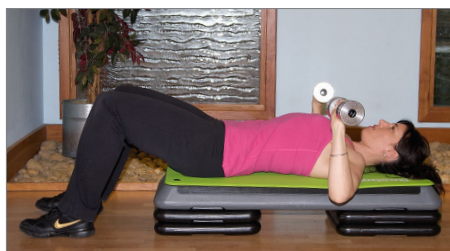
Progression: Increase weight or try on a Swissball

Start by lying on a bench or even on a coffee table or the floor if you have no other option.

Lay with your head and shoulders on the ball and your hips, shoulders and knees all at the same level, holding the weight level with your arm pits with your elbows at approx 90 degrees, engage your abdominals and push the weight straight up so your arms are extended.

Lower them back to the starting position and repeat. Keep the weight over your chest as opposed to your head.

Using the Swissball creates an instability that makes this move more difficult. It gets the core muscles working extra hard. If you are using the Swissball make sure that it's a good quality ball that can take your weight and the weight of the kettle or Dumbbells.



Weights in line with armpits...



push up!

Plank Rolls

Working: Abdominals and Back

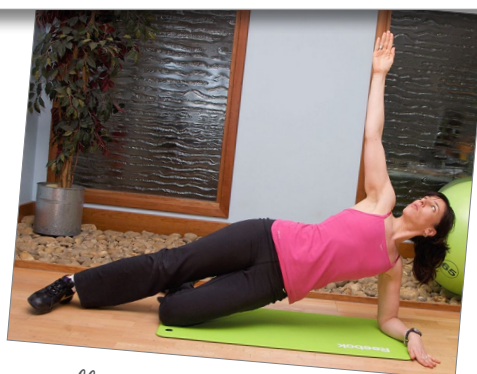
Progression: Full

Starting in a plank position roll yourself over into a side plank, hold that position for a moment and roll back to the plank, then repeat over onto the other side.

You can start off doing this move on your knees if you need to.



Half Plank...



roll and stretch to the ceiling!



Full Plank...



roll and stretch to the ceiling!

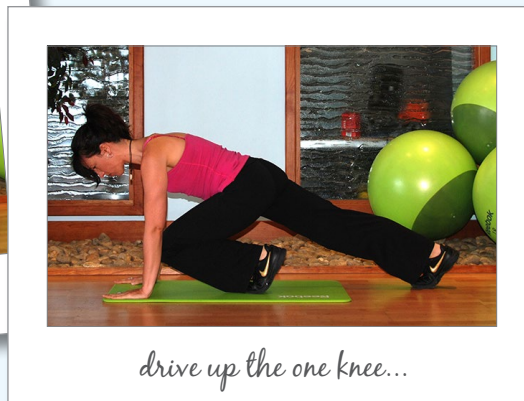
Metabooster

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 as quickly as you can.

If you find this position a little bit too much of a challenge you can lean on a surface so you are on a diagonal, in a $\frac{3}{4}$ mountain climber.



WATCH THE WORKOUTS:

CARDIO
WORKOUT 'A'CARDIO
WORKOUT 'B'STAGE 3
weeks 7-9

Cardio Workouts

Weeks 7-9

Goal	Exercise	Time	Rest
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Workout A

Equipment
required:

- Mat
- Kettlebell
- Skipping Rope

Burpees	50	10
Skipping	50	10
Squat Jumps	50	10
Kettlebell Swings	50	10
Rest	60	

Repeat for 4 Rounds

Workout B

Equipment
required:

- Mat
- Kettlebell

Sprints	50	10
Squats	50	10
Sprints	50	10
Squats	50	10
Rest	60	

Repeat for 4 Rounds

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!



Squat onto floor...



jump feet back...



bottom down...



bring legs forward...



ready to explode upwards...



jump high and repeat!

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.



Squat Jumps

This is a high impact move and should not be done if you have any orthopaedic problems, especially on the back or knees. If you do then stick to the low impact version.

These are performed as with a normal squat, but on the up phase you explode into a high jump and pull yourself back down into the squat as you land. Repeat this movement for the round.

For a lower impact version you squat down and then come up on to your tip toes as you stand and explode upwards. In this version your feet will not leave the ground.



Jump high as you can...



keep feet on floor for low impact!

Kettlebell Swings

Stand with the Kettlebell or Dumbbell in both hands with the feet just wider than hip distance and the weight hanging down between the legs.

You should be using your hips and legs in this exercise, not your back or your arms to swing the weight. Your knees should be soft and your back straight, pushing back let the Kettlebell swing between your legs and then use your hips to thrust forward and swing the weight up.

The weight should come about level with your chest, if you find it going higher then you may need a heavier weight.

Keep the movement going continuously for the allocated time as you gain momentum let the weight pull you down and use your glutes to thrust you forward.



Go parallel with floor...



thrust hips forward!

Sprints and Power Squats

This is all about running as fast as you can and if possible moving your workout out!

If running is something that you haven't done for years don't worry your just going to move as quickly as you can from a to b.

Its not a race, as long as you are making improvements each time, no matter how small then you are doing well.

You can either get outside in the park or on the road for this workout or use your back garden or clear a space in your front room if you are unable to get out.

If you are outside either take your timer and aim to move as quickly as possible for your round time, using the next round to recover and repeat for 10 rounds of sprint and rest.

Or, if your space is limited or you are indoors do a small sprint (even running on the spot as a last resort) followed by power squats, i.e. body weight squats performed as quickly as you can touching the floor and pushing up to the ceiling followed by your rest period.

Repeat this pattern 10 times so you have completed 20 minutes of exercise.