

the
FAST
plan



FIT & SLIM in

by **KIM RAINE**

STAGE 4
weeks 10-12





STAGE 4

weeks 10-12

Strength Workouts

Weeks 4-12

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

Workout A Increasing Intensity

Equipment required: • Mat • 2 x Dumbbell or Kettlebell • Medicine Ball (MB) • Skipping Rope	MB Squat Curl Press	50	10	50	10	50	10
	Press Ups with Twist	50	10	50	10	50	10
	MB Side Lunge to Raise	50	10	50	10	50	10
	MB Pullovers	50	10	50	10	50	10
	Reverse Lunge with Twist	50	10	50	10	50	10
	Reverse Pikes	50	10	50	10	50	10
	Rest		60		60		60
Metabooster	Skipping	20	10	x8			

Workout B Base Strength

Equipment required: • Mat • 2 x Dumbbell or Kettlebell • Medicine Ball (MB)	Dumbbell Squat to High Pull	50	10	50	10	50	10
	MB Woodchop	50	10	50	10	50	10
	Press Ups	50	10	50	10	50	10
	Lunge Forward Back Right Leg	50	10	50	10	50	10
	Lunge Forward Back Left Leg	50	10	50	10	50	10
	Mountain Crossovers	50	10	50	10	50	10
	Rest		60		60		60
Metabooster	Jack Burpees	20	10	x8			

Medicine Ball Squat Curl Press

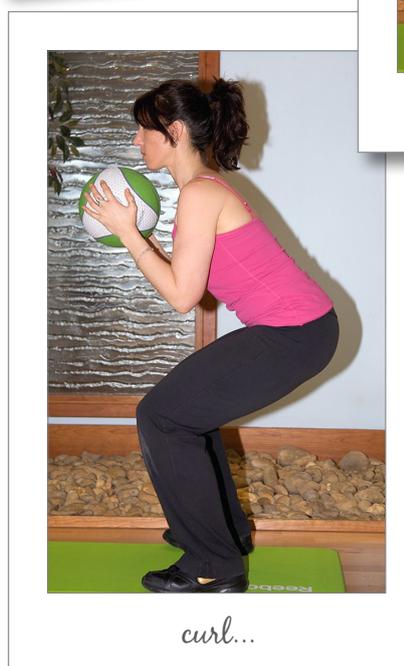
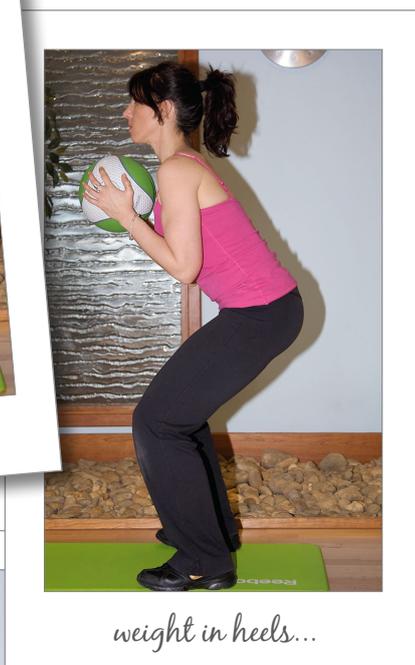
Working: Glutes, Hamstrings, Quads, Core, Arms and Shoulders

Progression: Add weight

In this stage of the program we are going to start using some more complex full body moves.

So here we are adding a squat, bicep curl and shoulder press into one move.

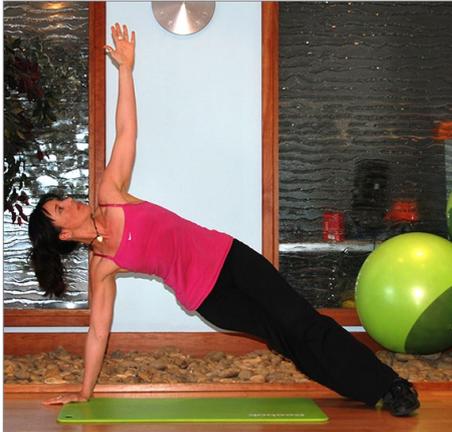
So start by pulling yourself down into a squat with the weight in of you, don't allow the weight to pull your upper body forward. Then squeezing your butt as normal push your hips forward and drive yourself upwards curling the weight keeping the elbows close to the body and then as you get to standing push the weight above your head into a shoulder press.



Press Ups with Twist

Working: Chest, Pectorals, Triceps and Abdominals

Progression: Full body



Into Side Plank!

Again a full body move, combining a press up as normal but turning at the top into a side plank, holding that position for a second and then back down to repeat the press up and rotate to the other side.

As with the press up and side plank this move can be done on the full version or on your knees.

Just make sure that your body weight is forward and you are working to your full ability!!

Medicine Ball Side Lunge to Raise

Working: Glutes, Hamstrings, Quads, Shoulders and Arms

Progression: Increase weight

Start in a standing position holding a Medicine Ball or weight. Stepping to the side taking your leg out and push your hips backwards being sure to keep your knees behind your toes, allow the weight to drop to the outside foot.

Then pull yourself down back to standing raising the weight above your head. Repeat again on the opposite leg.

Alternate sides for the round.



Medicine Ball Pullovers

Working: Lats and Pecs – Back and Chest

Progression: Increase weight

Lay on your back with your abdominals engaged and the Medicine Ball or weight held directly above you.

With a slight bend in the elbows take the weight backwards and lower behind the head going only as far as your flexibility and strength will allow. Don't let your back arch.

Now bring the weight back over your head.

This is a great move to do on an swiss ball of you have one as the wobble means you are working through your core as well. Make sure your head and shoulders are supported on the ball.



Over the head...



pull back!

Lunge with a Twist

Working: Legs, butt and core

Progression: Add weight

This move promotes good balance and co-ordination and can be done with or without a weight or Medicine Ball depending on your ability.

Holding the weight out in front of you with arms stretched lunge forward and drop down into the normal lunge position. As you lower rotate your torso to one side – turning the weight towards the front knee.

As you return to standing rotate back to the centre, repeat on the other side.

Ensure your abdominals are braced throughout the move.



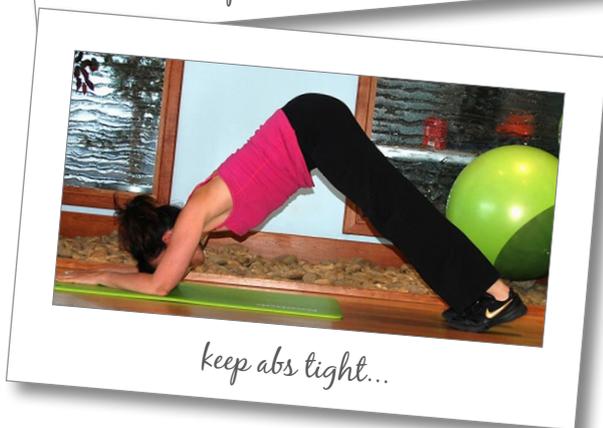
Reverse Pikes

Working: Abdominals

Progression: Full on toes

Start in a plank or half plank position with your body in a straight line from head to feet. Pushing off on your forearms lift the hips and bottom into the air, hold the position for a moment and lower back down to the plank, hold for a few seconds and repeat.

If you want to increase the difficulty hold the plank position for the count of 20 every 5 reps or so.



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.



Dumbbell Squat to High Pull

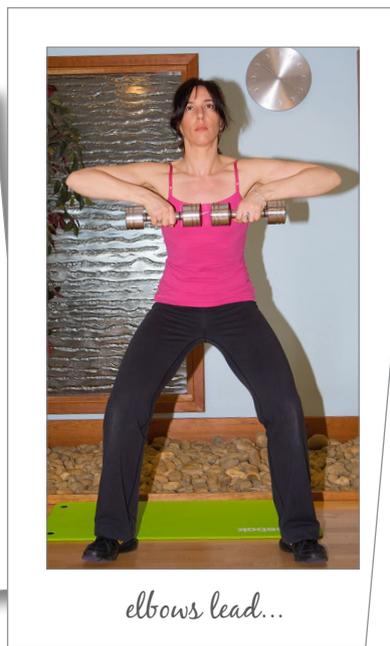
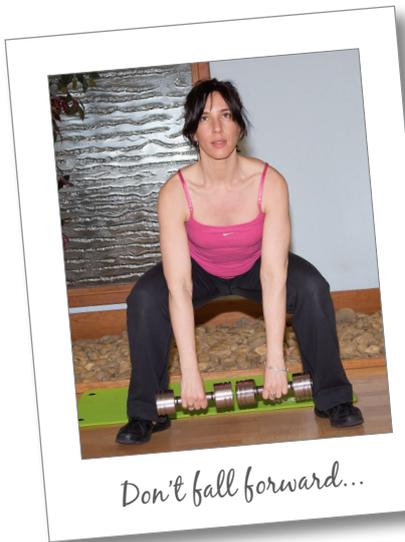
Working: Legs, Shoulders, Upper Back – the Postural Muscles

Progression: Add weight

The first part of this move is a squat, be careful not to let the weight pull you to far forward, keep your weight back in your heels and your chest proud.

As you bring your hips forward pull the weight up towards your shoulders letting the elbows lead the way. Finish with a high pull so that your elbows are high and the weight is about shoulder height.

Lower and repeat.

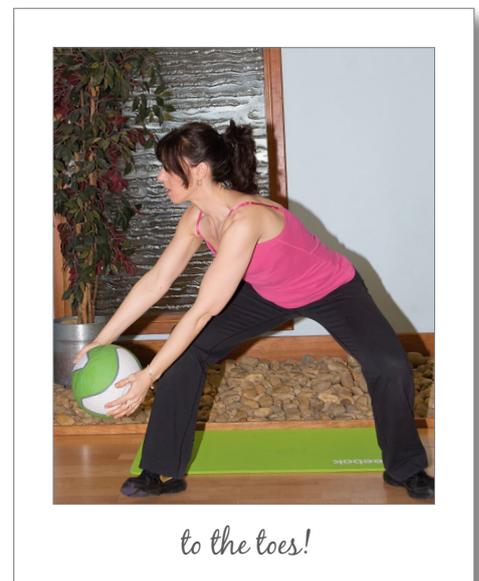
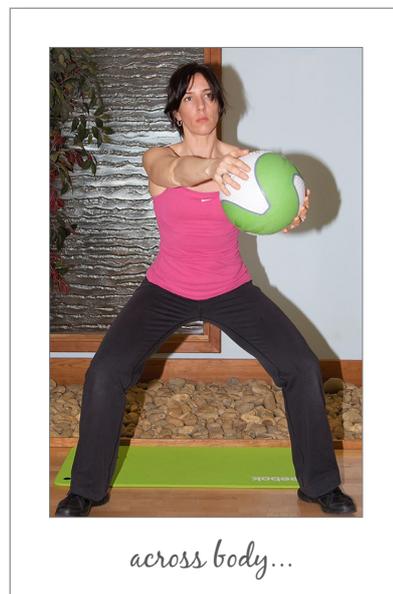
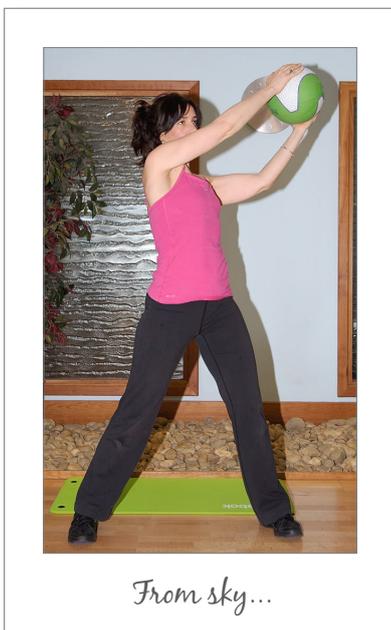


Medicine Ball Woodchop

Working: Glutes, Hamstrings, Quads and Biceps

Progression: Increase weight

Start with your feet wide and your abdominals braced, keeping your arms straight bring the weight across the body in a diagonal movement, as though you are chopping wood. At this point the thighs should be almost parallel to the floor and the back is nice and flat. Then return to the start. Make sure you are using the abdominals for this exercise; ensure that the whole move comes from the core. Do all repetitions on one side before changing sides.



Press Ups

Working: Chest, core and triceps

Progression: Move onto the toes

This move should be like an old friend now!! Over the last 9 weeks your press ups should have progressed. If not then now is the time to take them to the next level.

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.



Full Monty!



abs on tight...

Forward Backward Lunge

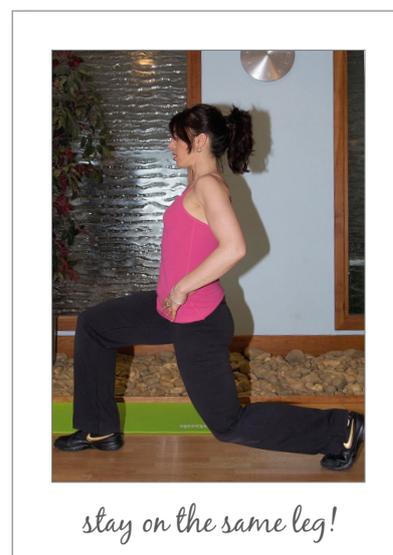
Working: Glutes, Hamstrings, Quads

Progression: Add weight

Another old friend, this time you are going to work the lunge from both directions, forward and backwards.

Moving from standing to lunge forwards aiming to get your back knee as close to the ground as possible, then pushing on the back foot and bringing the front leg back through to the rear and lunge backwards, once again having the knee just off the floor.

Repeating this move on the same side until the end of the round.



Mountain Crossovers

Working: Core and Arms

Progression: Increase repetitions

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.



Raise knee...



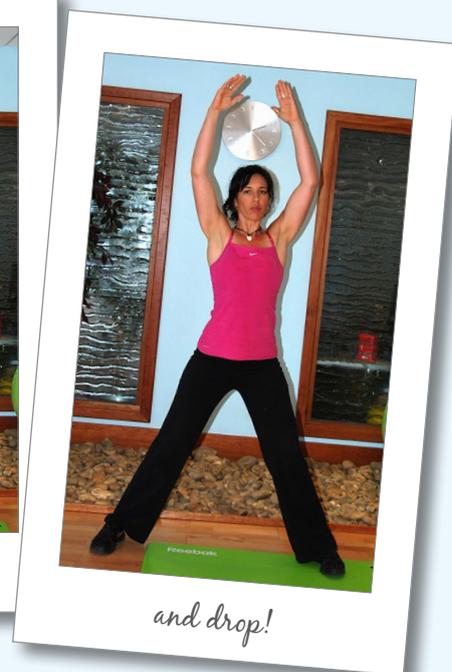
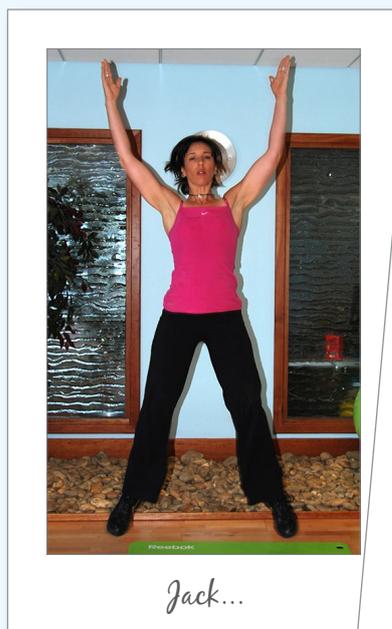
bring across!

Metabooster

Jack Burpees

This move is simply a Burpee as you have been doing since the beginning of the program except this time you are going to turn the normal jump into a jumping jack.

Again, you should now be raising your game with this and working at a higher level than you were in the first few weeks.





STAGE 4

weeks 10-12

Cardio Workouts

Weeks 4-12

Goal	Exercise	Time	Rest
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Workout A

Equipment required: • Mat • Kettlebell	Get Ups	50	10
	Jump Lunges	50	10
	Burpees	50	10
	Kettlebell Swings	50	10
	Rest	60	

Repeat for 4 Rounds

Workout B

Equipment required: • Mat	Power Squats	50	10
	Spiderman	50	10
	Tap Ups	50	10
	Kicks	50	10
	Rest	60	

Repeat for 4 Rounds

You can swap one of these sessions for a sprint session every now and then during this stage if you prefer.

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.

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!



Jump Lunges

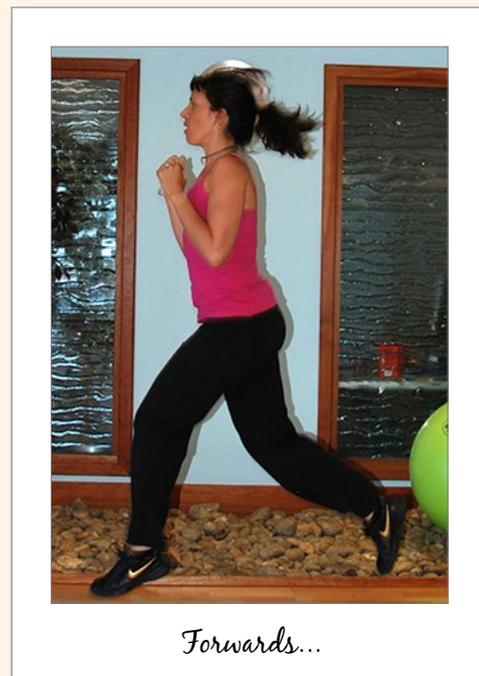
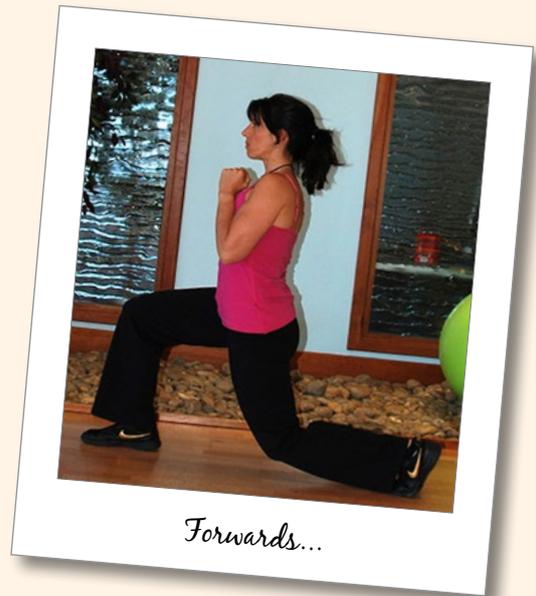
This is another high impact move that is best avoided if you have any orthopaedic problems such as back or knee pain. If this is you then perform the lower impact option.

You are simply performing a power lunge but instead of stepping back you will jump upwards and switch legs on to the next lunge. Keeping this move going.

Be sure to keep the bend in the knees and keep the knees behind the toes.

If you want a lower impact version keep the legs straighter and the jumps lighter so you are switching between the front legs.

The last option would be to step backwards repeatedly swapping legs.



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!

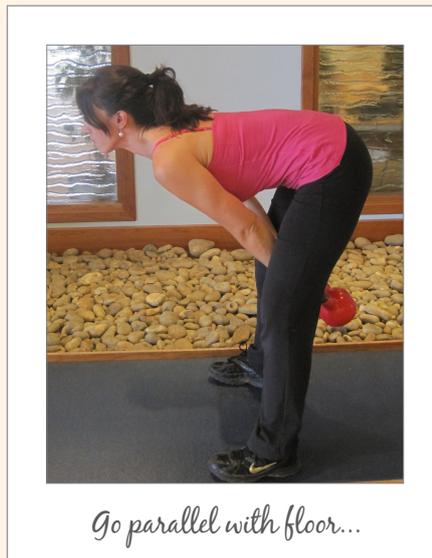
Kettlebell Swings

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.

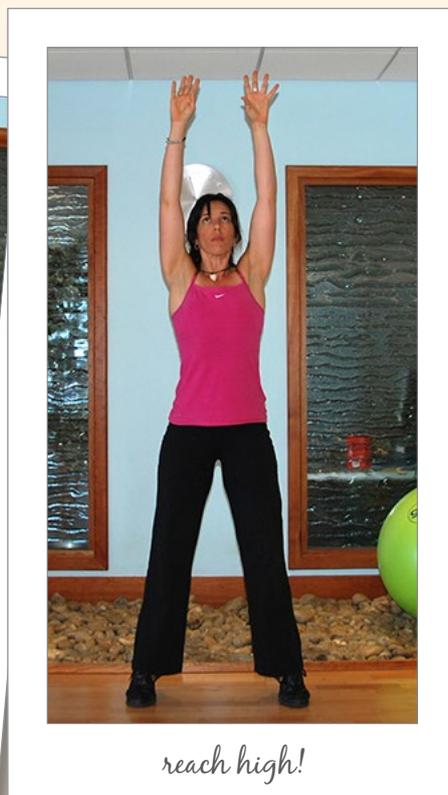
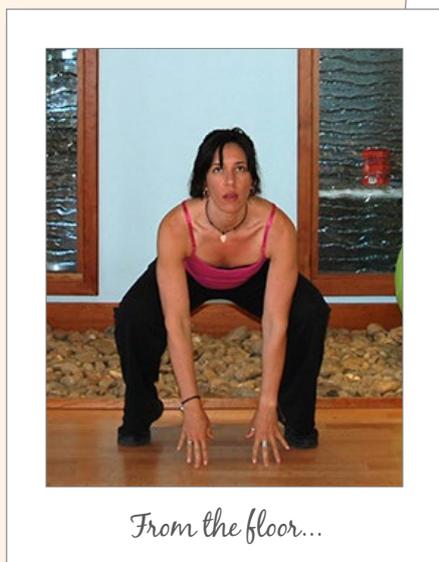
Keep the movement going continuously for the allocated time as you gain momentum let the weight pull you down and use your glutes to thrust you forward.



Power Squats

Here you will perform a simple body weight squat but touching the floor as you go down and reaching as high as you can when you go up.

Perform as many as you can within the round.



Spiderman

Starting in a press up position with your abdominals and bottom engaged hands slightly wider than shoulder width apart. With your left leg take a large step forward aiming to get the foot as close to your hand as possible. You maybe restricted here by your flexibility but get as close as you can and work on getting closer.

As you come forward drive your pelvis downwards and your chest to the ceiling so you get an opening in the hips.

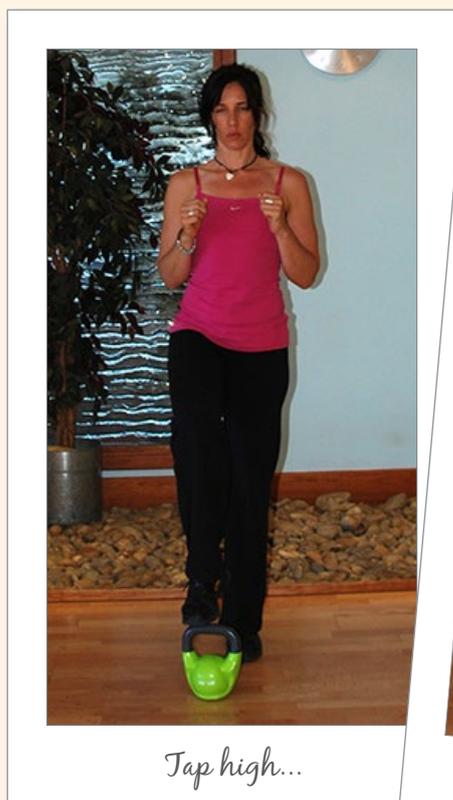
Return the leg back to the start position and repeat on the other side.



Tap Ups

Pick a low point, such as a stair, a Medicine Ball or bench.

Tap your toe on the top of the stair and switch legs repeating this move as fast as you can for the round.



Kicks

With these kicks I want you to think of kicking something as though to push it away, such as breaking down a door, opposed to kicking a football.

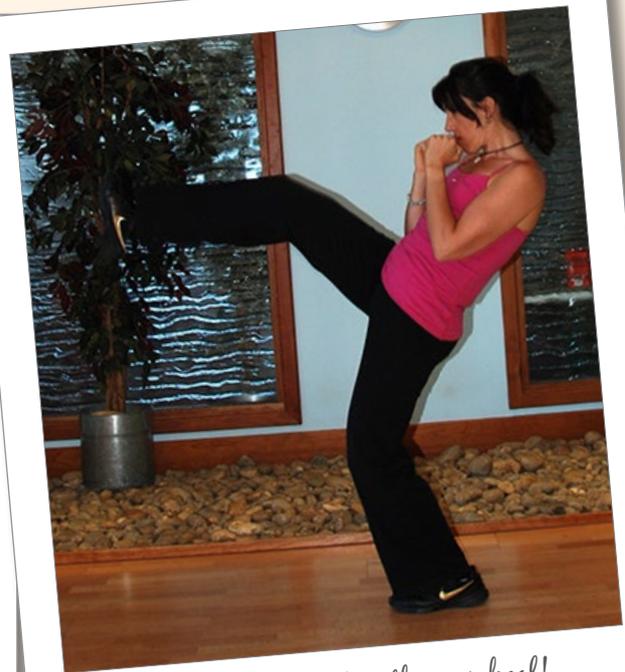
Standing on one leg lift the leg and then drive the foot forward pushing an imaginary object away with the heel of your foot. Get the heel as high as possible.

As you do this your upper body may well move slightly back.

Repeat with the other leg alternating for the round.



Core engaged, 'guard up'...



get it high... kick with your heel!