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4 WEEK WORKOUT PLAN

GET SET BODY

	WorkOut 1	WorkOut 2	WorkOut 3
Week 1	Skipping no weights x 2 mins Outstretched arm circles x 15 forward x 15 backwards Alternating bicep curl x15 reps total Shoulder girdle pump x15 Tricep lunge x 15 up x 15 in. Ab jumps x 15 Side plank x 15 pulses each side Repeat x2 5 minute cool down Grab palms behind the body at the sacrum, straighten arms arching the sternum to the sky. Mermaid stretch x 5 each side.	Skipping no weights x 2 mins Dancing Plank x 5 sets of 3 Jumping squat x 15 Mountain climbers x 20 Corset twist x 50 Walking plank x 20 Side plank x 20 pulses each side Repeat x2 5 minute cool down Lumbar spine stretch each side. Mermaid stretch x 5 each side. Psoas stretch each side.	Downton Abbeys x 20 (10 each side) Side lunges x 20 (10 each side) Leg pulls x 20 2nd position squat x 20 Forward lunge x 20 each side. 1st position heel raises x 20 Repeat x2 5 minute cool down Roll down x 3 Double pigeon
Week 2	Add 1kg weights Increase the reps to x 20. Repeat x 2. Cool down 5 mins at the end of the workout	Repeat x 2 with a timer set to 12 mins to complete. Cool down 5 mins at the end of the workout	Increase reps to x 30. Repeat x 3. Add 1kg weights. Cool down 5 mins at the end of the workout
Week 3	Add 1kg weights. Increase the reps to x 25. Repeat x 3. Cool down 5 mins at the end of the workout	Repeat x 3 with a timer set to 8 mins to complete. Cool down 5 mins at the end of the workout.	Increase reps to x 40. Repeat x 3 Add 1.5 - 2kg weights. Cool down 5 mins at the end of the workout
Week 4	Add 1.5kg weights. Reps stay x 30. Repeat x 3. Cool down 5 mins at the end of the workout	Repeat x 4 with a timer set to 6 mins to complete. Cool down 5 mins at the end of the workout	Increase reps to x 50. Repeat x 3 Add 2 - 5kg weights. Cool down 5 mins at the end of the workout

Sam Eastwood

CELEBRITY TRAINER