

03.

8 WEEKS WITH AIMEE

Training & Cardio



Exercise is an important part of losing weight, as its how we burn energy (calories). The more calories we burn, the larger our deficit becomes and the more weight we lose.

Exercise is also amazing for your emotional state, your mood, your motivation and obviously your physical health too and this is why I have included both home and gym workouts within the challenge so that no matter who you are or what fitness level you are at or what equipment you have, you can still take part in this challenge and achieve long lasting results.

Don't worry if you don't have access to a gym or any equipment you can still achieve amazing results in the comfort of your own home by staying on top of your nutrition, keeping your NEAT high & completing daily home workouts included within this eBook.

The workouts included within this document will enable you to maintain your muscle mass, continue to send a muscle building signals to the muscles your working, boost endorphin release (happy hormones) and will help keep you fit and healthy whilst losing body fat.

The home workouts included within this eBook can be completed with or without weights; however, you may want to use dumbbells/ weighted plates/or even a heavy object if you have these available to you to increase the difficulty of the exercises.

There are a number of different workouts included within the document for you to choose from such as gym workouts, home weight training sessions with core circuits, glute activation sessions and HIIT workouts.

For best results as a minimum I recommend completing three workouts & 3x HIIT sessions per week and having one active rest day.

I have also included some info on keeping active, increasing your TDEE (daily calorie burn), how you can apply progressive overload with & without weights so that you can get the best results out of this challenge

LET'S GET STARTED!

Each exercise listed within this document comes with a video link to demonstrate how to perform the exercised. If you are still unsure whether you are performing a certain exercise correctly please film yourself performing the exercise and then upload it on to the closed Facebook group where I will be able to help you correct your technique.

If you don't have access to the machines that are listed in your programme to perform the exercises listed please substitute for an exercise that is similar and works the same muscle group. If you are unsure please just ask in the closed facebook group.

One key point about training that I tell everyone who works with me is that to get the best results possible from this programme then you've got to turn up at every session and give 110%. Challenge yourself, be precise with your exercise technique, log your lifts, and maintain or beat the log sheet every week.

8 Weeks with Aimee is a chance for you to achieve the body of your dreams, I promise you that if you put in the work every day, you will reap the rewards and achieve amazing results. The more hard work you put in, the sooner your body will take shape.

When you are weight training I want you to choose a weight that is challenging. I want you to be getting to the end of your set and be struggling to get the last 1-2reps out. You want to get to that point of burning, this is lactic acid. Lactic acid is uncomfortable but I want you to get comfortable with being uncomfortable. Lactic acid production is brilliant for muscle growth & fat loss.

I also want you to use something called mind muscle connection when exercising. This is where you think about the muscles that you are using to perform a lift whilst you're exercising. This will allow you to focus on activating certain muscles during an exercise whilst preventing you from just going through the motions. The more you can improve your mind muscle communication, the more muscle fibres you will recruit. By improving your mind muscle connection you are actually increasing the number of muscle fibers being recruited when you perform a lift. This results in a better quality muscle contraction and a much better result from your workout. You should be seriously committed to feeling each and every rep in your target muscles.

Lifting weights will not make you bulky either ladies so please do not fear the weight! Lifting weights will improve your strength, reduce your body fat to tone & tighten your body. The only thing that will ever make you 'bulky' is by eating too many calories than your body need

Both gym & home workouts have 3x full body workouts included:

For home workouts you will need resistance bands, a chair/ sofa/bench and you may use dumbbells, weighted plates or heavy objects to increase the difficulty of the exercises.

There are 2 x body weight ab circuits which you can complete on top of your workouts along with some HIIT style workouts for that extra calorie burn on your none training days.

Also, you will find a glute activation drill that you need to complete before each workout AND I would also recommend performing 3 rounds of 1 x glute activation drills on your none training days to send a frequent muscle building signal to your glutes.

WARM UP **PART ONE**

Warming up is important for a number of different reasons but mainly so that you don't pull any muscles or cause yourself an injury. A gentle warm up will increase your heart rate as well as increase the blood circulation to your muscles which will prepare you for your workout.

	EXERCISE	REPS	DESCRIPTION	VIDEO
1	Walkouts	10	Stand with your feet hip to shoulder width apart, with toes facing forwards. With a slight bend in the knees, reach down to the floor and walk your hands out into a high plank and then walk your hands back towards your feet & stand up straight.	
2	Hip Stretch with a twist	8-10	From a high plank position bring your left foot to the outside of your left hand. Heel placed firmly on the ground, right leg straight, so that you are in a very low lunge position. From here, twist your torso to the left and reach your left arm straight overhead. Hold for 2-3 seconds and then release and repeat 8-10 reps and then change and repeat on the other side.	

WARM UP PART TWO

GLUTE ACTIVATION

Before all of your workouts would like you to complete the following glute activation routine.

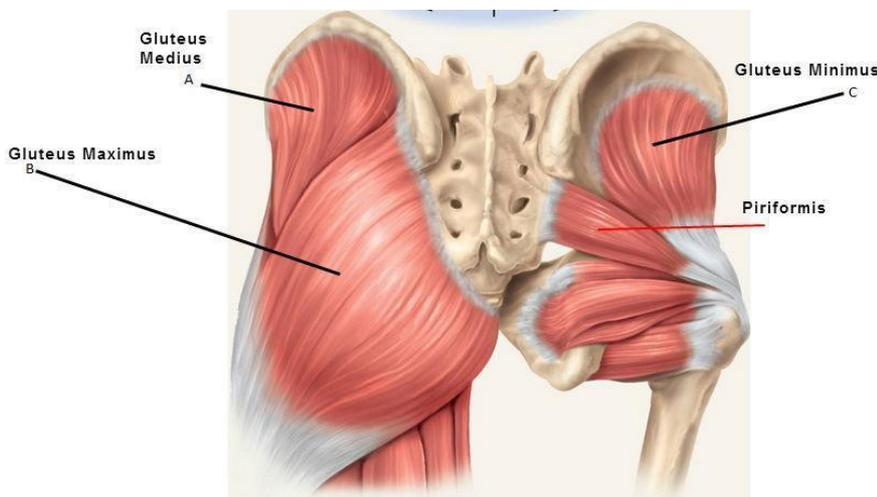
Just as you warm up the rest of your body for a workout, it is important to activate (or 'fire up') your glute muscles prior to exercise.

By performing a warm-up that specifically focuses on activating your glutes, you are helping to create that mind muscle connection. This can then transfer into your workout, where your focus will be on ensuring your glute muscles remain engaged throughout each exercise.

Spending some time activating the glutes before exercise is vital for your growth & progression as a lot of people suffer from underactive glutes due to lifestyle. As nowadays most of us spend the majority of our time sitting down making our glutes inactive. Another reason is the majority of us are naturally quad dominant therefore if the glutes are 'asleep' your quads will take over and do all the work instead. Therefore performing the following will create that mind muscle connection & get your glutes fired up and prepared for training.

As you can see the Glute's are made up of three different muscles, maximus, medius & minimus. Muscles don't know weights, they respond to mechanical tension, metabolic stress, and muscle damage. It's not about how much weight you can move, it's about how much weight you can move with your glutes. Having said that, the stress you apply to your glutes needs to increase over time, whether that's weight, time under tension, volume— whatever. You won't improve your glutes if they never have to adapt to new stimuli.

To grow your glutes, you need to be training them a minimum 3x per week, hence why all of your workouts glute focused.



GLUTE ACTIVATION DRILL

	EXERCISE	REPS	VIDEO
A1	Banded Hip Thrusts	20	
A2	Banded Clams	20 each side	
A3	Frog Pumps (v stance)	30	
A4	Glute Bridge with abduction at the top	15	

Repeat this circuit 3x times before starting workouts

What you will need:

1. To print your log sheets or purchase a note pad & a pen to log your workouts
2. A resistance band or hip circle –

[CLICK HERE](#)
TEKNIFIT BOOTY BUILDER

3. A water bottle to ensure that you stay hydrated during your sessions

Many of you probably have never tracked your training before but trust me by recording your sessions your results will improve massively so get into the habit of tracking your training.

I highly recommend writing out your workouts on your log sheets prior to your session and take your log sheet/log book with you to record as you go along.

This will allow you to be prepared for your session, you will know what exercises your doing and what weight you have to do to improve on last week.

Logging your workouts will be a huge motivator for you, as it will allow you to see how much your strength has progressed on a weekly basis and will really help to keep you pushing forward.

TERMINOLOGY

3x 12-15 means 3x sets of 12 to 15 reps of the exercise

SETS

This is how many rounds you do that exercise.

REPS

This is the number of times you do the movement pattern of that exercise.

Where it says A1 & A2 for e.g this means superset (aka exercises performed back to back)

You will complete exercise A1 & then go straight into A2 with no rest

REST FOR **45 SECONDS** BETWEEN SETS!

GYM WORKOUTS

There are 6 different workouts included within this document for your gym workouts

For the first four weeks of the programme you are going to follow the first three programmes named:

Monday – Weeks 1 to 4

Wednesday – Weeks 1 to 4

Friday – Weeks 1 to 4

On week four you will then switch to the three workouts for the remaining four weeks named:

Monday – Weeks 4 to 8

Wednesday – Weeks 4 to 8

Friday – Weeks 4 to 8

WORKOUT MONDAY WEEKS 1 TO 4

	EXERCISE	SETS	REPS	VIDEO
A1	Heels Elevated Goblet Squats	3	12-15 EACH LEG	
A2	Reverse Lunges	3	12-15 EACH LEG	
B1	Bulgarian Split Squats	3	12-15 EACH LEG	
C1	Single Leg Curls (Seated/Lying)	3	12-15 EACH LEG	
C2	Barbell or Dumbbell RDL's	3	12-15	
D1	Overhand Grip Lat Pull Down	3	12-15	
D2	Press Ups	3	15-20	
E1	Curl & Press	3	12-15	

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT X Trainer	5	20 Sec Fast & 40 sec Slow
F2	Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

WORKOUT WEDNESDAY WEEKS 1 to 4

	EXERCISE	SETS	REPS	VIDEO
A1	Leg Extension	3	15-20	▶
A2	Walking Lunges	3	30 <small>15 steps there, 15 steps back</small>	▶
B1	Shoulder Press	3	8-12	▶
B2	Lateral Raise	3	12-15	▶
C1	Hip Thrust	4	15/12/10/8 <small>(increase weight as reps decrease)</small>	▶
C2	Glute Bridge	HOLD	FAILURE	
D1	Underhand Grip Lat Pull Down	3	12-15	▶
D2	Single Arm Bent Over Row	3	12-15	▶
E1	Lying Tricep Chest Press	3	12-15	▶
E2	Tricep Dips	3	12-15	▶

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT Bike	5	20 Sec Fast & 40 sec Slow
F2	Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

WORKOUT FRIDAY **WEEKS 1 to 4**

	EXERCISE	SETS	REPS	VIDEO
A1	Wide and High Leg Press	3	12-15	
A2	Squat Jumps	3	20	
B1	Strict Standing Barbell Shoulder Press	3	12-15	
B2	Upright Row	3	12-15	
C1	Leg Press (Single Leg)	3	12-15	
C2	1 ¼ Sumo Squats	3	12-15	
D1	Overhand Grip Lat Pull Down	3	12-15	
D2	Seated Row	3	12-15	
E1	Single Arm DB Tricep Extension	3	10-12	
E2	Hammer Curls	3	12-15	

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT Deadmills	5	20 Sec Fast & 40 sec Slow
F2	Weighted Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

WORKOUT MONDAY **WEEKS 4 to 8**

	EXERCISE	SETS	REPS	VIDEO
A1	Barbell Box Squats	4	15/12/10/8 <small>(increase weight as reps decrease)</small>	
B1	Seated Back Support Shoulder Press	4	8 - 12	
B2	Seated Lateral Raise	4	FAILURE	
C1	Hip Thrust	4	12 <small>(2 sec hold at the top)</small>	
D1	Barbell Bent Over Row	3	12-15	
D2	Single Arm Bent Over Row	3	12-15	
E1	Incline Lying Chest Press	3	12-15	
E2	DB Overhead Tricep Extension	3	12-15	

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT Bike	5	20 Sec Fast & 40 sec Slow
F2	Weighted Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

WORKOUT WEDNESDAY **WEEKS 4 to 8**

	EXERCISE	SETS	REPS	VIDEO
A1	Barbell Sumo Deadlifts	4	8-12	
B1	Banded Hip Thrusts	4	12-15	
C1	Curtsey Lunge	3	10 EACH LEG	
D1	Overhand Grip Lat Pull Down	3	8-12	
E1	Underhand Grip Lat Pull Down	3	12-15	
F1	Lying Hamstring Curl	3	15 CONTROL DOWN FOR 3 SECS	
G1	Seated Abduction	3	20-25	
G2	Seated Adductor	3	20-25 2 SEC SQUEEZE	

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT Bike	5	20 Sec Fast & 40 sec Slow
F2	Weighted Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

WORKOUT FRIDAY **WEEKS 4 to 8**

	EXERCISE	SETS	REPS	VIDEO
A1	Leg Extension	3	10/10/10	
B1	Wide and High Leg Press	3	12-15	
B2	Narrow Leg Press	3	12-15	▶
C1	Kneeling Single arm Shoulder Press	3	12-15	▶
C2	DB Renegade Row	3	12-15	▶
D1	Walking Lunges	3	20	▶
E1	Face Pulls	3	12-15	▶
F1	Chest Support seated Row	3	12-15	▶
G1	Tricep Press Up	3	10-12	▶
G2	Plank Build	3	20	▶

FINISHER			
	EXERCISE	SETS	REPS
F1	HIIT Bike	5	20 Sec Fast & 40 sec Slow
F2	Weighted Elevated Single Leg Glute Bridges	5	15 EACH LEG
F3	Side Lying Leg Abductions	5	30 EACH LEG

HOME WORKOUTS

WORKOUT MONDAY **FULL BODY**

	EXERCISE	SETS	REPS	VIDEO
A1	Banded Squats	3	15	
A2	Squat Jumps	3	10	
Perform 15 reps on A1 & move straight onto A2 & perform 10x reps, that is 1x set complete, you have two more to complete before moving onto B1				
B1	Banded Hip Thrusts	3	20	
B2	Banded Glute Bridge HOLD (squeeze glutes)	3	30	
C1	Static Lunges	3	20	
C2	Squat Hold/Wall Sit	3	30-60 SECS	
D1	Press Ups (Knees or toes)	3	10	
D2	Tricep Dips (chair/couch)	3	15	
E1	Tricep Press Ups (on knees, elbows tucked into waist)	3	12-15	
E2	Plank Build	3	5 EACH ARM	
F1	High plank on hands to failure	3	Log your time and try to beat every week	

WORKOUT WEDNESDAY **FULL BODY**

	EXERCISE	SETS	REPS	VIDEO
A1	Banded Hip Thrusts with 5 sec pause at the top	3	15	▶
A2	Banded Squats with 3 sec pause at the bottom	3	12	▶
B1	Bulgarian Split Squats (back foot on chair/couch)	3	15 EACH LEG	▶
B2	Curtsey Lunge	3	15	▶
C1	Reverse Lunge	3	15	▶
C2	Goblet Squats (heavy object)	3	15-20	▶
D1	Curl & Press (2x bottles of water/tins of beans)	3	15	▶
D2	Side Lateral Raise (2x bottles of water/tins of beans)	3	15	▶
E1	Plank Shoulder Taps (hands)	4	20	▶
E2	Plank Jacks	3	20	▶
F1	Plank Walk Outs	3	12	
F2	Plank on elbows	3	Failure (log time)	▶

WORKOUT FRIDAY **FULL BODY**

	EXERCISE	SETS	REPS	VIDEO
A1	Banded squat kick backs alternating (Band around ankles)	3	10	
A2	Crab Walks (band above knees)	3	20 <small>(10 to left then 10 to right)</small>	
A3	Banded Glute Bridge to abduction	3	12	
B1	Reverse Lunge with 2x pulses	3	12 <small>EACH LEG</small>	
B2	In/Out Jump Squats	3	15	
C1	1 1/2 Banded Goblet Squats	3	12	
C2	Squat Hold	3	Failure	
D1	Shoulder Press	3	15	
D2	Bent Over Row	3	15	
D3	Hand Release Press Ups	3	15	
E1	Mountain Climbers	5	50	

BEGINNER AB CIRCUIT

	EXERCISE	SETS	TIME	VIDEO
A1	Heel Taps	3	1 MIN	
A2	Bird dogs	3	1 MIN	
A3	Crunches	3	1 MIN	

REPEAT THIS CIRCUIT 3X WITH 30 SECS REST IN BETWEEN ROUNDS

ADVANCED AB CIRCUIT

	EXERCISE	SETS	REPS	VIDEO
A1	Full Sit Ups	3	20	
A2	Sit Up & Twist	3	10 EACH SIDE	
A3	Alternating Single Leg Raises	3	30	
A4	Toe Touches	3	20	
A5	Leg Raises with Hip Lift	3	20	

REPEAT THIS CIRCUIT 3X WITH 30 SECS REST IN BETWEEN ROUNDS

HIGH INTENSITY INTERVAL TRAINING (HIIT)

I have included three different types of HIIT workouts in this section of the document for you to choose from to complete on your None Training Days.

BODYWEIGHT EMOM TRAINING

EMOM (every minute on the minute) training is one of my FAVOURITE types of HIIT workouts: it's quick, intense and effective; and can be done in just 10 minutes

All you need for the bodyweight EMOM session (on the following page) is YOURSELF, a clock/timer, an upbeat playlist and some water at the ready

Every round you have 60 seconds to complete the set amount of reps of an exercise. The faster you are at completing your exercises the more rest you will have between rounds.

P.S don't underestimate this... 10 minutes might sound easy but it is SO HARD if you're doing it right and giving it 100% effort.

	EXERCISE	REPS	VIDEO
1	Burpees	10	
2	Press Ups	10	
3	Supermans	10	
4	Toe Touches	10	
5	Glute bridge	10	
6	Squat jumps	10	
7	Jump lunge	10	
8	Burpees	10	

TRY TO COMPLETE 3-5 ROUNDS OF EMOM! REST FOR 1-2 MINUTES IN BETWEEN ROUNDS

HIGH INTENSITY INTERVAL TRAINING

AMRAP (as many reps or rounds as possible) is another one style of HIIT that i enjoy; same as EMOM, it's quick, intense and effective; and can be done in just 10 minutes.

5x Exercises (20 minutes on the timer to complete as many rounds as possible)

	EXERCISE	REPS	VIDEO
1	Push Ups	10	
2	Air Squats	20	
3	Toe Touches	30	
4	Glute Bridges	40	
5	Star Jumps	50	

REPEAT THIS CIRCUIT 3X WITH 30 SECS REST IN BETWEEN ROUNDS

TABATA

TABATA - is another style of HIIT training that i love as it short and sweet and only takes 4 MINUTES! Each exercise is completed for 20 seconds followed by a 10 second rest.

The aim is to try and get as many reps in the 20 seconds

	EXERCISE	VIDEO
1	Hand Release Press Ups	
2	Burpees Squat Jumps	
3	Mountain Climbers Plank	
4	Shoulder Taps Pop Squats	
5	Power Jacks Bicycle Crunches	

Try to complete 3-5 rounds of TABATA!

P.S don't underestimate this... 4 minutes might sound easy but it is SO HARD if you're doing it right and giving it 100% effort.

TREADMILL OR BIKE SPRINTS

20 minutes on the clock, sprint all out, maximum effort for 20 seconds, slow down and recover for 40 seconds. Repeat.

GUIDELINES

Training days are classed as the days you complete the workouts above.

None Training Days are classed as the days you perform a HIIT workout or have a rest Days

CARDIO & TRAINING CHANGES

This guideline document has been created for you so that you know the exact changes you need to make & when you need to make them. Every single adjustment that you are going to make to your training and cardio is laid out in the tables below. All you have to do is follow it step by step. We will be making small changes each week to your cardio to increase your output, to keep your body burning fat!

WEEK ONE	Start your new diet plan, complete workouts Mon/Wed/Fri and a HIIT workouts on rest days.
WEEK TWO	This week you will add 10 minutes of cardio fasted or after your weights on training days.
WEEK 3	This week you will be doing 15 minutes of cardio in a fasted state or after your weights on training days
WEEK FOUR	This week you will be doing 20 minutes of cardio in a fasted state of after your weights on training days.
WEEK FIVE	This week you will implement your new workout programme week 5-8 A2,B2, C2.
WEEK SIX	This week you will be doing 25 minutes of cardio in a fasted state of after your weights on training days.
WEEK SEVEN	This week you will be doing 30 minutes of cardio in a fasted state of after your weights on training days.
WEEK EIGHT	This week you will be doing 40 minutes of cardio in a fasted state of after your weights on training days. As well as 20 minutes of cardio after your HIIT workouts on rest day.

WEEKLY CARDIO ADJUSTMENTS TABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK ONE	Workout Mon	HIIT	Workout Wed	HIIT	Workout Fri	HIIT	REST
WEEK TWO	Workout Mon 10 min cardio fasted or post workout	HIIT	Workout Wed 10 min cardio fasted or post workout	HIIT	Workout Fri 10 min cardio fasted or post workout	HIIT	REST
WEEK THREE	Workout Mon 15 min cardio fasted or post workout	HIIT	Workout Wed 15 min cardio fasted or post workout	HIIT	Workout Fri 15 min cardio fasted or post workout	HIIT	REST
WEEK FOUR	Workout Mon 20 min cardio fasted or post workout	HIIT	Workout Wed 20 min cardio fasted or post workout	HIIT	Workout Fri 20 min cardio fasted or post workout	HIIT	REST
WEEK FIVE	NEW Workout Mon 20min cardio fasted or post workout	HIIT	NEW Workout Wed 20min cardio fasted or post workout	HIIT	NEW Workout Fri 20min cardio fasted or post workout	HIIT	REST
WEEK SIX	NEW Workout Mon 25min cardio fasted or post workout	HIIT	NEW Workout Wed 25min cardio fasted or post workout	HIIT	NEW Workout Fri 25min cardio fasted or post workout	HIIT	REST
WEEK SEVEN	NEW Workout Mon 30min cardio fasted or post workout	HIIT	NEW Workout Wed 30min cardio fasted or post workout	HIIT	NEW Workout Fri 30min cardio fasted or post workout	HIIT	REST
WEEK EIGHT	NEW Workout Mon 40min cardio fasted or post workout	HIIT + 20 mins cardio	NEW Workout Wed 40min cardio fasted or post workout	HIIT + 20 mins cardio	NEW Workout Fri 40min cardio fasted or post workout	HIIT + 20 mins cardio	REST

IMPORTANCE OF STAYING ACTIVE

T.D.E.E Total Daily Energy Expenditure

Guess what maybe not even 10% of the calories you burn today will be burned from your workouts. Let me explain further...

So we have our **BMR - Basal Metabolic Rate** These are the amount of calories that you burn at rest. 60% of the calories that you burn today are burned without you even moving.

Now the last thing I want you to do is to suddenly think you don't need to get out off the couch in order to lose fat. I just want to make it clear that missing a day in the gym is okay from time to time. I just want to be honest with you as sometimes your kids, family or even friends will need you more than you need the gym.

Also, knowing that the majority of your calories burned each day occur outside of the gym can liberate you to no longer feel guilt or a sense of failure when you decide to give it a miss one day.

On average you will burn only 10% of your daily calories through EAT (exercise activity thermogenesis). Whether it be CrossFit, spin, resistance training - all 'planned training' or 'sessions at the gym' or 'workouts' are considered as EAT.

NEAT

(none exercise activity thermogenesis) is an effective tool you can use when it comes to losing weight. NEAT accounts for 20% of your total daily calorie expenditure.

NEAT is any physical movement we do that doesn't involve exercise such as walking, standing, cleaning, fidgeting etc. this means that you could actually burn more calories per day through just remaining active than you would in your intense gym workouts. This means that even if you don't make it to the gym but your daily activity level has remained high you will have still shaved off the 10% of (EAT) calories for that day. This way you can go to bed knowing you're still on track for success. Rather to skipping the gym, feeling guilty or like a failure and then heading down a spiral of fuck it mentality & eating everything in sight. Ladies, do not under estimate the power of walking - Aim to hit a minimum of 8k steps per day!

Whilst your out walking you can do something that's mindful & positive such as;

1. Be silent, be present, listen to your thoughts
2. Listen to a podcast
3. Listen to a guided meditation (there's loads on YouTube, my favourite is by the honest guys)

Getting outside and getting some fresh air and vitamin D will not only add to your step count and daily NEAT but it will also uplift your mood, boost productivity and helps to lower stress levels.

INCREASING YOUR TDEE

If you want to increase your TDEE (total daily expenditure) then there are additional things you can do at home such;

1. Squats/Push Ups whilst the kettles boiling
2. Instead of Netflix and chill try cleaning or painting or sorting out your wardrobe/cupboard
3. Every 30 mins get up and have a quick 5 min walk around
4. Every time you go the bathroom do 20 air squats
5. Park further away from the shops

I know these points may sound silly to you but if you make these things a habit it will really rack up the calories that your burning throughout the and across the week. Plus think of it this way, the more you practice something the better you will be at it. Get practicing those squats and push-ups wherever you can ladies :p

HOW TO APPLY PROGRESSIVE OVERLOAD

Progressive overload is the gradual increase of stress that's placed upon the body during exercise. The human body must be forced to adapt to a tension that is above and beyond what it has previously experienced in order to progress.

There are log sheets included within your welcome pack which you can print and use to log all of your sessions and write down all the exercises that you do, the weight that you lift and the reps you get on each set, this is used as a target to beat every week. Alternatively you can use a notepad and pen.

Ways to increase progressive overload

Increase the Reps

Increase the Volume by doing more sets

Increase Training Frequency

Decrease Rest Time Between Sets

Slow down the movement of the exercises (tempo)

Increase range of motion

To apply progressive overload to home workouts I would recommend:

Week 1: Complete the workouts as stated

Week 2: Add an extra two reps to each exercise

Week 3: Reduce rest between sets

Week 4: Add on an extra set

Week 5: Go back to week 1 and repeat the steps for the remaining 4x weeks

INSERT
WORKOUT TITLE
HERE



WEEK 1				
EXERCISE	SETS	REPS	WEIGHT	
1				
2				
3				
4				
5				
6				
7				
8				

INSERT
WORKOUT TITLE
HERE



WEEK 2

WEEK 2		_____		
EXERCISE	SETS	REPS	WEIGHT	
1				
2				
3				
4				
5				
6				
7				
8				

INSERT
WORKOUT TITLE
HERE



WEEK 3

WEEK 3		_____		
EXERCISE	SETS	REPS	WEIGHT	
1				
2				
3				
4				
5				
6				
7				
8				

INSERT
WORKOUT TITLE
HERE



WEEK 4		_____		
EXERCISE	SETS	REPS	WEIGHT	
1				
2				
3				
4				
5				
6				
7				
8				

SELF CONFIDENCE
IS A SUPER POWER.

8 WEEKS
WITH
Aimee^{xx}