

FIND YOUR STRONG

Weight Loss Training Program

jetts
24 hour fitness

WARM UP

EXERCISE	SETS	REPS	REST	NOTES
2 minute row at 40% effort				Complete this warm up series before each workout. Take your time and focus on moving with control. Aim to feel the workout muscles to 'prime' them for your workout.
3 rounds 10 Bodyweight Squat 5 Push up 10 Alternating Deadbugs	-	-	-	

MONDAY

Strength & Intervals

EXERCISE	SETS	REPS	REST	NOTES
Leg Press	4	6	60 sec	Feet shoulder width apart. When pressing, push knees outwards and press through your heels/midfoot.
TRX Row	4	8	60 sec	Keep shoulders away from ears and row to lower ribs. Move slowly and pinch shoulder blades.
6 rounds; 60 seconds Row 60 seconds Box Step up	-	-	60 sec	Move at an 80% effort, aim to get the same distance and reps each set.

TUESDAY

Recovery

EXERCISE
Aim for 45 minutes of walking. Consider breaking it up to 15 minute walks after breakfast, lunch and dinner.

WEDNESDAY

Conditioning

EXERCISE	SETS	REPS	REST	NOTES
Kettlebell Deadlift	4	6	60 sec	Keep belly tight, weight on your heels, shoulder blades pinched and chest high. Move slowly.
Machine Chest Press	3	8	60 sec	Keep elbows tucked into ribs and pull shoulder shoulders away from your ears.
Cable Row	4	8	60 sec	Shoulder blades pinched, then tuck them into your back pocket. Row into belly button with control.
Leg Extension Machine	3	8	60 sec	Ensure your butt stays on the seat. Slight pause with legs straight on extension.
Hamstring Curl Machine	3	8	60 sec	Bring your heels as close to your butt as possible, and move slowly on the way up.

THURSDAY

Recovery

EXERCISE
Aim for 45 minutes of walking. Consider breaking it up to 15 minute walks after breakfast, lunch and dinner.

FRIDAY

Strength & Intervals

EXERCISE	SETS	REPS	REST	NOTES
Kettlebell Goblet Squat	5	6	60 sec	Sit back into your hips and lower them to the deepest position you can control. Keep elbows tight under the bell.
Lat Pull Down	4	8	60 sec	Pull shoulder away from ears then pull bar to your chest. Keep your chest tall. Squeeze elbows together.
5 rounds 45 Seconds Air Bike 80% effort 45 Seconds Air Bike 40% effort	-	-	-	Settle in for some near maximal efforts! Make sure the bike is still spinning in your rest periods. Teach your body to recover while moving.