



WORK OUT PLAN ADVANCED

If you want to improve the way your body burns calories resulting in a leaner body, then try this workout plan.

For further advanced training and guidance on nutrition please speak to one of our Personal Trainers who can guarantee results.



SHAPE



KAL



WORK OUT PLAN ADVANCE

Exercise / Equipment	Time / Sets / Reps
Cross Trainer/Vario	6 mins increase intensity every 2 mins, RPE 5+
Treadmill	45 sec RPE 9, 90 sec recovery, repeat x 5, min 2% gradient
Squat Jumps	3 x 15-20
Spider Press	3 x 15-20
Walking Lunge & Bicep Curl	3 x 15
Step Up & Shoulder Press	3 x 15
Fit Ball / TRX Jack Knife	3 x 15
Rowing Machine	500m RPE 9, 60 secs rest x 4

Please perform a 5 min warm up & cool down either side of this workout.

**Not sure?
Please ask a
member of our
team.**

NOTES:

