



New Year Kick Start Workout

Thanks for downloading my new year kick start workout, its been designed to get you back into working out and helping you fight those extra pounds we all put on over Christmas.

You should aim to do this workout at least 3 times a week to gain maximum benefit.

Remember to take your time when performing the exercises below, if you cannot manage the full number of sets or repetitions work at a level that suits you but remember to try and increase the number of sets or repetitions as you get used to the program.

The start and finish positions for each exercise are shown under each exercise.

If you require any help or advice, you can email me at jo@bodysculptfitness.co.uk or call me on 07981 581 738.

All the best

Jo

Step Ups

Stand facing a step or stair. Step up with one foot placing the whole foot on the step. Step up with the other foot then step down one foot at a time.

Weeks 1 to 3 3 minutes
Weeks 4 to 6 5 minutes



Chest Press

Standing up, feet hip width apart. Holding a weight in each hand. Take your arms out to the side, elbows bent, palms facing downwards. Slowly extend the arms out in front of you so they meet then slowly return to the starting position.

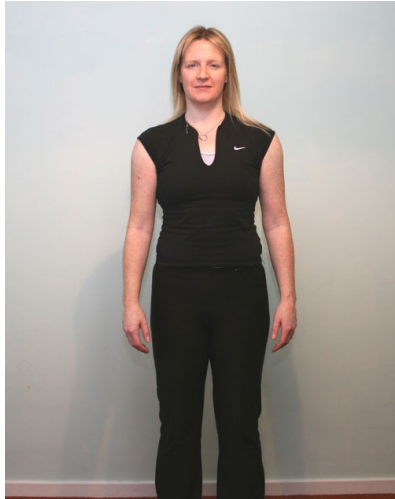
Weeks 1 to 3 12 repetitions 1 set
Weeks 4 to 6 8 repetitions 2 sets



Star Jumps

Stand with feet together with arms by your side. Jump legs apart and as you do lift your arms out to the side. Jump legs back in bringing your arms back down to your sides. This is one repetition.

Weeks 1 to 3 3 minutes
Weeks 4 to 6 5 minutes



Glute Raise

Kneel on all fours. Lift right leg behind you bending at the knee with the sole of the foot flat and facing the ceiling. Lift the leg up a few inches and squeeze the bottom then return to the starting position.

Change legs

Weeks 1 to 3 16 repetitions each leg 1 set
Weeks 4 to 6 16 repetitions each leg 2 sets



Power Lunges

Stand with feet together. Arms by your sides. Step forward with right foot and bend the knee. Spring back to starting position pushing through the heel of front foot. Repeat with each leg.

Weeks 1 to 3	16 repetitions each leg	1 set
Weeks 4 to 6	16 repetitions each leg	2 sets

Lunges

Stand with feet together. Hold a weight in each hand. Step forward with right foot and bend the knee. Lower your hips until your left knee is just a few inches off the floor. Push up with right leg raising yourself back to the starting position. Repeat and then change to the left leg.

Weeks 1 to 3	8 repetitions each leg	
Weeks 4 to 6	12 repetitions each leg	2 sets



Knee High Running

Run on the spot bringing knees up as high as possible each time.

Weeks 1 to 3 3 minutes

Weeks 4 to 6 5 minutes



Squats

Stand with feet hip width apart, knees slightly bent. Bend knees to about 90 degrees. Keep heels on the floor. Return to start position and then repeat.

Weeks 1 to 3 16 repetitions 1 set

Weeks 4 to 6 16 repetitions 2 sets



Single Leg Squats

Stand with feet hip width apart, one foot on the floor and raise other leg so heel is about 3-5 inches off the floor. Keeping your back straight lower yourself as if sitting on an imaginary chair. Return to start position. Repeat

Weeks 1 to 3
Weeks 4 to 6

8 repetitions each leg
16 repetitions each leg



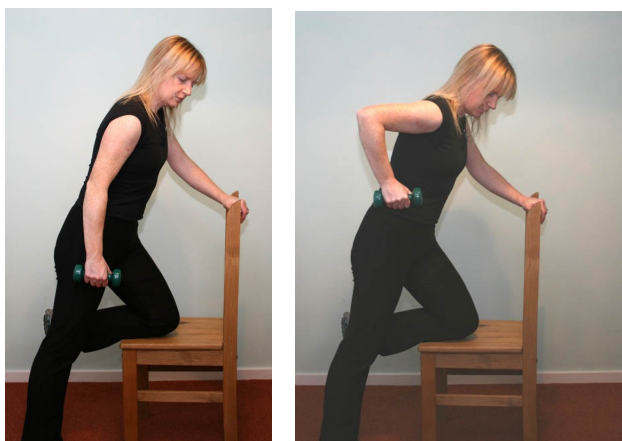
One Arm Dumbbell Rows

Start with right foot on the floor and your left knee resting on a bench or chair. Lean forward with left hand resting on the bench/chair. Holding the dumbbell in your right hand slowly bend your elbow back pulling dumbbell up to body level. Lower to starting position. Repeat then swap arms.

Weeks 1 to 3
Weeks 4 to 6

16 repetitions
16 repetitions

1 set
2 sets



Reverse Flye

Stand with feet hip width apart and weights in each hand. Bend forward keeping your back straight and weights hanging down. Lift weights to your sides keeping your arms slightly bent until elbows are level with shoulders. Hold for 2 counts and then return to start position. Repeat

Weeks 1 to 3

16 repetitions

1 set

Weeks 4 to 6

16 repetitions

2 sets



Box Press Ups

Kneel on the floor with palms face down and fingers forward, arms straight and resting on your knees in a box position. Bend arms so you dip chest towards the floor then push back up to the start position.

Weeks 1 to 3

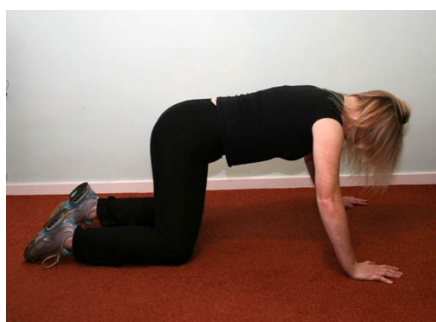
16 repetitions

1 set

Weeks 4 to 6

16 repetitions

2 sets



Crunches

Lie on the floor with your hands by the side of your head. Knees should be bent and feet flat on the floor. Slowly lift your head and shoulders off the floor, hold at the top and then slowly return to the start position but do not return the shoulders completely to the floor. Repeat.

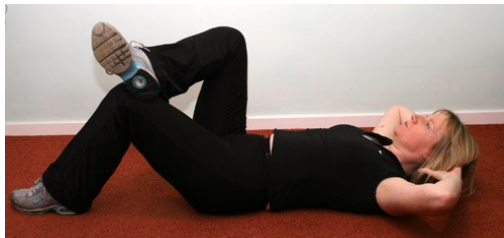
Weeks 1 to 3	20 repetitions	1 set
Weeks 4 to 6	20 repetitions	2 sets



Oblique Crunches

Lie on the floor, knees bent feet flat on the floor. Take your left foot and rest on top of your right knee. Lift your head and shoulders off the floor taking your right elbow across to the opposite knee. Return to start position. Then change sides.

Weeks 1 to 3	20 repetitions each side	1 set
Weeks 4 to 6	20 repetitions each side	2 sets



The Plank

Start in a box position and then slowly take your forearms down to the floor and then come up onto your toes. Keeping your bottom down so your back is straight. Hold at the top.

Weeks 1 to 3
Weeks 4 to 6

Hold for 30 seconds
Hold for 1 minute

