

WEEKS 18 & 2

WEEKS 1 & 2

TO DO	Week 1 DONE	Week 2 DONE
Full Body Workout 1		
40 Minutes LISS		
Full Body Workout 2		
40 Minutes LISS		
Full Body Workout 3		
40 Minutes LISS		
Nutrition: Energy Balance		

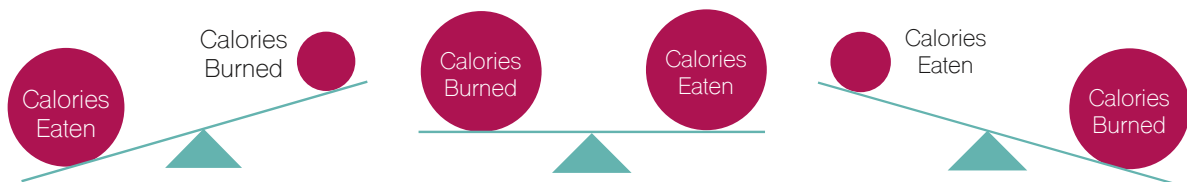
ENERGY BALANCE

TRUE OR FALSE?

“To lose weight you will need stick to salads and cut out all the foods you like”

- False

Weight gain/loss/maintenance is simply down to one thing – energy balance.



If your calorie output (the number of calories you burn) is greater than your calorie input (the number of calories you consume), you will lose weight.

If your calorie output is the same as your calorie input, you will maintain your weight.

If your calorie output is less than your calorie input, you will gain weight.

It doesn't matter if you're eating just fruit and veg every day, or if you're eating pizza and doughnuts every day, if it means you're going under or over your energy expenditure, then you will gain or lose weight accordingly.

WHAT ARE CALORIES?

A calorie is a unit of energy, just like a metre is a unit of distance. When we refer to energy in foods it is written as a kilocalorie or kcal but referred to simply as calories.

TOO MANY CALORIES?

- ▶ You will get fatter – significant weight gain can put stress on the body and organs and can increase risk of injury, diabetes and heart attacks

TOO FEW CALORIES?

- ▶ You will lose fat
- ▶ You may have less energy for day to day activities, experience headaches and constantly feel fatigued
- ▶ If you consume far less calories than your body needs to function, your metabolism will slow down to help retain energy for emergencies

HOW MANY CALORIES SHOULD YOU BE CONSUMING EACH DAY?

The number of calories required is different for everyone and depends on your genetic makeup (age, weight, height, gender) and your activity levels.

Put simply, if you want to lose weight, you need to reduce how much you're consuming. If you want to gain weight, then you need to eat more. To maintain your current weight, you need to have an energy balance.

If you're interested in the numbers and want to know exactly how many calories you should be consuming, see next page. Apologies in advance as a lot of maths is coming your way, so grab a calculator.

All the calculations below are based on the Schofield equation, which is one method of predicting how many calories you need based on a few variables. In these calculations I've assumed that you are female.

STEP 1:

Measure your body weight (BW) in kg and use this number for all the calculations going forwards.

Conversions: To convert stones to kilograms then multiply by 6.35. To convert pounds to kilograms then divide by 2.2.

Examples:

If weight in pounds = 176lb

Then weight in kg = $176 \div 2.2 = 80\text{kg}$

If weight in stones and pounds = 12.6st

Then weight in kg = $12.6 \times 6.35 = 80\text{kg}$

STEP 2:

Calculate your BMR (Basal Metabolic Rate) – this is how many calories your body needs at rest to keep your body functioning. For example, how many calories you would need even if just lying in bed all day. This is the absolute minimum number of calories you should consume in a day – eating less than this means you wouldn't have enough energy for normal bodily functions (digestion, brain function etc.).

Age Range	BMR Calculation (kcal in 24 hours)
10-17	$(13.4 \times \text{BW}) + 692$
18-29	$(14.8 \times \text{BW}) + 487$
30-59	$(8.3 \times \text{BW}) + 846$
60-74	$(9.2 \times \text{BW}) + 687$
75+	$(9.8 \times \text{BW}) + 624$

(First do the calculation in blue, then add on the number in green. See below for examples.)

Example

(Based on age 25, weight of 80kg – Row 2)

$$(14.8 \times 80) + 487 = 1184 + 487 = \underline{1671kcal}$$

BMR is 1671kcal

Once you've got this number for how many calories needed to be at total rest, calculate how much you would need with your usual activity levels by multiplying by your PAL (Physical Activity Level)

1	If you have a sedentary job and do little to no physical activity	Multiply your number by 1.4
2	If you have a sedentary job but do regular physical activity for 60mins 1-3 times per week	Multiply your number by 1.6
3	If you have an active job and/or you're doing regular physical activity for 60mins 5+ times a week	Multiply your number by 1.8

Example:

(Based on figures above for an office worker that is starting this programme, take Option 2)

So BMR x PAL in this case would be $1671 \times 1.6 = 2673kcal$

This is the number of calories needed to be consumed each day to maintain current weight.

STEP 3:

Finally, look at your goals.

To lose weight you would need to create a calorie deficit. The idea is to create a deficit that is healthy (doesn't go below your BMR), easy to maintain (you're not constantly hungry or lethargic) and still allows you to lose weight. It has been

found that a deficit of approximately 500kcal is sustainable and will help you lose approximately 1 pound per week. To maintain weight, we need to create an energy balance, and to gain weight we increase our calorie intake.

Using the above examples:

*To lose weight, reduce daily intake by 500kcal
 $2673 - 500 = 2173\text{kcal a day}$;*

To maintain weight, keep calorie intake at 2673kcal a day;

*To gain weight, increase daily calorie intake by 500kcal
 $2673 + 500 = 3173\text{kcal}$.*

These are exact numbers, a few calories either way isn't going to make a huge difference.

HOW DO I KNOW HOW MANY CALORIES I'M CONSUMING?

The best way to keep track of how many calories you're consuming is to keep a food diary.

If you have a smart phone, I recommend using the MyFitnessPal app; it has a huge library of information about food and does all the calculating for you. If you do use MyFitnessPal, please use your calorie calculations from here rather than the one generated by the app – the app doesn't take sustainability into account.

Tracking your food doesn't need to be something you do forever, but it's a great tool to understand how many calories you're consuming and what foods are high in calories. If you've been struggling to change your weight or shape for a long time, keeping a food diary can quickly highlight the reasons why.

TOP TIPS FOR TRACKING

- ▶ Include liquid calories (coffee, tea, juices, alcohol, fizzy drinks etc.)
- ▶ Include oils/butter – these are often calorie dense
- ▶ Weigh your foods in the first week to get an idea of correct portion sizes – portion sizes for some foods may be smaller than you'd expect
- ▶ If you pick or graze throughout the day, add this as well. Each small nibble may seem harmless enough but can amount to a lot of calories over time
- ▶ Keep reminding yourself this is a very important tool to your success and it will be worth the effort
- ▶ If you're using MyFitnessPal, add meals that you regularly have to 'My Recipes' in order to save time in the long run
- ▶ Add a friend, colleague or family member on MyFitnessPal. It's easier to do this with a support network around you and you may find that cheeky doughnut less appealing if you know someone else may see it.

If you have a bad day, it makes you human. Forgive yourself and get back on it again tomorrow.

NUTRITION CHALLENGE 1

1. Calculate how many calories you should be consuming each day for your goals
2. Track your food every day for the first week* and work towards consuming the right amount of energy.

Good Luck!

*For best results track for the entirety of the programme – especially weekends! Think of it this way, it's just 24 weeks and it could change your life forever.







WORKOUTS

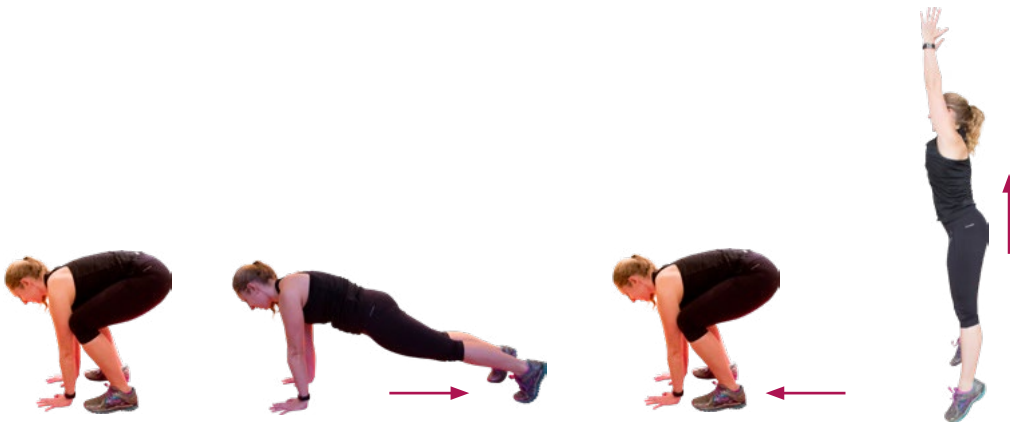
WEEKS 1 & 2

CIRCUIT 1 – FULL BODY

3 Rounds: 30s of each exercise; 10s rest between exercises; 1min rest between rounds

Equipment: Skipping Ropes
Stretch: Full body at the end

BURPEES



V-SIT



PUSH-UP – SHOULDER TAP



BURPEES

Directions

1. Place hands on floor close to feet, shoulders over wrists
2. Hop both legs to plank
3. Hop feet back in
4. Jump up, land with knees bent in a squat
5. Repeat

Safety

- ▶ Shoulders over wrists
- ▶ Brace abs when landing in plank
- ▶ Ensure to land with legs bent to absorb impact in muscles not joints

V-SIT

Directions

1. Lie on back, arms and legs extended
2. Crunch abs to lift legs and upper body off the floor reaching towards toes
3. Your torso and legs should create a V shape
4. Control your way back down
5. Repeat

Safety

- ▶ Chin tucked for neck safety
- ▶ Avoid slamming back down

PUSH-UP – SHOULDER TAP

Directions

1. Start in plank position with feet slightly wider than hips and hands wider than shoulders
2. Do a push-up
3. As you push up tap hand to opposite shoulder
4. Reset hand and repeat sequence

Safety

- ▶ Shoulders stay over wrists
- ▶ Eyes down
- ▶ Spread fingers wide to help with stability
- ▶ If hips are rocking, step feet wider

SKIPPING



SQUAT JUMPS



MOUNTAIN CLIMBERS



SKIPPING

Directions

1. Stand feet hip width apart
2. Start with rope behind you then swing rope over your head then under your feet – jump over as the rope comes under
3. Repeat

Safety

- ▶ Keep knees soft and stay on balls of feet

SQUAT JUMPS

Directions

1. Feet outside of hips
2. Squat down then drive through heels and drive hips forward to jump up
3. Land back at the bottom range of the squat and repeat

Safety

- ▶ Chest up and abs braced to support spine
- ▶ Toes turned out slightly, knees track out in line with middle of trainers so knees safe
- ▶ Ensure to land the jump in a squat to keep load in muscles and not joints

MOUNTAIN CLIMBERS

Directions

1. Start in high plank
2. Bring R knee towards chest
3. Hop to switch knees
4. Repeat

Safety

- ▶ Keep shoulders over wrists
- ▶ Eyes forwards
- ▶ Knees stay close to floor

CIRCUIT 2 – FULL BODY

3 Rounds: 30s of each exercise; 10s rest between exercises; 1min rest between rounds

Equipment: None

Stretch: Full body at the end

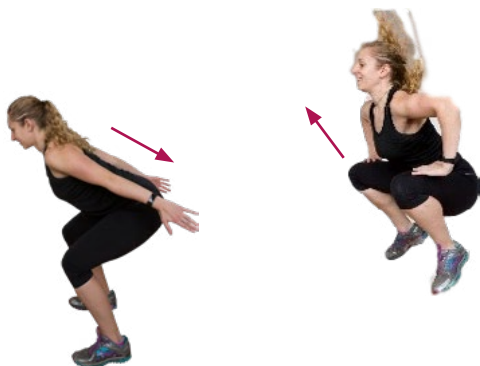
CURTSEY SQUAT

Week 1: Alternate legs

Week 2: Round 1 – R leg only, Round 2 – L leg, Round 3 – alternate legs



TUCK JUMPS



WIDE LOW LUNGE – KICK THROUGH

Week 1: Alternate sides

Week 2: Round 1 – R side only, Round 2 – L side, Round 3 – alternate sides



CURTSEY SQUAT

Directions

1. Stand feet hip width apart
2. Step R leg behind L & drop R knee towards floor
3. As you do this, push hips back keeping chest lifted
4. Allow front knee to track out to side
5. Push back up to standing
6. Repeat other side

Safety

- ▶ Chest lifted and abs braced throughout

TUCK JUMPS

Directions

1. Feet outside of hips
2. Squat down then drive through heels to jump up
3. As you do, lift both knees to chest
4. Land back at the bottom range of the squat and repeat sequence

Safety

- ▶ Chest up & belly in
- ▶ Toes turned out slightly, knees track out
- ▶ Ensure to land the jump in a squat to keep load in muscles and not joints

WIDE LOW LUNGE – KICK THROUGH

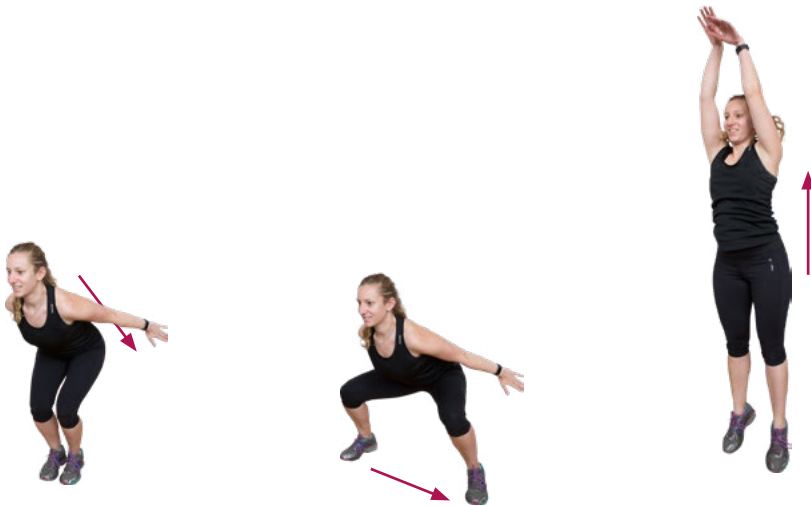
Directions

1. Start in plank
2. Step L foot wide outside L hand – heel down
3. Lift L hand to create space for R leg to kick through
4. Step back to plank
5. Repeat other side

Safety

- ▶ Move for your flexibility – you may not get the foot next to the hand, but aim to get the foot flat
- ▶ Keep hands flat
- ▶ Keep shoulders over wrists

STEP AND SHOOT



CROUCH BACK – TRICEP PUSH-UP



PLANK X KNEE TAP

Week 1: Alternate hand and knee

Week 2: Round 1 – R hand and L knee, Round 2 – L hand and R knee, Round 3 – alternate hand and knee



STEP AND SHOOT

Directions

1. Start with feet together knees bent
2. Step wide R staying in low squat
3. Step feet together again and then jump up
4. As you jump, stretch your arms up as if you're shooting a basketball
5. Land low in legs with knees bent, feet together
6. Repeat alternating sides

Safety

- ▶ Always land low in legs to keep impact in muscles not joints
- ▶ Brace abs and keep chest lifted throughout

CROUCH BACK – TRICEP PUSH-UP

Directions

1. Start in high plank
2. Push butt back to heels to crouch back – knees close to floor
3. Push through legs to reset plank
4. Do a tricep push-up
5. Repeat

Safety

- ▶ Abs braced
- ▶ Shoulders forwards of wrists in push-up
- ▶ Stop push-up when elbows in line with ribs for shoulder safety

PLANK X KNEE TAP

Directions

1. Start in high plank, feet slightly wider than hips
2. Bring R knee towards chest, L hand taps knee
3. Reset plank and repeat

Safety

- ▶ Spread fingers wide for stability
- ▶ Brace abs to minimise hips rocking, if hips are moving a lot step feet wider