

WEEKS 18 & 2

WEEKS 1 & 2

TO DO	Week 1 DONE	Week 2 DONE
Full Body Workout 1		
20-40 Minutes LISS		
Full Body Workout 2		
20-40 Minutes LISS		
Full Body Workout 3		
20-40 Minutes LISS		
Nutrition: Energy Balance		

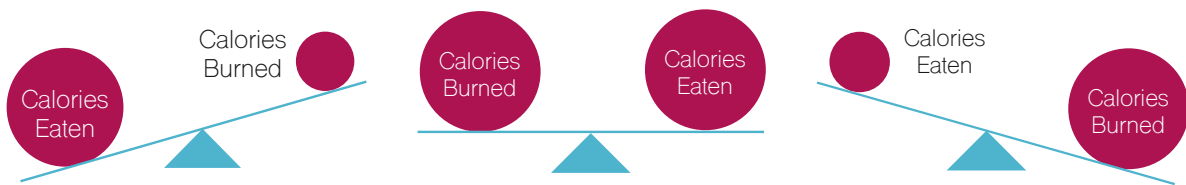
ENERGY BALANCE

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 $BMR \times PAL$ 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; 30s rest between exercises; 3mins rest between rounds

Equipment: None | Stretch: Full Body at the end

SQUATS



WIDE PUSH-UPS (KNEES DOWN)



LOW PLANK HOLD (KNEES DOWN)



HIP BRIDGE HOLD



SQUATS

Directions

1. Feet wider than hips
2. Move butt back and down
3. Stop butt just above knees
4. Drive through heels to stand up

Safety

- ▶ Chest up & belly in to support spine
- ▶ Toes turned out slightly
- ▶ Push knees out tracking in line with middle of trainer to keep knees safe
- ▶ Weight in heels to target butt

WIDE PUSH-UPS (KNEES DOWN)

Directions

1. Hands wide and in line with chest
2. Drop chest between elbows
3. Push hands into floor and squeeze elbows in to push back up

Safety

- ▶ Shoulders forward of hands for shoulder safety
- ▶ Brace abs to avoid hips sagging

LOW PLANK HOLD (KNEES DOWN)

Directions

1. Shoulders over elbows
2. Push forearms hard into floor
3. Tuck tailbone in and pull belly in
4. Hold

Safety

- ▶ Brace abs to avoid hips sagging
- ▶ Dig in toes to take pressure off knees

HIP BRIDGE HOLD

Directions

1. Heels close to butt, feet hip width apart
2. Lift hips up and hold

Safety

- ▶ Squeeze butt

CIRCUIT 2 – FULL BODY

3 Rounds: 30s of each exercise; 30s rest between exercises; 3mins rest between rounds

Equipment: None | Stretch: Full Body at the end

STATIC LUNGE

Week 1: 15s with R leg forwards and 15s L leg forwards

Week 2: Round 1 – R leg forwards, Round 2 – L leg forwards, Round 3 – 15s each leg



CRUNCH



HIGH PLANK HOLD (KNEES DOWN)



TRICEP PUSH-UPS (KNEES DOWN)



STATIC LUNGE

Directions

1. Take a long step back landing with heel lifted
2. Drop knee towards floor
3. Stop when front thigh parallel to floor
4. Push back up

Safety

- ▶ Head, shoulder, and hips all over back knee
- ▶ Front knee over ankle
- ▶ Press front knee out slightly to engage butt
- ▶ Ensure movement is up and down rather than forward and back

CRUNCH

Directions

1. Lie on back, heels close to butt
2. Squeeze abs to lift chest towards thighs
3. Target range is hands to top of knees while keeping lower back towards floor
4. Lower down with control

Safety

- ▶ Tuck chin to chest for neck safety

HIGH PLANK (KNEES DOWN)

Directions

1. Shoulders over wrists
2. Push hands hard into floor
3. Tuck tailbone in and pull belly in
4. Hold

Safety

- ▶ Brace abs to avoid hips sagging

TRICEP PUSH-UPS (KNEES DOWN)

Directions

1. Shoulders over wrists
2. Drop chest between elbows keeping elbows close to body
3. Stop when elbows in line with ribs
4. Push through hands to push back up

Safety

- ▶ Weight forward of hands
- ▶ Elbows in and back – should hug the body
- ▶ Brace abs to avoid hips sagging

CIRCUIT 3 – FULL BODY

3 Rounds: 30s of each exercise; 30s rest between exercises; 3mins rest between rounds

Equipment: None | Stretch: Full Body at the end

SQUAT – LUNGE

Week 1: Alternate between lunging to the R and lunging to the L

Week 2: Round 1 – all lunges turn R, Round 2 – all lunges turn L, Round 3 – alternate turning R and L



HIGH PLANK – ALTERNATE KNEE LIFT

Week 1: Alternate which knee lifts first

Week 2: Round 1 – R leg leads, Round 2 – L leg leads, Round 3 – alternate leading leg



BACK EXTENSIONS



WIDE PUSH-UPS (KNEES DOWN)



SQUAT – LUNGE

Directions

1. Stand with feet wide and toes turned out
2. Move butt back and down
3. Stop butt at knee line
4. As you stand, turn toes and body to the side
5. Drop your back knee towards floor until front thigh is parallel to floor
6. As you stand, turn centre
7. Repeat squat and alternate sides

Safety

- ▶ Lift chest throughout
- ▶ Press knees out wide in squat and front knee out in lunge to engage butt

HIGH PLANK – ALTERNATE KNEE LIFT

Directions

1. Shoulders over wrists
2. Push hands hard into floor
3. Lift one knee
4. Put back down
5. Lift other knee
6. Continue alternating sides

Safety

- ▶ Brace abs to avoid hips sagging
- ▶ Aim to avoid rocking body side to side

BACK EXTENSIONS

Directions

1. Lie on front
2. Squeeze butt and lower back to lift chest away from floor
3. Lower down with control

Safety

- ▶ Squeeze butt
- ▶ Chin tucked and eye gaze down for neck safety

TRICEP PUSH-UPS (KNEES DOWN)

Directions

1. Hands wide and in line with chest
2. Drop chest between elbows
3. Push hands into floor and squeeze elbows in to push back up

Safety

- ▶ Shoulders forward of hands for shoulder safety
- ▶ Brace abs to avoid hips sagging
- ▶ Dig in toes to take pressure off knees

A close-up photograph of a person's hand resting on a bright pink yoga mat. The person is wearing a purple textured top. The background is a light-colored, slightly blurred floor. The image is used as a background for two text boxes.

EVERY PRO WAS ONCE A BEGINNER

**YOU'VE GOT TO START SOMEWHERE,
BE SO PROUD OF WHERE YOU ARE
AND KEEP GOING**

