



# WEIGHT LOSS WORKOUT THE PLAN

Michelle Bridges  
**12WBT**

This page contains all you need to complete your weight loss workout and record your progress. Each exercise is clearly illustrated on the following pages. **Have a great workout!**

## Your Workout

### Step 1: Warm up



5 mins of walking or slow jogging.

*Tip:* Start slow and build up pace.

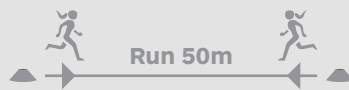
### Step 2: Toning and cardio



Place two markers 50m apart. For each set do the first exercise at the first marker before running to the second marker to complete the second exercise. You'll then run back to the first marker to start the next set. Repeat each set twice before moving on to the next pairing.

#### SET 1 & 2

10 x Squats

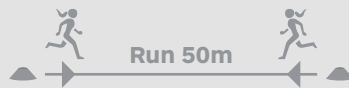


Run 50m

10 x Lunges – Dynamic  
(L&R = 1 rep)

#### SET 3 & 4

10 x Push Ups  
(on knees or toes)

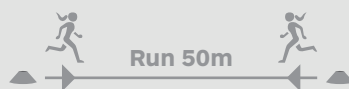


Run 50m

10 x Tricep Push Ups  
(on knees or toes)

#### SET 5 & 6

10 x Crunches

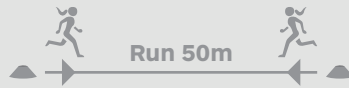


Run 50m

10 x Side Plank Raises  
(on knees or toes)

#### SET 7 & 8

10 x Hip Raises



Run 50m

10 x Mountain Climbers

**Repeat this circuit as many times as you can in 30 minutes!**

If you can't run then walk between the cones. Make sure you maintain good technique at all times.

### Step 3: Stretch



Stretching is important! Make sure you wrap up your workout with these stretches to reduce your risk of injury.

Hold each stretch for 30 secs.

Calf

Shoulder

Chest

Tricep

Quad

Child's pose

Neck

### Tip #1



Remember to take plenty of sips of water throughout the workout to avoid dehydration.

### Tip #2



The higher your heart rate the more calories you burn, the more calories you burn the more weight you will potentially lose. This also depends on your calorie intake.

### Tip #3



Work to the best of YOUR ability. Start easy and build up as your fitness improves.

### Progress

Record how many sets you complete within the 30 mins.

Workout	No. of sets
1	_____
2	_____
3	_____
4	_____

Complete this workout 2-4 times per week.

# WEIGHT LOSS WORKOUT THE EXERCISES

Michelle Bridges  
**12WBT**

## Squats

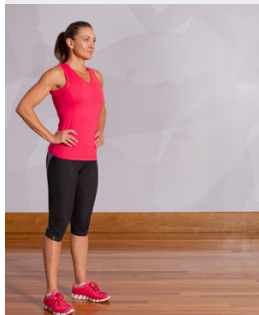


Start position



Execution

## Lunges – Dynamic (L&R = 1 rep)



Start position



Execution



Execution

## Push Ups (on knees or toes)



Start position

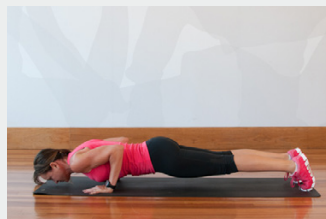


Execution

## Tricep Push Ups (on knees or toes)



Start position



Execution

## Crunches



Start position



Execution

## Side Plank Raises (on knees or toes)

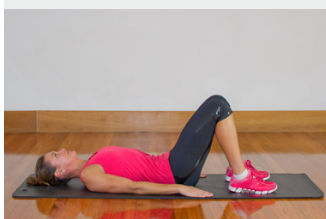


Start position

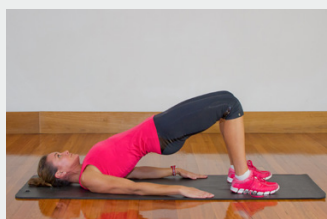


Execution

## Hip Raises



Start position



Execution

## Mountain Climbers



Start position



Execution



Execution

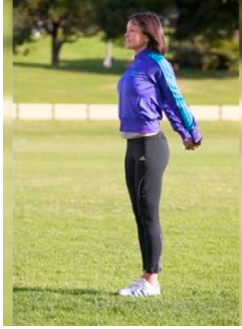
# WEIGHT LOSS WORKOUT THE STRETCHES

Michelle Bridges  
**12WBT**

Calf



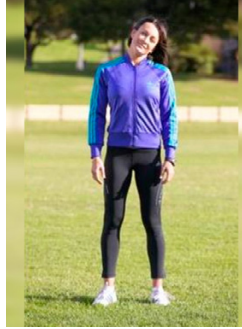
Chest



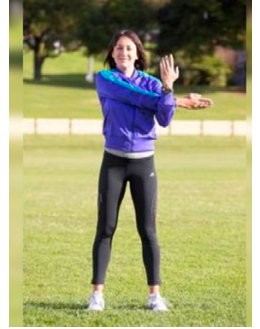
Quad



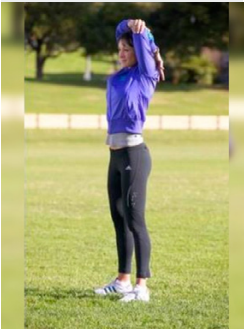
Neck



Shoulder



Tricep



Child's pose

