

28 DAY

BLAST

THE ROUTINE

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Exercise Plan

4 days per week x 30 minutes

Skipping Rope, Light Dumbbells and a Mat (unless you prefer the carpet or floor)

3-5 minutes warm up prior to exercise and 2-3 minutes cool down. Warm up can consist of running on the spot, squats, lunges, running up down stairs etc. Something to increase the heart rate. Work out should be an 8 in a gauge of 1-10 with 1 being easy. Push yourself to the limit as it is better to NOT finish the exercise or have to take an extra break than breath through the session at your own pace.

Click the [Blue Hyperlinks](#) bellow of the Exercises to watch a video demo of how to perform the movement.

Plan 1

Keep the dumbbells by your side at all time.

Do all exercises one after the other and rest at the end of the set.

15 reps of each exercise

- [Squat to overhead](#)
- [Side Raises](#)
- [Lunges](#)
- [Front Raises](#)
- [Burpee](#)
- [Walking Plank](#)
- Skipping Rope 1 minute

Rest and repeat 5 times

Plan 2

HIIT training, which is working to optimum compacity for a short time, with a quick rest. This should feel uncomfortable and you will need to push yourself. Download FREE a workout Timer and set it for 30 seconds work and 15 seconds rest.

Four Exercises and they shall all be repeated 4 times in total in the following sequence.

1. [Squat Jumps](#) (30 seconds work, 15 seconds rest)
2. [Press Ups](#) (30 seconds work, 15 seconds rest)
3. [Burpee](#) (30 seconds work, 15 seconds rest)
4. [Mountain Climbers](#) (30 seconds work, 15 seconds rest)

Repeat another three times, without a break. Totalling 12 minutes workout although it should feel like a lot more.

Dumbbell workout once you have caught your breath. 12 reps of each exercise with a 45 second rest between them.

1. [Shoulder Press](#) 3 x 12 reps with a 45 second rest in between THEN move onto the side Raises.
2. [Side Raise](#)
3. [Front Raise](#)

Plan 3

EMOTM (Every minute on the minute) 25 reps of each move in the minute. If it takes you 30 seconds then you get 30 seconds rest. 40 seconds then 20 seconds rest and so on.

25 reps of each move.

- [Jump Squats](#)
- [Burpee](#) (you will never do 25 in the minute, and that is the whole point)
- [Jumping Jacks](#)
- [Mountain Climbers](#) (Left and Right move counts as 1 rep)
- [Tricep Dips off chair](#)
- [Squat Thrust](#)

Repeat and additional 3 times

Plan 4

Body Weight Session, every move is to be performed for 12-15 repetitions, 30 second rest then an additional 3 sets THEN move onto the next exercise

- [Press Ups](#) (toes preferably if you can, knees and progress in the 4 weeks, if not)
- [Squats](#) with Dumbbells (take 4 seconds on the way down, hesitate then push back to the start) with or without the weight
- [Pummel jump to Squat Thrust](#). Do one of the Pummel Jumps then straight into a squat thrust
- [Lunges](#) (12-15 per leg with the weights)
- [Tricep Dips](#) (take your time with these)
- [Plank Row](#) (12-15 each arm) (with or without dumbbells)
- [Burpees](#)