



The Pumping Station

INTEGRA-FIT PROGRAMME

12 Weeks To A Healthier You!

READY TO MAKE A START?

This 12-week Integra-Fit Fitness Programme is designed to help you get on track and achieve your health and fitness goals.

Please note that the information provided is subject to your individual requirements and minor changes may have to be made depending on any medical conditions and your current fitness levels. We advise that you speak with one of our instructors before starting the programme.

The exercise and activity that you do as part of this programme can be gym workouts or outside sports, whatever motivates you and that you can do regularly. Group classes are a great method of training as exercising in a group is motivating and fun.

Personal Training (PT) is a great way to achieve your goals. With a PT you will be motivated in every workout that you do and will be pushed to the right levels to achieve your goals.

If you start the programme, but you choose to do your workouts outside the gym, you can still make a note on the Attendance Chart below and record progress.

To support you through the programme we have pulled together the information below which we hope you will find useful:

1. Record your personal stats
2. Let's talk calories
3. Goal setting
4. Some jargon to understand
5. Nutrition
6. Some recipe ideas for healthy eating
7. Fitness sessions
8. RPE (Rate of perceived exertion) chart
9. The 12-week fitness programme
10. Attendance chart

1. RECORD SOME STATS

Blood Pressure

Blood pressure is recorded with 2 numbers.

- The systolic pressure (higher number) is the force at which your heart pumps blood around your body.
- The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels.

As a general guide:

High blood pressure is 140/90 or higher (or 150/90 or higher if you're over the age of 80).

Ideal blood pressure is usually considered to be between 90/60 and 120/80.

Everyone's blood pressure will be slightly different and can vary throughout the day. What's considered low or high for you, may be normal for someone else.

If your blood pressure is too high it puts extra strain on your blood vessels, heart and other organs, such as the brain, kidneys and eyes.

Persistent high blood pressure can increase your risk of several serious and potentially life-threatening health conditions.

Get in the habit of taking regular checks on your blood pressure either in the gym, at your GP or now many pharmacies have blood pressure machines in store. Record your results here:

Blood Pressure Log:

Week One: _____ / _____ hr _____

Week Four: _____ / _____ hr _____

Week Eight: _____ / _____ hr _____

Week Twelve: _____ / _____ hr _____

1. STATS - ANTHROPOMETRIC MEASUREMENTS

Anthropometric measurements are used to assess the size, shape and composition of your body.

For example, Body Mass Index, or BMI, is a measurement of a person's weight-to-height ratio, and Waist-to-Hip Ratio is a measure of the waist circumference divided by the hip circumference.

Using the scales isn't the best way to measure results if you are aiming to lose body fat, it's just a sign that you have lost weight. Any weight loss could be water, waste or even muscle. What's more important - dropping a few pounds or losing 2 inches around the waist?

You may have heard that muscle weighs more than fat. But if you stop to think about it, a pound is a pound, regardless of what you're measuring. Of course two things that weigh the same can be very different in size. A pound of marshmallows is going to take up much more space than a pound of steel.

The same is true with fat and muscle. A pound of fat is bulky, fluffy, and about the size of a small grapefruit. A pound of muscle is hard, dense, and about the size of a tangerine.

Use the table below to record some basic measurements:

Measurement Log:

Height:

Wk 1: _____ cm Wk 4: _____ cm Wk 8: _____ cm Wk 12: _____ cm

Weight:

Wk 1: _____ kg Wk 4: _____ kg Wk 8: _____ kg Wk 12: _____ kg

Abs:

Wk 1: _____ cm Wk 4: _____ cm Wk 8: _____ cm Wk 12: _____ cm

Hips:

Wk 1: _____ cm Wk 4: _____ cm Wk 8: _____ cm Wk 12: _____ cm

Chest:

Wk 1: _____ cm Wk 4: _____ cm Wk 8: _____ cm Wk 12: _____ cm

1. STATS - FAT VS. MUSCLE

Not all pounds are created equal. In fact, your total body weight isn't a clear indicator of how you look or what health risks you may face.

Two different people who weigh the same amount can look very different when one has a high percentage of fat and the other has a high percentage of muscle.

An extra 20 pounds of fat may give you a softer, less toned appearance. But an extra 20 pounds of muscle will look firm and sculpted.

Muscle also serves a different function than fat. Fat helps insulate the body and traps in body heat. Muscle boosts your metabolism. This means the more muscle you have, the more calories you burn when you're at rest.



2. LETS TALK CALORIES

What is a calorie deficit?

A calorie deficit is a state in which you burn more calories than you consume.

A calorie deficit forces the body to use non-food sources of energy, typically body fat stored in the body, to make up for the shortfall causing weight loss.

Creating a calorie deficit is a KEY requirement for body fat weight loss. The first step is figuring out how many calories your body burns each day. The next step is to track your calorie intake and ensure you eat 500 - 1,000 calories less than you burn each day.

For example, if you burn 3,000 calories per day, eating 2,000-2,500 calories creates a deficit of 500-1,000 calories per day. This energy deficit or shortfall (500-1,000 calories per day) will lead to weight loss.

It's worth noting that the calorie calculators (like my fitness pal) only provide a broad estimate of the calories consumed. While they are good at giving the average person a starting point, it is very possible the estimate will not be accurate for you. The only way to gauge the accuracy of the estimate, is to carefully track both body weight and calorie intake. Adjust calorie intake accordingly based on the week to week change in your body weight (eat less if your weight is going up, eat more if it's going down too quickly).

How to Lose Body Fat

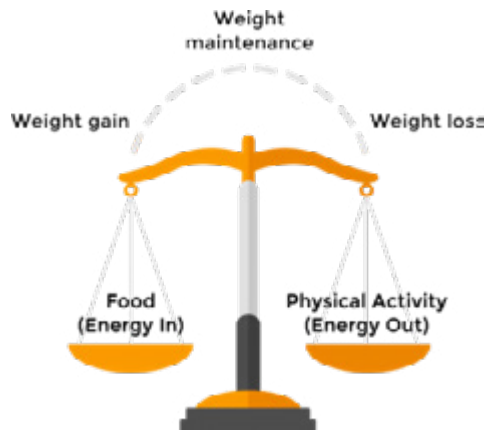
Burning body fat and losing weight are two ways that are often described as the same process. It is.... yet isn't. Weight is how much you weigh (muscle, fat, bone, water etc), body fat is fat on the body. A calorie deficit forces the body to burn fat causing slow weight loss. A calorie deficit simultaneously decreases body fat percentage and causes weight loss.

The body stores fat in response to a calorie surplus (eating more than you burn). Genetics determine where fat is stored. For some, the body stores fat predominantly in the arms, hips, bum and for others, around the midsection.

During a calorie deficient state, the process is reversed. Genetics also determine which areas the body burns fat from.

Though you may want to get rid of flabby arms or a large midsection, the process is the same because there is no way to influence where the body burns fat from.

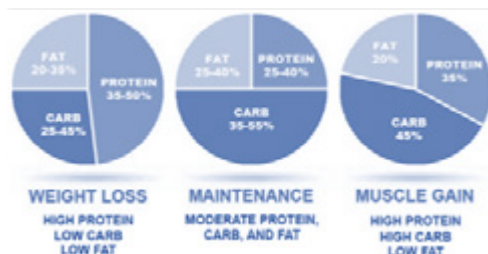
Targeting the midsection with sit-up exercises or the arms with curls does not force your body to burn fat from those areas; spot reducing is impossible. A calorie deficit is the only way to lose weight and burn fat.



2. LETS TALK CALORIES - CONTINUED

Macro-Nutrients

Your macronutrient ratio doesn't directly influence weight loss. The acceptable macronutrient distribution ranges (AMDR) are 45–65% of your daily calories from carbs, 20–35% from fats and 10–35% from protein.



- 1 gram of carbs = 4 calories
- 1 gram of protein = 4 calories
- 1 gram of fat = 9 calories
- 1 gram of alcohol = 7 'Empty' calories

Alcohol

You may be eating a generally healthy diet, but if you're not seeing results, it may be because of your alcohol intake.

Alcohol has significantly more calories than you think and so drinking too much can completely derail weight loss efforts.

If you stopped / reduced your drinking not only will you lose weight, you will stop absorbing hollow calories that are no good. Your liver starts to rebuild itself from the minute you stop drinking which can only be good.

Bottom Line

To lose weight, find a ratio you can stick with, focus on healthy foods and the key is creating a calorie deficit - eat fewer calories than you burn.

Calorie Surplus

A calorie surplus is a state in which you consume more calories than you burn leading to weight gain in the form of body fat.

While a calorie surplus is required to gain weight, simply eating more generally only leads to unsightly body fat.

To gain muscle you must combine a calorie surplus of the right calories with a solid strength training routine.

When you consistently eat more than you burn, your body either builds muscle or will store the extra energy as fat.

Gaining Muscle

When you work out you create tiny tears in muscle tissue. The body treats these tears as injuries and repairs them during rest. Once the damage is repaired the muscle fibre becomes bigger and stronger resulting in weight gain.

This recovery process is energy intensive. If you don't provide the body with enough good quality calories you will not gain weight or get stronger. Increasing the amount of quality protein is vital.

Working out your protein intake

To work out your protein intake you need to know your body weight in kg, it will also be dependent on your activity levels (AL). These are:

- Sedentary = 0.75 - 1.0
- Active = 1.2 - 1.5
- Build = 1.5 - 2.0

Body weight x AL = The protein requirements (grams) for muscle gain.

Protein Requirements:

Non-Active: _____ Grams / Day

Active: _____ Grams / Day

3. GOAL SETTING

Have you decided that it's time to make a change but aren't sure how to get started? Or have you already set more goals for yourself than you care to admit, but keep failing to reach them?

It's time for a new way of thinking. No matter how big or small your goals are, whether it's losing 1kg or 10kg, walking a mile or running your first marathon, making change requires planning and SMART goal setting. Follow these guidelines to set SMART goals and you will be surprised at what you can do:

- **Specific:** Your goal should be clear and easy to understand. A common goal, "get healthy," is too general. There are so many ways to get healthy. How do you want to do it? Is it losing weight? Start exercising? Stop smoking? Break it down and it will be easier to manage.
- **Measurable:** A goal to "lose weight" is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number.
- **Attainable:** Before you can add a number you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is also not very motivating. Only you know your limits.
- **Relevant:** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain-that isn't very motivating. Examine our goal so far. Does it seem relevant to you?
- **Time-bound:** Include an end-point. Knowing that you have a deadline motivates you to get started. Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly.

Now we have a SMART goal! With a goal like this, it's a good idea to set a few more action-oriented SMART goals so that you have a game plan.

Here are a few examples:

- I will walk 5 days every week for 30 minutes each.
- I will drink water instead of soda every day this week.
- I will bring my lunch to work instead of eating out 4 days this week.

The Difference Between Short-Term, Medium-Term and Long-Term Goals

If a programme ran for six months, then the –

- Long-term goals would be built around a six-month period and would be the bigger goal.
- Medium term goals could be up to 3 months in length.
- Short-term goal being based on weekly stages and would be small goals.

The Integra-Fit guidelines for goal setting:

Short-term Goals: 1-4-weeks

Medium-term Goals: 5-8-weeks

Long-term Goals: 8-12-weeks

Please complete the Goals chart below, and remember to set SMART goals.

Short-term Goals:

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Medium-term Goals:

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Long-term Goals:

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4. FITNESS JARGON

Resting Metabolic Rate (RMR) & How To Calculate It:

RMR is the rate at which your body burns energy, when it is at complete rest.

You can make an estimate of your resting metabolic rate to see how many calories your body needs to perform basic functions like breathing and circulation.

You'll need the following data:

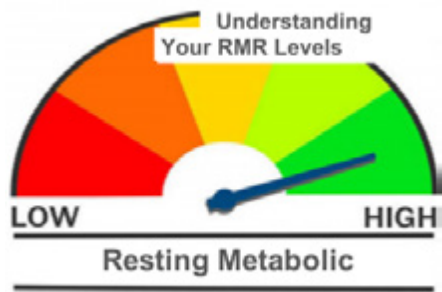
- Your weight in KG
- Your height in CM
- Your age

MEN:

1. $13.7 \times \text{Weight} = X$
2. $5 \times \text{Height} = Y$
3. $6.8 \times \text{Age} = Z$
4. $\text{RMR} = 66 + X + Y - Z$

WOMEN:

1. $9.6 \times \text{Weight} = X$
2. $1.8 \times \text{Height} = Y$
3. $4.7 \times \text{Age} = Z$
4. $\text{RMR} = 655 + X + Y - Z$



Calculate Your Resting Metabolic Rate here:

Resting Metabolic Rate Log:

Week 1: RMR = _____

Week 4: RMR = _____

Week 8: RMR = _____

Week 12: RMR = _____

4. FITNESS JARGON

Physical Activity Levels (PAL) & How to Calculate Them

PAL is a way to express a person's daily physical activity as a number and is used to estimate a person's total energy expenditure. You'll need to know your RMR and have an idea of how active your lifestyle is. Every day differs.

- Little/no exercise - $\text{RMR} \times 1.2 = \text{Total calories needed to maintain}$
- Light exercise - $\text{RMR} \times 1.375 = \text{Total calories needed to maintain}$
- Moderate exercise - $\text{RMR} \times 1.4 = \text{Total calories needed to maintain}$
- Active - $\text{RMR} \times 1.5 = \text{Total calories needed to maintain}$
- Very active - $\text{RMR} \times 1.725 = \text{Total calories needed to maintain}$
- Extra active - $\text{RMR} \times 1.9 = \text{Total calories needed to maintain}$

NOTE: To GAIN weight from these figures you'll need to +300/500 calories on top or To LOSE weight from these figures you'll need to -500/1000 calories from the figure.

Calorie Intake Required:

Week 1: $\text{RMR} + \text{PAL} =$ _____

Week 4: $\text{RMR} + \text{PAL} =$ _____

Week 8: $\text{RMR} + \text{PAL} =$ _____

Week 12: $\text{RMR} + \text{PAL} =$ _____

Importance of Cardiovascular Training

Unfortunately, our sedentary lifestyles often preclude us from conducting enough physical activity. When you do cardio training your goal is to speed up your heart rate and respiratory rate.

Cardio exercise will give your heart muscles the daily exercise they desperately need.

Cardio training has numerous advantages:

- Building up the heart muscles enables the body to better take in and process oxygen
- Maintaining a healthy heart is a priority when confronted by such health risks as a sedentary lifestyle, smoking, cholesterol and diabetes.
- It contributes to weight loss, particularly by promoting fat loss in favour of muscle mass.
- When performing cardio exercises properly, you will strengthen other muscles, such as abs, core and lumbar muscles, developing a slender, sculpted figure.
- It fortifies the arteries and reduces the risk of hypertension and infarction.
- It stimulates immune defences.
- It lifts the spirits and helps to fight against stress, negative thoughts, and even depression by releasing more happy hormones!

There are many different forms of cardiovascular training -

- | | |
|-----------------------|--|
| • LISS | Low Intensity Steady State Cardio |
| • Interval Training | Short bursts of high intensity cardio at regular intervals |
| • HIIT | High Intensity Interval Training |
| • TABATA | 20 sec work / 10 sec recovery x 8 sets |
| • 3d DIMENSIONS CLASS | 40 sec work / 20 sec recovery x 6 sets x 5-6 stations |

4. FITNESS JARGON

Importance of Strength Training

Strength training is an important part of an overall fitness program.

Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training can do this! It should be a key component of any overall health and fitness regime.

Lean muscle mass naturally diminishes with age. You'll increase the percentage of fat in your body if you don't do anything to replace the lean muscle that you lose over time.

Strength training can help you preserve and enhance your muscle mass at any age.

- **Develop strong bones:** By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.
- **Manage your weight:** Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- **Enhance your quality of life:** Strength training may enhance your quality of life and improve your ability to do everyday activities. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- **Manage chronic conditions:** Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- **Sharpen your thinking skills:** Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.

Bottom line

Put exercise variety into your weekly workout plan!

5. NUTRITION

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

The Impact of Nutrition on Your Health

Unhealthy eating habits have contributed massively to the increase of obesity in the UK. Even for people at a healthy weight a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis and certain types of cancer. By making smart food choices you can help protect yourself from these health problems.

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk and overall health is too important to ignore. By taking steps to eat healthy you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity making small changes in your diet can go a long way, and it's easier than you think!

How To Eat Healthy

Now that you know the benefits, it's time to start eating healthy.

It's easier than you think to start eating healthy! Take small steps each week to improve your nutrition and move toward a healthier you.

Eight Healthy Eating Goals

Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet.

Commit to incorporating one new healthy eating goal each week over the next six weeks.



Make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colourful you make your plate, the more likely you are to get the vitamins, minerals, and fibre your body needs to be healthy.



Make half the grains you eat whole grains

An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredient first. Look for things like: “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “rolled oats,” quinoa,” or “wild rice.”



Switch to fat-free or low-fat (1%) milk

Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



Choose a variety of lean protein foods

Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast or chicken breast.



Compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labelled “low sodium,” “reduced sodium,” or “no salt added.”



Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in your diet. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavour.



Eat some seafood

Seafood includes fish (such as salmon, tuna, and trout) and also shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood.



Cut back on solid fats

Eat fewer foods that contain solid fats. The major sources are; cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.

Some Tips To Healthy Eating:

- Mix vegetables into your go-to dishes
- Try spinach with pasta or peppers in tacos
- Use fresh, frozen, and canned fruits and vegetables. They all offer the same great nutrients. Just be sure to watch the sodium on canned vegetables and look for fruits packed in water or 100% juice (not syrup)
- Pack your child's lunch bag with fruits and veggies: sliced apples, a banana, or carrot sticks are all healthy options
- For a handy snack, keep cut-up fruits and vegetables like carrots, peppers, or orange slices in the refrigerator
- Teach children the difference between everyday snacks, such as fruits and veggies, and occasional snacks, such as cookies or other sweets.
- Make water a staple of snack time. Try adding a slice of lemon, lime, or a splash of 100% juice to your water for a little flavour
- Swap out your cookie jar for a basket filled with fresh fruit.
- Choose baked or grilled food instead of fried when you're eating out and implement this at home too.
- Read labels on packaged ingredients to find foods lower in sodium.
- Skip adding salt when cooking; instead use herbs and spices to add flavour.
- Use smaller plates to control portion sizes.
- Don't clean your plate or bowl if you're full, instead save leftovers for tomorrow's lunch.
- Portion sizes depend on the age, gender and activity level of the individual.

5. NUTRITION

Managing Weight

Following the healthy eating tips above can help your body get the nutrients it needs. Here are some other tips if you are also trying to manage your weight.

Balance calories:

Find out how many calories you need for a day as a first step in managing your weight.



Enjoy your food, but eat less:

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

Watch your portion sizes:

Check to see what the recommended portion sizes of the foods you eat looks like in the bowls, plates, and glasses you use at home. When dining out avoid "supersizing" your meal or buying "combo" meal deals that often include large-size menu items. Choose small-size items instead or ask for a take home bag and wrap up half of your meal to take home before you even start to eat.

Be physically active:

Being physically active can help you manage your weight. Youth (6-17 years old) need to be active for at least 60 minutes a day (or 12,000 steps). Adults (18 and older) need to be active for at least 30 minutes (or 8,500 steps) a day.

Burn:

Try to burn 500 calories+ every time you exercise

Cardiovascular Training:

Aim to do at least 30 minutes of cardiovascular exercise every day. This can be a gym session or gardening.

Strength Training:

Always add some strength work in your exercise routine. This can be lifting weights or using your body weight to exercise.

6. HEALTHY RECIPE IDEAS - SNACKS

Mixed Nuts



Nuts are an ideal nutritious snack. They're linked to a reduced risk of heart disease and may help prevent certain cancers, depression and other illnesses. Relatively high in fat, they are also very filling. Several studies suggest that eating nuts in moderation can help you lose weight.

Nuts provide the perfect balance of healthy fat, protein and fibre. They contain 180 calories in a 1-ounce (28-gram) serving, on average. Because they don't require refrigeration, they're perfect for taking on the go.

Apple Slices with Peanut Butter



Apples slices and peanut butter go fantastic together! Apples are high in fibre and polyphenol antioxidants that improve gut health and reduce heart disease risk. Peanut butter may have additional benefits for heart health. It has been shown to increase HDL (good) cholesterol and reduce LDL (bad) cholesterol and triglycerides.

That said, peanut butter is high in calories so it's best consumed in moderation. A medium apple with 1 tablespoon (15 grams) of natural peanut butter provides a nice balance of sweet flavour with crisp and creamy textures at under 200 calories.

Indian chicken protein pots



Kcal 230 / Carbs 12g / Fats 7g / Protein 29g

Use leftover chicken or buy it ready-cooked for these speedy protein pots. The chicken is combined with spiced lentils and tomatoes and topped with tzatziki

Ingredients

- 90g pack Indian spiced lentils
- 160g cherry tomatoes, quartered
- 150g cooked, skinless chicken
- Chicken breast, chopped
- handful fresh coriander, chopped
- 4 tbsp tzatziki

Method

Tear the corner from the lentil pack and microwave on High for 1 min. Leave to cool then tip into 2 large packed lunch pots. Top with the cherry tomatoes and chicken, add the fresh coriander then spoon on the tzatziki. Seal until ready to eat.

6. HEALTHY RECIPE IDEAS - SNACKS



Egg & Soldiers

Kcal 103 / Carbs 1g / Fats 6g / Protein 11g

We love this spin on the traditional using asparagus soldiers for your dippy egg - a great low-fat, gluten-free snack or light lunch, just over 100 calories.

Ingredients

- 1 soft boiled egg
- 7 spears of steamed asparagus

Method

Cut the soft-boiled egg in half and serve with the steamed asparagus for dipping.

6. HEALTHY RECIPE IDEAS - BREAKFAST



Vegetarian Overnight oats

Kcal 348 / Carbs 46g / Fat 11g / Protein 13g

Adapt this recipe for easy overnight oats to suit your tastes. You can add dried fruit, seeds and nuts, grated apple or pear, or chopped tropical fruits

Ingredients

- 1/4 tsp ground cinnamon
- 50g rolled porridge oats
- 2 tbsp natural yogurt
- 50g mixed berries
- drizzle of honey
- 1/2 tbsp nut butter (we used almond butter)

Method

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.

The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.



Breakfast Burrito

Kcal 366 / Carbs 26g / Fat 21g / Protein 16g

Make a nutritious cocoon for breakfast ingredients with a wholemeal wrap – we've included protein-rich eggs and avocado to add good fats to this burrito

Ingredients

- 1 tsp chipotle paste
- 1 egg
- 1 tsp rapeseed oil
- 50g kale
- 7 cherry tomatoes, halved
- 1/2 small avocado
- 1 wholemeal tortilla wrap, warmed

Method

Whisk the chipotle pastes with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes. Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately.



Vegan Breakfast Muffins

Kcal 224 / Carbs 30g / Fat 9g / Protein 4g

These easy vegan breakfast muffins with muesli and pecans are perfect for making ahead of time and freezing in batches for a quick morning snack.

Ingredients

- 150 muesli mix
- 50g light brown soft sugar
- 160g plain flour
- 1 tsp baking powder
- 250ml sweetened soy milk
- 1 apple, peeled and grated
- 2 tbsp grapeseed oil
- 3 tbsp nut butter
- 4 tbsp demerara sugar
- 50g pecans, roughly chilled

Method

Heat the oven to 200C/180C fan/gas 6. Line a muffin tin with cases. Mix 100g muesli with the light brown sugar, flour and baking powder in a bowl. Combine the milk, apple, oil and 2 tbsp nut butter in a jug, then stir into the dry mixture. Divide equally between the cases. Mix the remaining muesli with the demerara sugar, remaining nut butter and the pecans, and spoon over the muffins. Bake for 25-30 mins or until the muffins are risen and golden. Will keep for two to three days in an airtight container or freeze for one month. Refresh in the oven before serving.

6. HEALTHY RECIPE IDEAS - BREAKFAST



Vegan & Vegetarian Protein Pancakes

Kcal 798 / Carbs 91g / Fat 32g / Protein 29g

With 29g of protein in each serving, this delicious breakfast stack is the perfect fuel after exercise. Complete with layers of yogurt, seeds and blueberry chia jam.

Ingredients

For the batter:

- 2 tbsp ground flaxseeds
- 20g ground almonds
- 300ml soya milk
- 200g quinoa flour
- 1 medium banana, mashed
- 2 tbsp maple syrup
- coconut oil, for frying

For the blueberry chia jam (makes 200ml):

- 200g blueberries, mashed
- 2 tbsp chia seeds
- 1-2 tbsp maple syrup, to taste
- 2 tsp lemon juice

For the stack:

- 100g coconut yogurt or Greek yogurt
- 1 tbsp pistachio nuts or pumpkin seeds, chopped, toasted if you like
- 2 tsp hulled hemp seeds
- mixed berries

Method

1. In a small bowl stir the flaxseeds with 6 tbsp water and set aside to soak while you make the jam.
2. Mash the blueberries with a fork in a pan then set over a low-medium heat until syrupy and bubbling. Remove from the heat and stir in the chia seeds, maple syrup and lemon juice. Leave to cool slightly then transfer to a small serving jar.
3. Put the ground almonds, milk, flour, banana, maple syrup and a pinch of salt in a blender. Stir the flax to make sure it has become thick and gloopy, like an egg, then tip into the mix and blitz until smooth and thick.
4. Heat 1 tsp of coconut oil in a large frying pan over a medium heat and add tablespoon dollops of batter into the pan. Cook for a couple of mins on one side until the edges are browning, and bubbles have formed on top. Once the pale, white batter has turned a sandy colour, flip over with a spatula and cook for another few mins till dark golden brown. Set aside and keep warm while you repeat the process with the remaining batter, adding another tsp of coconut oil with each batch. You should make about 16 pancakes.
5. Pile the pancakes high between two plates, alternating the layers with a spoonful of jam and yogurt. Dollop any remaining yogurt and another spoonful of jam on top then scatter over the nuts, seeds and berries to serve. Leftover jam will keep in the fridge for up to 1 week.

6. HEALTHY RECIPE IDEAS - LUNCH



Salmon pasta salad with lemon & capers

Kcal 475 / Carbs 31g / Fat 22g / Protein 35g

Use frozen, skinless wild salmon fillets for a cheap and filling lunch on the go. This low-calorie, healthy dish couldn't be easier to whip up.

Ingredients

- 85g whole-wheat penne
- 1 tbsp rapeseed oil
- 1 large red pepper, roughly chopped
- 2 frozen, skinless wild salmon fillets (about 120g each)
- 1 lemon zested & juiced
- 2 garlic cloves, finely grated
- 1 shallot very finely chopped
- 2 tbsp capers
- 6 pitted Kalamata olives, sliced
- 1 tsp extra virgin olive oil
- 2 handfuls rocket

Method

Cook the pasta following pack instructions. Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 mins until it softens and starts to char a little. Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 mins until just cooked. Meanwhile, mix the lemon zest and juice in a large bowl with the garlic, shallot, capers and olives. Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil. Toss everything together, flaking the salmon as you do so. If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.



Chicken, carrot & avocado rolls

Kcal 352 / Carbs 29g / Fat 17g / Protein 20g

Healthy, quick and simple tortilla wraps with shredded chicken, vegetables and salad - perfect for little lunchboxes

Ingredients

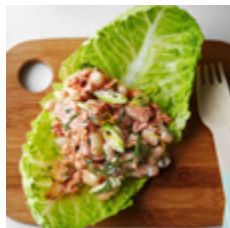
- 75g low-fat soft cheese
- 3 flour tortillas
- 1 cooked skinless chicken breast, coarsely shredded
- 1 large carrot, grated or shredded
- 1 large avocado, stoned & sliced
- Handful rocket leaves

Method

Spread the cheese over the tortillas and top with the chicken, carrot, avocado and rocket. Tightly roll up each tortilla. Wrap tightly in cling film, twisting the ends firmly to seal, and chill until ready.

Unwrap and cut each roll into 4 chunks to add to your lunchbox.

6. HEALTHY RECIPE IDEAS - LUNCH



Lemony salmon & lettuce wraps

Kcal 334 / Carbs 17g / Fat 11g / Protein 36g

Using canned salmon, lettuce and some seasoning you can create this simple, healthy lunch. Low-fat, low-calorie and no fuss, this is the easiest lunch ever.

Ingredients

- 400g can cannellini beans, rinsed and drained
- 213g can wild red Salmon, drained, skin and bones removed if you like
- 1/2 Lemon, zested and juiced
- 1 Spring Onion, finely chopped
- 1 tbsp Greek yogurt
- 1 tbsp dill, chopped
- 8 large romaine lettuce leaves

Method

Mix together all the ingredients except the lettuce in a bowl. Trim the chunky part of the stalk at the base of each lettuce leaf so they are easier to roll up, then place the leaves in pairs on top of each other, head to toe. Spoon on the salmon mixture, then roll up and keep in place with strips of baking parchment, which make the wraps easier to hold and eat. Pack into a container to keep the wraps from getting crushed and, if possible, chill to keep the lettuce crisp.



Vegan Banh Mi

Kcal 338 / Carbs 40g / Fat 11g / Protein 16g

Make this decadent vegan sandwich using veggies and hummus with an Asian dressing and hot sauce all stuffed inside a baguette. Great for a filling lunch.

Ingredients

- 150g leftover raw veggies, (such as red cabbage and carrots), shredded
- 3 tbsp good-quality vegan white wine vinegar
- 1 tsp golden caster sugar
- 1 long French baguette
- 100g hummus
- 175g cooked tempeh, very finely sliced
- 1/2 small pack coriander, leaves, to serve
- 1/2 small pack mint, leaves, to serve
- Hot sauce, to serve (we used sriracha)

Method

Put the shredded veg in a bowl and add the vinegar, sugar and 1 tsp salt. Toss everything together, then set aside to pickle quickly while you prepare the rest of the sandwich. Heat oven to 180C/160C fan/gas 4. Cut the baguette into four, then slice each piece horizontally in half. Put the baguette pieces in the oven for 5 mins until lightly toasted and warm. Spread each piece with a layer of hummus, then top four pieces with the tempeh slices and pile the pickled veg on top. To serve, sprinkle over the herbs and squeeze over some hot sauce, then top with the other baguette pieces to make sandwiches.

6. HEALTHY RECIPE IDEAS - DINNER



Sweet potato & chicken curry

Kcal 261 / Carbs 32g / Fats 8g / Protein 22g

Chicken thighs are good value and tasty, just right for this healthy, versatile curry

Ingredients

- 500g sweet potato
- Sweet potato, peeled and cut into bite-size pieces
- 1 tbsp olive oil
- 4 skinless chicken thigh fillets, each cut into large chunks
- 1 large red onion, cut into wedges
- 2 tbsp Rogan josh curry paste
- 2 large tomatoes, roughly chopped
- 125g spinach

Method

Cook the sweet potatoes in boiling, salted water for 5-7 mins until just tender. Drain well, then set aside. Meanwhile, heat the oil in a large frying pan, then add the chicken and onion. Cook for 5-6 mins until the chicken is browned and cooked through. Stir in the curry paste, cook for 1 min, add the tomatoes, then cook for another min.

Pour in 100ml boiling water and mix well. Simmer for 5 mins, add the spinach, then cook for 2 mins until wilted. Fold in the potatoes and heat through. Serve with rice and naan breads.



Veggie okonomiyaki

Kcal 312 / Carbs 29g / Fats 15g / Protein 15g

Supercharge your diet with this vegetarian okonomiyaki with eggs, cabbage, pak choi and spring onions. It makes a healthy, low calorie lunch option.

Ingredients

- 3 large eggs
- 50g plain flour
- 50ml milk
- 4 spring onions, trimmed and sliced
- 1 pak choi, sliced
- 200g Savoy cabbage, shredded
- 1 red chilli, de-seeded and finely chopped, plus extra to serve
- 1/2 tbsp low-salt soy sauce
- 1/2 tbsp rapeseed oil
- 1 heaped tbsp low-fat mayonnaise
- 1/2 lime, juiced
- sushi ginger, to serve (optional)
- wasabi, to serve (optional)

Method

Whisk together the eggs, flour and milk until smooth. Add half the spring onions, the pak choi, cabbage, chilli and soy sauce. Heat the oil in a small frying pan and pour in the batter. Cook, covered, over a medium heat for 7-8 mins. Flip the okonomiyaki into a second frying pan, then return it to the heat and cook for a further 7-8 mins until a skewer inserted into it comes out clean.

Mix the mayonnaise and lime juice together in a small bowl. Transfer the okonomiyaki to a plate, then drizzle over the lime mayo and top with the extra chilli and spring onion and the sushi ginger, if using. Serve with the wasabi on the side, if you like.

6. HEALTHY RECIPE IDEAS - DINNER



Egg & rocket pizzas

Kcal 327 / Carbs 39g / Fats 11g / Protein 15g

Use seeded tortillas as pizza bases for a quick and healthy lunch. Crack an egg in the centre and bake to boost protein intake.

Ingredients

- 2 seeded wraps
- a little olive oil, for brushing
- 1 roasted red pepper, from a jar
- 2 tomatoes
- 2 tbsp tomato purée
- 1 tbsp chopped dill
- 2 tbsp chopped parsley
- 2 eggs
- 65g pack rocket
- 1/2 red onion, very thinly sliced

Method

Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins. Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato. Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.



Vegan Lentil Fritters

Kcal 358 / Carbs 41g / Fats 12g / Protein 17g

Rustle up these lentil fritters in just 25 minutes with our basic lentil's recipe, courgette and carrot. They're healthy, low-fat and packed with nutrients.

Ingredients

- 300g leftover basic lentils
- handful of chopped coriander
- 1 chopped spring onion
- 50g gram flour
- 2 carrots
- 2 courgettes
- 1/2 tsp sesame seeds
- handful of coriander
- 1/2 tsp sesame oil
- juice of 1 lime
- 1 tbsp rapeseed oil

Method

Mix the leftover lentils with the chopped coriander, spring onion and gram flour, then set aside. Use a peeler to cut the carrots and courgettes into long ribbons, then toss the ribbons with the sesame seeds and coriander in sesame oil and the lime juice.

Heat the rapeseed oil in a frying pan. Spoon in four dollops of the dhal and flatten into patties. Fry each side until golden and serve with the ribbon salad.

6. HEALTHY RECIPE IDEAS - DINNER



Vegan Shepherd's Pie

Kcal 348 / Carbs 43g / Fats 11g / Protein 11g

A warming vegan supper with porcini mushrooms, leeks, carrots, butternut squash and plenty of herbs, topped with crispy potatoes - it's low calorie, low fat and perfect for when the nights draw in.

Ingredients

- 1.2kg floury potatoes, such as Maris Piper or King Edward
- 50ml vegetable oil
- 30g dried porcini mushrooms, soaked in hot water for 15 mins, then drained (reserve the liquid)
- 2 large leeks, chopped
- 2 small onions, chopped
- 4 medium carrots, cut into small cubes
- 1 vegetable stock cube
- 3 garlic cloves, crushed
- 2 tbsp tomato purée
- 2 tsp smoked paprika
- 1 small butternut squash, peeled and cut into small cubes
- 1/2 small pack marjoram or oregano, leaves picked and roughly chopped
- 1/2 small pack thyme, leaves picked
- 1/2 small pack sage, leaves picked and roughly chopped
- 4 celery sticks, chopped
- 400g can chickpeas
- 300g frozen peas
- 300g frozen spinach
- 20ml olive oil
- small pack flat-leaf parsley, chopped
- tomato ketchup, to serve (optional)

Method

1. Put the unpeeled potatoes in a large saucepan, cover with water, bring to the boil and simmer for 40 mins until the skins start to split. Drain and leave to cool a little.
2. Meanwhile, heat the vegetable oil in a large heavy-based sauté pan or flameproof casserole dish. Add the mushrooms, leeks, onions, carrots and the stock cube and cook gently for 5 mins, stirring every so often. If it starts to stick, reduce the heat and stir more frequently, scraping the bits from the bottom. The veg should be soft but not mushy.
3. Add the garlic, tomato purée, paprika, squash and herbs. Stir and turn the heat up a bit, cook for 3 mins, add the celery, then stir and cook for a few more mins.
4. Tip in the chickpeas along with the water in the can and reserved mushroom stock. Add the peas and spinach and stir well. Cook for 5 mins, stirring occasionally, then season, turn off and set aside. There should still be plenty of liquid and the veg should be bright and a little firm.
5. Peel the potatoes and discard the skin. Mash 200g with a fork and stir into the veg. Break the rest of the potatoes into chunks, mix with the olive oil and parsley and season.
6. Divide the filling into the pie dishes and top with the potatoes. Heat oven to 190C/170C fan/gas 5 and bake the pies for 40-45 mins, until the top is golden and the filling is heated through. If making individual pies, check after 20 mins. Best served with tomato ketchup - as all great shepherd's pies are.

FITNESS SESSIONS



7. RPE CHART (RATE OF PERCEIVED EXERTION)

The RPE scale is used to measure the intensity of your exercise.

The RPE scale runs from 1 – 10. The numbers below relate to descriptions used to rate how easy or difficult you find an activity. 1 hardly doing anything (watching tv) and 10 being the maximum (running for your life).

The attached exercise programmes below work with RPE, so please aim for the recommended RPE on the workout plan.

RPE Scale	Rate of Percieved Exertion Scale
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7 - 8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4 - 6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeable more challenging.
2 - 3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

8. WORKOUTS TO TRY

Weeks 1 - 4. Aim to complete 3 - 4 sessions per week. Please ask one of our instructors if you are unsure of any exercise.

SESSION ONE

CARDIOVASCULAR 30 MINS
RESISTANCE - 15+ MINS

- TREADMILL / OUTSIDE - RPE 4/6
- QUICK START
- 5 MIN WALK TO WARM UP
- 25 MIN QUICK WALK
- INCLINE VARIABLE
- 3 MINS SLOW WALK COOLDOWN

- TRX / PUSH UPS
- 10-15 REPS
- 2 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- REST 30/60 SEC BETWEEN SETS

- TRX INVERTED PULL UPS
- 10-15 REPS
- 2 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- CHEST UP AS YOU PULL UP
- REST 30/60 SEC BETWEEN SETS

- PLANK
- 20+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- BUM DOWN
- DON'T LET BACK SINK
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION TWO

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT CARDIO VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,

EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **CARDIO** - ROWER

- **CORE** - PLANK TO PUSH UP
PLANK

- **COMBAT** - SLAM BALL

- **COMPOUND** - LOW IMPACT BURPEE
& SQUAT

SUPERSET EXERCISES

- ABDOMINAL ALTERNATING TOE REACH
- 15 REPS EACH SIDE
- 3 SETS

SUPER-SET

- DORSAL RAISE
- 10 REPS
- 3 SETS
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

SESSION THREE

CARDIOVASCULAR 30 MINS
RESISTANCE - 15+ MINS

- X TRAINER / OUTSIDE - RPE 4/6
- QUICK START
- 5 MIN EASY TO WARM UP
- 25 MIN MOD PACE
- MOD LEVEL
- 3 MINS SLOW WALK COOLDOWN

- SQUATS & PULSES
- 15 FULL REPS + 20 PULSES
- 2 SETS
- CHEST UP / BUM BACK AS SQUAT
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- WALKING LUNGES
- 20 STEPS / LUNGES
- 2 SETS
- KEEP CORE ENGAGED
- SHOULDERS BACK
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- SIDE PLANK
- 20+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- HIPS LEVEL
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION FOUR

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT STRENGTH VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,
EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **UPPER** - PUSH UP & SHOULDER TAP
- **LOWER** - WIDE/NARROW SQUAT STEPS
- **ABS** - HEEL TAPS
- **CORE** - V SIT HOLD WITH FLUTTER KICKS

SUPERSET EXERCISES

- ABDOMINAL CRUNCH + PULSE
- 15 FULL REPS + 20 PULSES
- 3 SETS

SUPER-SET

- SUPERMAN
- 10 REPS EACH SIDE
- 3 SETS
- OPPOSITE LEG/ARM RAISE
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

8. INTEGRA-FIT WORKOUTS TO TRY

Weeks 5 - 8. Complete 3 - 4 sessions per week.

SESSION ONE

CARDIOVASCULAR 30 MINS
RESISTANCE - 15+ MINS

- TREADMILL / OUTSIDE - RPE 6/7
- QUICK START
- 5 MIN WALK TO WARM UP
- 25 MIN IN TOTAL
- 4 MIN QUICK WALK
- 1 MIN SLOW JOG
- (PLAY WITH INTERVALS TO REACH RPM)
- 3 MINS SLOW WALK COOLDOWN

- TRX / PUSH UPS
- 10-15 REPS
- 3 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- REST 30/60 SEC BETWEEN SETS

- TRX INVERTED PULL UPS
- 10-15 REPS
- 3 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- CHEST UP AS YOU PULL UP
- REST 30/60 SEC BETWEEN SETS

- PLANK
- 40+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- BUM DOWN
- DON'T LET BACK SINK
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION TWO

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT CARDIO VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,
EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **CARDIO** - SPIN BIKE
- **CORE** - V SIT HOLD
- **COMBAT** - SPEED PUNCHING
- **COMPOUND** - LOW IMPACT BURPEE & SQUAT

SUPERSET EXERCISES

- ABDOMINAL ALTERNATING TOE REACH
- 20 REPS EACH SIDE
- 3 SETS

SUPER-SET

- DORSAL RAISE
- 15 REPS
- 3 SETS
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

SESSION THREE

CARDIOVASCULAR 30 MINS
RESISTANCE - 15+ MINS

- X TRAINER / OUTSIDE - RPE 6/7
- QUICK START
- 5 MIN EASY TO WARM UP
- 25 MIN MOD PACE
- MOD+ LEVEL
- 3 MINS SLOW WALK COOLDOWN

- SQUATS & PULSES
- 15 FULL REPS + 20 PULSES
- 3 SETS
- CHEST UP / BUM BACK AS SQUAT
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- WALKING LUNGES
- 20 STEPS / LUNGES
- 3 SETS
- KEEP CORE ENGAGED
- SHOULDERS BACK
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- SIDE PLANK
- 30+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- HIPS LEVEL
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION FOUR

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT STRENGTH VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,
EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **UPPER** - 2 PUSH UP - STAND & PRESS
- **LOWER** - ALTERNATING LUNGES
- **ABS** - TOE REACH
- **CORE** - SAXON SIDE BENDS

SUPERSET EXERCISES

- ABDOMINAL CRUNCH + PULSE
- 20 FULL REPS + 25 PULSES
- 3 SETS

SUPER-SET

- SUPERMAN
- 16 REPS EACH SIDE
- 3 SETS
- OPPOSITE LEG/ARM RAISE
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

8. INTEGRA-FIT WORKOUTS TO TRY

Weeks 9 - 12. Complete 3 - 4 sessions per week.

SESSION ONE

CARDIOVASCULAR 35 MINS
RESISTANCE - 15+ MINS

- TREADMILL / OUTSIDE - RPE 7/8
- QUICK START
- 5 MIN WALK TO WARM UP
- 30 MIN IN TOTAL
- 2 MIN QUICK WALK
- 3 MIN SLOW JOG
- (PLAY WITH INTERVALS TO REACH RPM)
- 3 MINS SLOW WALK COOLDOWN

- TRX / PUSH UPS
- 10-15 REPS
- 4 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- REST 30/60 SEC BETWEEN SETS

- TRX INVERTED PULL UPS
- 10-15 REPS
- 4 SETS
- KEEP CORE ENGAGED
- BODY STRAIGHT
- CHEST UP AS YOU PULL UP
- REST 30/60 SEC BETWEEN SETS

- PLANK
- 60+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- BUM DOWN
- DON'T LET BACK SINK
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION TWO

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT CARDIO VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,
EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **CARDIO** - BURPEE
- **COMPOUND** - SQUAT & PRESS
- **CORE** - RUSSIAN TWIST
- **COMBAT** - BATTLE ROPES
ALTERNATING SLAMS

SUPERSET EXERCISES

- ABDOMINAL ALTERNATING TOE REACH
- 25 REPS EACH SIDE
- 3 SETS

SUPER-SET

- DORSAL RAISE
- 20 REPS
- 3 SETS
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

SESSION THREE

CARDIOVASCULAR 30 MINS
RESISTANCE - 15+ MINS

- X TRAINER / OUTSIDE - RPE 7/8
- QUICK START
- 5 MIN EASY TO WARM UP
- 30 MIN MOD PACE
- MOD+ LEVEL
- 3 MINS SLOW WALK COOLDOWN

- SQUATS & PULSES
- 15 FULL REPS + 20 PULSES
- 4 SETS
- CHEST UP / BUM BACK AS SQUAT
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- WALKING LUNGES
- 20 STEPS / LUNGES
- 4 SETS
- KEEP CORE ENGAGED
- SHOULDERS BACK
- KNEES DO NOT GO OVER TOES
- REST 30/60 SEC BETWEEN SETS

- SIDE PLANK
- 40+ SEC HOLD
- 4 SETS
- BODY STRAIGHT
- HIPS LEVEL
- CORE ENGAGED
- REST 10/30 SEC BETWEEN SETS

STRETCH ALL AREAS WORKED

SESSION FOUR

DIMENSIONS HIIT CARDIO 30 MINS
ABS & LOWER BACK - 10 MINS

- WARM UP - 5 MINS CARDIO

DIMENSIONS HIIT STRENGTH VERSION

(SECONDS app is good to use)

4 SECTIONS TO COMPLETE,
EACH SECTION IS :

- 40 SEC MAX EFFORT
- 20 SEC REST PERIOD
- 6 SETS TO COMPLETE
- 50 SEC RECOVERY BEFORE STARTING THE NEXT SECTION

- **UPPER** - RENEGADE PUSH UPS
- **LOWER** - JUMPING LUNGE TO SQUAT
- **ABS** - SIDE BENDS
- **CORE** - BAND ROTATION HOLDS

SUPERSET EXERCISES

- ABDOMINAL CRUNCH + PULSE
- 22 FULL REPS + 30 PULSES
- 3 SETS

SUPER-SET

- SUPERMAN
- 20 REPS EACH SIDE
- 3 SETS
- OPPOSITE LEG/ARM RAISE
- 10/30 SEC REST PERIODS BETWEEN EACH SUPER-SET

STRETCH ALL AREAS WORKED

9. EXERCISE ATTENDANCE CHART

Complete the chart below with your own personal workout activities

	WEEK 1: ____ / ____ / ____				WEEK 2: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

	WEEK 3: ____ / ____ / ____				WEEK 4: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

	WEEK 5: ____ / ____ / ____				WEEK 6: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Please complete the chart with your own personal activities

	WEEK 7: ____ / ____ / ____				WEEK 8: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

	WEEK 9: ____ / ____ / ____				WEEK 10: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

	WEEK 11: ____ / ____ / ____				WEEK 12: ____ / ____ / ____			
	Class	Gym	Other	Calories Burned	Class	Gym	Other	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

The Pumping Station