



#build
yourbody



Welcome to
#buildyourbody

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Technique

hips

WARM UP

Knee ups



Jog on the spot but bring your knees up as high as you can. Place your hands, palms facing down, out in front of you at waist height, as a measure of how high to bring your knees.

If you're new to exercise or have not performed this move in some time, or at all, march on the spot until you are more comfortable attempting this move.

Sideways shuffles



In a semi-crouched position, with a straight back and your eyes looking straight ahead, tuck your elbows in at your hips, using your legs to support your weight, shuffle your feet to the left, stepping approximately 60cm out each time, and then repeat on the right.

Windmill stretches



Stand up straight, feet shoulder-width apart. Stretch your arms out to the sides at shoulder height so that they are parallel to the floor. From here, keep your legs as straight as you can (a slight bend in the knee is acceptable if your hamstrings are tight), and bend forwards from the hips, always maintaining a flat back.

As you bend, reach your right arm down and across to reach for your left foot. At the same time, reach up with your left arm and turn your head to look up towards your left hand.

Return to the starting position and repeat on the other side with your left arm reaching down and across to your right foot, your right arm reaching up, and your head turning towards your right hand.

WORKOUT

Arms



- **Chair dips.** Sit on the edge of the chair with your feet together. Place your hands on the edge of the seat, on the sides of your hips, with your feet flat on the floor. Bend your elbows, lower yourself off the seat towards the floor until your elbows are at 90 degrees. Lift yourself back up by straightening your arms and repeat. Tip: You can keep your knees bent at first, and then straighten your legs later for a more challenging dip

Core



On a mat lie down on your back with your hands under your tail bone and raise your feet with your legs straight and together about 30cm off the floor.

- **Flutter kicks.** Kick your feet up and down, 10-20cm high.
- **Scissor kicks.** Kick your feet outward – one to the left and the other to the right about 30cm apart – as if you were opening a pair of scissors, then bring them back, crossing one leg over the other in the middle, in a scissor movement, alternating legs at the cross over.

Make sure your back remains firmly pressed to the floor for both exercises and your core is engaged.



- **Plank.** Lie face down on a mat to get into position, and then lift yourself up by balancing your weight on your elbows and keeping your feet shoulder width apart. Keep your legs and back straight, with your bottom slightly elevated, not dipped towards the floor as you balance on your toes. Hold for the prescribed amount of time.



- **Reverse crunches.** Lie on your back on a mat with your knees bent and your hands behind your head. Raise your hips off the mat by bringing your legs towards your body and bending your knees to 90°. Move back down to the start position and repeat.



- **Bicycle crunches.** Start on the floor, lying on your back. Lightly tuck your hands behind your head with your elbows flaring outward. Raise both feet slightly off the floor, keeping your legs straight. As you crunch up, twist slightly to the left and bring your left knee to your elbow. Return to the starting position and then twist slightly to the right, bringing the right knee to the right elbow. Engage your core at all times during this exercise.



- **Side plank.** Lie on your side, keeping your legs extended and your feet and hips resting on the ground, parallel to one another. Prop yourself up on your elbow, raise your side off the floor, and hold for the allotted time.

Buttocks



- **Pelvic thrust.** Lie with your back on the floor, hands under your tail bone and your legs bent, feet flat on the floor. Raise your pelvis to the sky and squeeze your buttocks and hamstrings tight before lowering back down.



- **Donkey kicks.** Get on all fours. Keeping your right knee bent at 90 degrees, flex your right foot and lift your knee backwards to hip level – as if you were kicking behind you. Then lower your knee without touching the floor. Complete the set on one leg before switching to the other leg.

Legs



- **General squats.** Your body weight should be primarily on your heels when you're squatting down and then balanced between your heels and the balls of your feet as you're rising up from the squat.
- Keep your body tight the entire time, especially your core.
- Push your butt out as though you're about to sit down on a chair.

- Keep your back straight, with a neutral spine, and your chest and shoulders up; looking straight ahead rather than down helps this.
- As you squat down, focus on keeping your knees in line with your feet (your knees should never go past your toes).
- Squat down until your hip joint is lower than your knees.
- Push your knees outwards as you rise, not allowing your knees to cave in on the way up.

Different squats



- **Sumo squats.** Stand with your legs wide apart (wider than hip distance – around a meter), turn your toes out 45 degrees and keep your hands by your sides. Bend your knees and hips, lowering yourself down, and raise your hands to meet under your chin. Keep your stomach tight, your back straight, and don't let your knees move past your toes when you go down. When your thighs are parallel to the floor, rise back up.



- **Narrow squats.** Keep your legs pressed together when squatting.



- **Kickback squats.** Stand with your feet in the basic squat position with feet shoulder length apart. Go down into your squat, then as you rise completely, lift one leg behind you in a short kicking back motion, then lower your foot to the floor. Repeat the squat, this time kicking out the other leg at the top. Do one kick, alternating legs, per squat.



- **Jumping squats.** In a basic squat position, push up out of the squat with more force so that you jump up slightly, with your feet leaving the floor (10-20cm). As you land, squat right back down. Keep your back straight throughout the movement and start slowly at first.

If you're new to squats or haven't exercised in a while, and you need to moderate the exercises because you're struggling, aim to do only 80%. Stop immediately if you feel any severe pain in your knees, hamstrings, quads, or glutes. You should feel quite sore and stiff after the first week and a half, but it should get better as your body adjusts.

Lunges



Start in a standing position with your feet hip-width apart. With hands on the hips, step forward with your right leg until your thigh is parallel to the floor and your knee is at 90 degrees. Your left knee should be behind you with your knee at 90 degrees and touching the floor, while your lower leg is parallel to the floor. Step back into the starting position and repeat with your left leg forward.

- **Walking lunges.** Follow the instructions above but move forward instead of stepping back.

Reverse lunges



Start in a standing position with your feet hip-width apart. With hands on the hips, step backward with your right leg until your lower leg is parallel to the floor and your knee is at 90 degrees. Your left knee should be in front you with your knee at 90 degrees and thigh parallel to the floor. Step back into the starting position and repeat with your left stepping backward.

Calf raises



Standing with legs slightly apart, raise yourself onto your tiptoes so that you feel your calf muscle tighten. Hold and then come down onto the balls of your feet. Repeat.

Always start slowly and break up the sets if needs be – the workout programme is there as a guideline and you should always factor in your own capabilities, level of fitness, or how you feel on any given day.

Consult your doctor before starting a new exercise programme!

It's Simple!



Just do the exercises as laid out for you each day. Remember to keep the instructions handy to ensure you're doing the exercises correctly!

Now go kick some butt
and **#buildyourbody!**

	Warm Up	Work Out
Day 1	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 basic squats • 10 lunges • 10 jumping jacks • 10 crunches • 30-second plank
Day 2	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 15 basic squats • 15 sumo squats • Rest 30 seconds • 15 basic squats • 15 sumo squats
Day 3	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 full sit ups • 10 sumo squats • Rest 30 seconds • 30 crunches • 10 basic squats • Rest 30 seconds • 20 kickback squats • 30-second plank
Day 4	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 push-ups • 10 basic squats • 1 minute rest • 10 walking lunges • 10 crunches • 10 chair dips • 1 minute rest • 10 donkey kicks (on each leg) • 10 full sit-ups • 30-second plank
Day 5	Rest	
Day 6	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 5 jumping squats • 10 pelvic thrust • 10 reverse lunges • 10 reverse crunches • 1 minute rest • 10 reverse lunges • 10 bicycle crunches • 10 sumo squats • 30-second side plank on both sides
Day 7	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 full sit ups • 5 jumping squats • 30 second rest • 15 bicycle crunches • 20 kickback squats • 30 second rest • 30 crunches • 30-second plank

How do you feel after week 1?

Sore, stiff, **AMAZING!?**



...Let's get started with week 2 - and increase the intensity. Lets **#buildyourbody!**

Remember to check back with the Technique Tips; new exercises may have been added... Complete each exercise as laid out on the day. Get moving!

	Warm Up	Work Out
Day 1	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 15 basic squats • 5 jumping squats • Rest 30 seconds • 15 narrow squats • 15 basic squats • 15 narrow squats
Day 2	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 stationary lunges • 10 basic squats • 1 minute rest • 10 calf raises • 10 chair dips • 10 wide push-ups • 1 minute rest • 40-second plank • 10 mountain climbers • 15-second flutter kicks
Day 3	Rest	
Day 4	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 push-ups • 10 basic squats • 1 minute rest • 10 walking lunges • 10 donkey kicks (on each leg) • 10 chair dips • 1 minute rest • 10 crunches • 10 full sit-ups • 30-second plank • 1 minute rest • Repeat twice
Day 5	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 sumo squats • 20 kickback squats • Rest 30 second • 20 basic squats • 40-second plank
Day 6	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 30 basic squats • 20 side crunches (each side) • Rest 30 seconds • 5 jumping squats • 20 crunches • Rest 30 seconds • 30 narrow squats • 40-second plank
Day 7	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 5 jumping squats • 10 reverse lunges • 10 sumo squats • 1 minute rest • 10 pelvic thrust • 10 bicycle crunches • 10 reverse crunches • 30-second side plank on both sides • 1 minute rest • Repeat twice

Week 3 starts with a

REST DAY!



But don't get too comfortable...
we're upping the reps and intensity.

This is **#buildyourbody** after all

Warm Up

Work Out

Day 1		Rest
Day 2	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 stationary lunges • 10 squats • 1 minute rest • 10 calf raises • 10 chair dips • 10 wide push-ups • 1 minute rest • 40-second plank • 10 mountain climbers • 15-second flutter kicks • 1 minute rest • Repeat twice
	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 side crunches (each side) • 40 basic squats • 45 second rest • 15-second scissor kicks • 20 sumo squats • 45 second rest • 40 sumo squats • 40-second plank • Repeat twice
Day 4	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 side crunches (each side) • 10 jumping squats • 45 seconds rest • 30 full sit ups • 30 kickback squats • 45 seconds rest • 15-second scissor kicks • 30 narrow squats • 40-second plank
	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 push-ups • 10 squats • 1 minute rest • 10 walking lunges • 10 donkey kicks (on each leg) • 10 chair dips • 1 minute rest • 10 crunches • 10 full sit-ups • 30-second plank • 1 minute rest • Repeat twice
Day 6		Rest
Day 7	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 5 jumping squats • 10 reverse lunges • 10 sumo squats • 45 second rest • 10 pelvic thrust • 10 bicycle crunches • 10 reverse crunches • 30-second side plank on both sides • 45 second rest • Repeat twice

Get started with week 4 of your

PROGRAMME



But don't think the **#buildyourbody** challenge is over... You have another 4 weeks to go. **THAT'S RIGHT!** You'll need more than 4 weeks of exercise to notice any significant changes in your body :)

	Warm Up	Work Out
Day 1	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 20 basic squats • 20 sumo squats • 30 second rest • 20 basic squats • 20 sumo squats • 30 second rest • 20 basic squats • 20 sumo squats • 1 minute rest • 50-second plank
Day 2	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 5 jumping squats • 20 kickback squats • 1 minute rest • 10 reverse crunches • 25 basic squats • 30 second rest • 50-second plank • Repeat twice
Day 3	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 stationary lunges • 10 squats • 1 minute rest • 10 calf raises • 10 chair dips • 10 wide push-ups • 1 minute rest • 40-second plank • 10 mountain climbers • 15-second flutter kicks • 1 minute rest • Repeat twice
Day 4	Rest	
Day 5	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 jumping jacks • 10 push-ups • 10 squats • 45-second rest • 10 walking lunges • 10 donkey kicks (on each leg) • 10 chair dips • 45-second rest • 10 crunches • 10 full sit-ups • 30-second plank • 45-second rest • Repeat twice

	Warm Up	Work Out
Day 6	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 10 reverse crunches • 30 narrow squats • 30 second rest • 20-second flutter kicks • 25 kickback squats • 30 second rest • 30 narrow squats • 5 jumping squats • 1 minute rest • 50-second plank • Repeat Twice
Day 7	<ul style="list-style-type: none"> • 1 min jog on spot • 30 sec jumping jacks • 30 sec knee ups • 1 min sideways shuffles each side • Windmill stretch (10 repetitions) 	<ul style="list-style-type: none"> • 30 basic squats • 40 full sit ups • 1 minute rest • 30 sumo squats • 10 reverse crunches • 30 second rest • 20-second flutter kicks • 20 basic squats • 30 second rest • 50-second plank • Repeat twice

Once you're done with week 4, do it again;
then you'll do **week 3, week 2, week 1**
and then you're done!

Feel free to continue doing the programme
this way (forwards and then backwards) to
reach your body goals...

So get to it and remember to keep the instructions
handy to ensure you're doing the exercises correctly.



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Author | Vanessa Phillips

Editor | Grant Paul Roy

Designer | Melissa Goslett