

WEEKS 18 & 2

WEEKS 1 & 2

TO DO	Week 1 DONE	Week 2 DONE
Full Body Workout 1		
30-40 Minutes LISS		
Full Body Workout 2		
30-40 Minutes LISS		
Full Body Workout 3		
30-40 Minutes LISS		
Nutrition: Energy Balance		

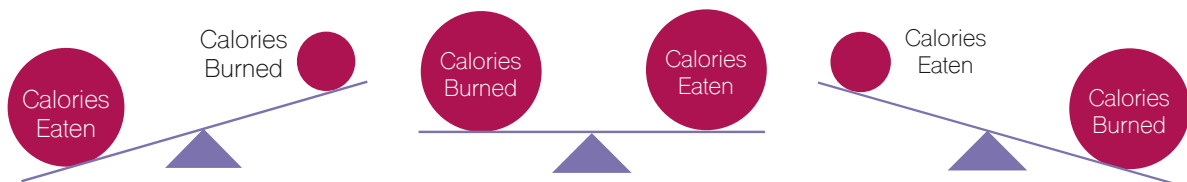
ENERGY BALANCE

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 x 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

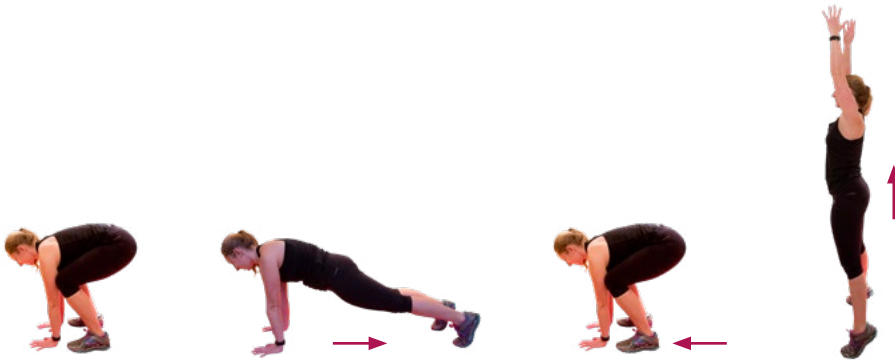
3 Rounds: 30s of each exercise; 20s rest between exercises; 2mins rest between rounds

Equipment: Skipping Ropes | Stretch: Full body at the end

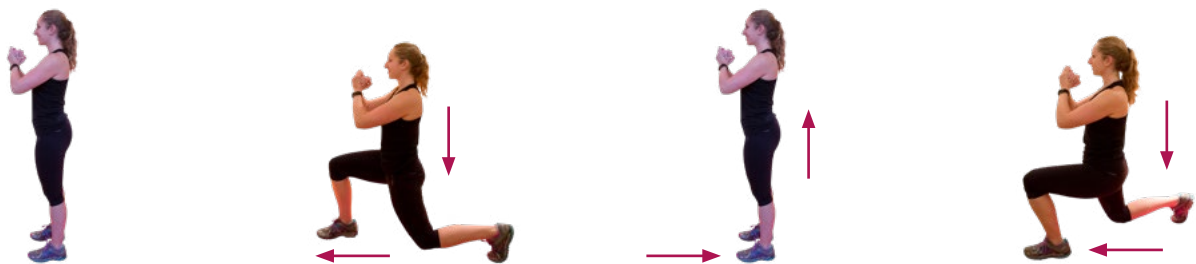
HIGH-LOW PLANK



BURPEES



ALTERNATE FORWARD LUNGES



SKIPPING



HIGH-LOW PLANK

Directions

1. Start in high plank
2. Drop R elbow then L elbow to low plank
3. Bring R hand then L under shoulders to push back up
4. Repeat

Safety

- ▶ Ensure hands and elbows always under shoulders
- ▶ Brace abs to keep hips stable. If they're rocking a lot take feet wider

BURPEES

Directions

1. Place hands on floor, close to feet, shoulders over wrists
2. Hop both feet to plank
3. Hop feet back in
4. Jump up, land with knees bent
5. Repeat

Safety

- ▶ Shoulders over wrists
- ▶ Brace abs in plank
- ▶ Ensure to land with legs bent to absorb impact in muscles not joints

ALTERNATE FORWARD LUNGES

Directions

1. Stand with feet under hips
2. Take a long step forward with R leg to lunge until thigh parallel to floor
3. Push back to standing
4. Repeat, alternating legs

Safety

- ▶ Always take a long stride
- ▶ Keep shoulders stacked over hips
- ▶ Drop the back knee towards the floor to find the range

SKIPPING

Directions

1. Stand feet hip width apart
2. Start with rope behind you then swing rope over your head then under your feet – jump each time the rope comes under your feet
3. Repeat

Safety

- ▶ Keep knees soft and stay on balls of feet

CIRCUIT 2 – FULL BODY

3 Rounds: 30s of each exercise; 20s rest between exercises; 2mins rest between rounds

Equipment: None | Stretch: Full body at the end

1 SQUAT – 1 SQUAT JUMP



SINGLE LEG V-SIT

Week 1: Alternate legs

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



REAR LUNGE WITH JUMPING KNEE LIFT

Week 1: 15s each leg

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



SQUAT THRUSTS



1 SQUAT – 1 SQUAT JUMP

Directions

1. Feet wider than hips
2. Squat down and stand up
3. Squat again push floor away to propel into air
4. Land back at the bottom range of the squat and repeat sequence

Safety

- ▶ Chest up & belly in
- ▶ Toes turned out slightly, knees track out in line with middle of trainers so knees safe
- ▶ Ensure to land the jump in a squat to keep load in muscles and not joints

SINGLE LEG V-SIT

Directions

1. Lie on back, arms and legs extended
2. Lift one leg and reach hands towards toes
3. Lower back to starting position and repeat, alternating legs

Safety

- ▶ Chin tucked to keep neck safe
- ▶ Controlled movement

REAR LUNGE WITH JUMPING KNEE LIFT

Directions

1. Step R leg back to lunge dropping knee towards floor
2. Draw R knee to chest and drive through L foot to jump into the air
3. Land and repeat

Safety

- ▶ Tap down if you lose balance
- ▶ Long stride for lunge
- ▶ Keep shoulders stacked over hips in lunge
- ▶ Land from the jump with a bent knee

SQUAT THRUSTS

Directions

1. Start in plank
2. Jump knees in towards chest
3. Jump back to plank
4. Repeat

Safety

- ▶ Keep shoulders over wrists
- ▶ Knees stay close to floor and back flat

CIRCUIT 3 – FULL BODY

3 Rounds: 30s of each exercise; 20s rest between exercises; 2mins rest between rounds

Equipment: None | Stretch: Full body at the end

CROSS MOUNTAIN CLIMBERS



4X SWITCH KICKS – 4X HIGH KNEES



CROUCH TO PLANK

Week 1: Alternate the leading hand

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



SQUAT AND SIDE KICK

Week 1: Alternate legs

Week 2: Round 1 – R leg lifts, Round 2 – L leg lifts, Round 3 – alternate legs



CROSS MOUNTAIN CLIMBERS

Directions

1. Start in plank
2. Bring R knee towards L elbow
3. Hop to switch knees
4. Repeat focusing on range over speed

Safety

- ▶ Keep shoulders over wrists
- ▶ Eyes forwards
- ▶ Knees stay close to floor

4X SWITCH KICKS – 4X HIGH KNEES

Directions

1. Pull elbows in towards ribs
2. Lift one knee then kick
3. Hop to switch legs 4 times
4. Then alternating 4 high knee runs, lifting knees to hip height
5. Repeat sequence

Safety

- ▶ Avoid leaning back too much (keep abs engaged)
- ▶ Standing knee slightly bent
- ▶ Bring the knees to the hands, rather than chest to knees

CROUCH TO PLANK

Directions

1. Crouch down with hands flat on floor close to feet
2. Walk hands forwards to plank
3. Walk hands back towards feet to crouch
4. Repeat

Safety

- ▶ Hands flat on floor
- ▶ Avoid hips sagging in plank

SQUAT AND SIDE KICK

Directions

1. Feet outside of hips
2. Squat down, as you stand up lift one leg out to side keeping standing leg slightly bent
3. Reset and repeat

Safety

- ▶ Chest up & abs braced
- ▶ Toes turned out slightly, knees track out in line with middle of trainers
- ▶ Weight in heels

**THE BEST PROJECT YOU'LL EVER
WORK ON IS YOU. WELL DONE FOR
STARTING, KEEP GOING STRONG**



