

TASTER

PWR FIT

guide

PWR

#moveyourbody

Be Healthy Guide 2.0

Warm Up

Ensure you warm up and stretch before and after every workout.

AT HOME:

- Find some stairs, run up and down those stairs for 1 minute (repeat this 3 times)
- Find a step, complete 10-20 step ups each leg (repeat this 3 times)
- Skip- Use a skipping rope, skip for intervals of 30 seconds on 10 seconds off for a time period of 5 minutes. If you needed longer rest intervals because you are just starting out with exercise then that is fine, skip for 30 seconds, rest for 30 seconds- as long as you are getting your heart rate up!
- Running on the spot as fast as you possibly can- do this for intervals of 30 seconds running, 10 seconds rest for a time period of 5 minutes. Again depending on your fitness levels and ability take longer rest intervals if you need to.
- Use your driveway- run/walk/jog to the letter box and back- do this for a time period of 5 minutes (depending on the length/depth of your driveway).

IN THE GYM:

- 5 minutes of walk/run on the treadmill; see if you can do intervals of running and walking. For example 30 seconds running 1 minute walking at a fast pace on an incline. You can decrease your walking intervals depending on your fitness levels and ability.
- 1000m on the rower as fast as you possibly can, try and do this without any breaks, but if you feel you need to slow down and take a breather then don't feel disheartened it's about doing what YOU can.
- 5 minutes cycling: intervals- 30 seconds hard and fast on a hard resistance, 30 seconds nice easy pace on an easier resistance. Do this for a time period of 5 minutes.
- Cross Trainer intervals- 30 seconds hard and fast on a hard resistance, 30 seconds nice easy pace on an easier resistance. Do this for a time period of 5 minutes.
- Step ups - find a step up block/bench, 15 step ups on the right leg, 15 step ups on the left leg- repeat this for a time frame of 5 minutes. Do this as fast as YOU possibly can, the idea is to get your heart rate up!

AT THE PARK:

- Find some steps- run up and down those steps for 5 minutes, try and alternate your legs- ie. Don't always start running up the stairs on the right leg.
- Run/jog/walk the park field for a time period of -10 minutes, see how many laps you can do of your park field within that 5-10 minutes!
- Use the pathway in your local park to follow- run/jog/walk this as fast as you can for a time period of 5-10 minutes.
- Use the edging of the playground to do step ups on- alternate legs one after the other - do this for a time period of 5 minutes.
- Park your car a 5-10 minute walk/run/cycle (if you own a bike) away from the local park, that will be a warm up in itself!



Workout Planner

WEEK :

DATE:

WEEKLY GOAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Day 1

1
LOWER

Warm up: choose one of the warm up options from the warm up section of the guide.



15 Squats



15 Glute Bridges



20 Lunges (10 per side)



30 High Knees



15 Wide Squats



15 Jump Squats

For beginners complete this workout 3 times through. If you are more advanced complete this workout 4-5 times!
Note: Allow yourself 30 seconds to 1minute rest in-between sets if you need it, especially if you are a complete beginner.
Take your time with each rep to ensure you are doing it correctly.
Use dumbbells to make the exercise more challenging, you can add them to your squats, lunges and glute bridges.
To make the workout more challenging for you increase your repetitions by 5-10 for each exercise.

Day 2

2

FULL

Warm up: choose one of the warm up options from the warm up section of the guide.



15 Squats



15 Push Ups



30 Alternating Lunges



20 Commandos



15 Wide Squats



30 Second Plank



30 High Knees

For beginners complete this workout 3 times through. If you are more advanced complete this workout 4-5 times!
Note: Allow yourself 30 seconds to 1minute rest in-between sets if you need it, especially if you are a complete beginner.
Take your time with each rep to ensure you are doing it correctly.
Use dumbbells to make the exercise more challenging, you can add them to your squats, lunges and reverse flys.
To make the workout more challenging for you increase your repetitions by 5-10 for each exercise.

Day 3

3
FAT
BURNER

Warm up: choose one of the warm up options from the warm up section of the guide.



Mountain Climbers

Jump Squats

Snap Jumps



Cross Jumps

Plank

Wide Jump Squats

For beginners complete each row of 3, 3 times through. If you are more advanced complete each row 4 times through.
Note: Allow yourself 30 seconds to 1minute rest in-between full sets if you need it, especially if you are a complete beginner.
For this particular workout, complete each exercise for 30 seconds, during this 30 seconds you try and do as many reps as you can.
Modify exercises to suit your ability.
To make the workout more challenging for you increase your rounds up to 3-5 times for each row of exercises.

Day 4

4

UPPER

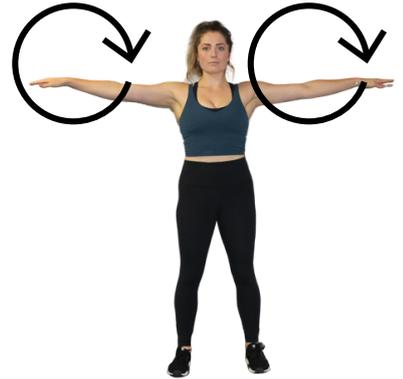
Warm up: choose one of the warm up options from the warm up section of the guide.



20 Commandos



15 Pushups



20 Arm Circles



15 Tricep Pushups



20 Reverse Flys



20 Mountain Climbers

For beginners complete each row of 3, 3 times through. If you are more advanced complete this workout 4-5 times!

Note: Allow yourself 30 seconds to 1minute rest in-between full sets if you need it, especially if you are a complete beginner.

Take your time with each rep to ensure you are doing it correctly.

Use dumbbells if you have them to make the exercise more challenging, you can add them to your arm circles and reverse flys.

To make the workout more challenging for you increase your repetitions by 5-10 for each exercise.

Day 5

5

FULL

Warm up: choose one of the warm up options from the warm up section of the guide.



20 Mountain Climbers



15 Pushups



20 Wide Squats



20 Mountain Climbers



20 Lunges(10 each leg)



15 Tricep Pushups



20 Mountain Climbers



15 Shoulder Push Ups



15 Squats

For beginners complete each row of 3, 3 times through. If you are more advanced complete this workout 4-5 times!

Note: Allow yourself 30 seconds to 1minute rest in-between full sets if you need it, especially if you are a complete beginner.

Take your time with each rep to ensure you are doing it correctly.

Use dumbbells if you have them to make the exercise more challenging, you can add them to your arm circles and reverse flys.

To make the workout more challenging for you increase your repetitions by 5-10 for each exercise.

If you want more and want to give the 12 week workout challenge a go, learn more about nutrition and how to adapt some healthier habits to help you with achieving your health and fitness goals then head over to www.ptwithrenee.com to get your full copy of the guide today!



@pwrfit_



*"Success doesn't come from what you do occasionally
, it will come from what you do
Consistently"*

Renee

XX