

FIRST 28 DAYS STRENGTH TRAINING PLANNER

OUR 10 MINUTE STRENGTH WORKOUTS COME WITH THEIR OWN WARM UP BUT YOU MAY WANT TO DO SOME EXTRA MOVES THAT YOU KNOW ARE GOOD FOR YOU - THINK ABOUT WHERE YOU NEED TO RELEASE, RELAX AND CALM. EACH VIDEO NATURALLY EASES OFF AT THE END HOWEVER MAKE SURE YOU DO YOUR OWN STRETCHES OR HOW ABOUT COMBINING WITH OUR 10 MINUTE OR EXPRESS PILATES VIDEO? YOU COULD USE THESE DIRECTLY AFTERWARDS OR ON ALTERNATE DAYS OR JUST AT OPPOSITE ENDS OF THE SAME DAY. IN THIS PLANNER WE BUILD SO THAT YOU END UP DOING EACH WORKOUT 3 X WEEK. WE REALLY RECOMMEND ALSO CARDIO MOVEMENT - E.G. WALKING DAILY OR WHATEVER YOU ENJOY!

DAY 1
10 MIN
STRONG
LEGS/
SHOULDERS

DAY 2
10 MIN
STRONG
ABS/ARMS

DAY 3
10 MIN
STRONG
HAMSTRING/B
BACK/CHEST

DAY 4
REST DAY - OR
TRY SOME
PILATES!

DAY 5
10 MIN
STRONG
LEGS/
SHOULDERS

DAY 6
10 MIN
STRONG
ABS/ARMS

DAY 7
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 8
REST DAY - OR
TRY SOME
PILATES!

DAY 9
10 MIN
STRONG
LEGS/
SHOULDERS

DAY 10
10 MIN
STRONG
ABS/ARMS

DAY 11
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 12
10 MIN
STRONG
LEGS/
SHOULDERS

DAY 13
10 MIN
STRONG
ABS/ARMS

DAY 14
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 15
REST DAY - OR
TRY SOME
PILATES!

DAY 16
10 MIN
STRONG
LEGS/
SHOULDERS &
ABS/ARM

DAY 17
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 18
10 MIN
STRONG
ABS/ARMS

DAY 19
10 MIN
STRONG
LEGS/
SHOULDERS &
HAMS/G/B&C

DAY 20
REST DAY - OR
TRY SOME
PILATES!

DAY 21
10 MIN
STRONG
LEGS/
SHOULDERS &
ABS/ARM

DAY 22
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 23
10 MIN
STRONG
LEGS/
SHOULDERS &
ABS/ARM

DAY 24
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 25
10 MIN
STRONG
LEGS/
SHOULDERS &
ABS/ARM

DAY 26
10 MIN
STRONG
HAMS/GLUT/
BACK/CHEST

DAY 27
REST DAY - OR
TRY SOME
PILATES!

DAY 28
TRY ALL 3, 10
MIN
WORKOUTS IN
ONE DAY!

DID YOU MANAGE ALL 3 WORKOUTS IN ONE DAY? WE THINK YOU ARE READY TO TRY SOME OF OUR LONGER WORKOUTS! YOU CAN FREE TRIAL OUR LIVE STRONG CLASS OR OUR ON DEMAND STRONG - GIVE US A SHOUT AND WE WILL POINT YOU IN THE RIGHT DIRECTION - SEND US A MESSAGE VIA YOUR CHAT INBOX.