

# THE ULTIMATE BODY TONE



EBOOK

Anthony Ward

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# THE ULTIMATE BODY TONE

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# WELCOME!



Welcome to The Ultimate Body Tone e-book and a huge congratulations for taking your first steps towards a defined and more toned you!

This Ebook will literally walk you through the process of achieving a toned body, along with all the amazing health benefits that will naturally happen on your journey. The Ultimate Body Tone program is designed so that you can easily navigate your way through the exercise routines along with adopting clean eating habits no matter what your level of fitness is.

I can help you achieve the ultimate toned body because all our exercises, eating plans and key principles are the very ones that we follow ourselves and are based on science, experience and ancient wisdom!



I created this e-book to fast track you to reaching your fitness goals by taking the guess work away and steering you away from the potential failures.

I have dedicated the best part of our adult lives to understanding what it takes to reach optimal fitness and health. I didn't learn everything at once. Instead, I worked at mastering one area at a time to eventually understand the bigger picture and, believe us, the entire journey was worth it!

So, from this e-book you will have the necessary tools for achieving the ultimate toned body. We'll guide you through body types, age and mindset plus the foods to eat and avoid. You'll also have access to our very own bulletproof training program!

This program is made up of 22 ultimate exercises for all levels of fitness. Each one is explained in picture and video tutorials to help you master the technique and maximise your results. After all, your gains will only come if you're doing it right!

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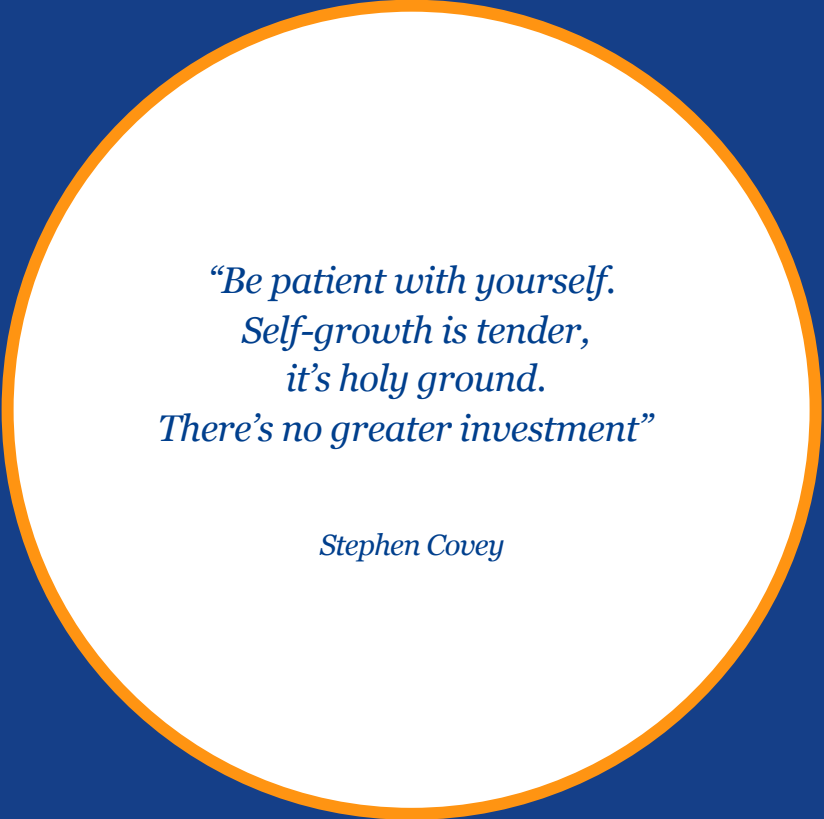




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## Chapter 1

# FOUNDATIONS



*“Be patient with yourself.  
Self-growth is tender,  
it’s holy ground.  
There’s no greater investment”*

*Stephen Covey*

## BODY TYPES



Firstly, let's establish what body type you are, as it's important to understand the genetics you have been given. Each body type has their advantages and disadvantages, but not to be discouraged because you can get to your goal via the best route for you! Let me explain...

### 3 TYPES OF BODY SHAPES:

**ECTOMORPH**  
(fast metabolism)



Long thin muscles with little fat storage.  
Sometimes called hard gainers.

**MESOMORPH**  
(med metabolism)



Wider shoulders with narrow waist and solid structure. Referred to as athletic.

**ENDOMORPH**  
(slow metabolism)



Softer looking body with rounder face and wider hips. Has a higher level of fat storage.

## TRAIN & EAT FOR YOUR BODY TYPE

### **ECTOMORPH** (fast metabolism)

**Diet:** Eat every 2-3 hours, 5-7 meals per day (including snacks) No skipping meals!

**Training:** 3-5 x week, 6-10 reps, 4 sets, challenging lifting, compound exercises mainly. Little to no cardio.

### **MESOMORPH** (med metabolism)

**Diet:** Eat every 3-4 hours, 4-6 meals per day (including snacks)

**Training:** 3-5 x week, 8-12 reps, 3-4 sets, solid lifting, vary exercises. Cardio 2-3 x week.

### **ENDOMORPH** (slow metabolism)

**Diet:** Eat every 4 hours, 4-5 meals per day (including snacks)

**Training:** 3-5 x week, 12-15 reps, 4 sets, HIT training, compound exercises mainly. Cardio every training session.



## AGE

Never underestimate that your age is a controlling factor to the results you'll get from training! We've put together a rough guide for you to gauge how your age will affect your training results, of course there will be exceptions!

### HEALTHY INDIVIDUALS' AGE AND POTENTIAL TRAINING RESULTS

AGE (years)	TRAINING EXPERIENCE	POTENTIAL RESULTS
18 - 35	All healthy individuals irrespective of training experience	Spectacular transformation if dedicated to training and with the correct schedule!
35 - 45	Many to a few years' experience	Fantastic transformation, but again must stay dedicated to training
35 - 45	No experience what so ever	Initially will need to moderate expectations until a few years' experience is notched!
45 +	Little experience	Modest transformations
50+	Untrained	Requires focus on cardiorespiratory fitness first and then work on toning the body!
50+	Decades of experience	Miraculous!

Tailor your goals, priorities and activities according to your age. Also remember the older you get the more prone you are to injuries, you simply can't "get away with it" if your approach is that of a younger person!

Whilst we strongly advise everyone to pay attention to proper exercise technique including adequate recovery time between sessions, it's the older person who pays the price more immediately and with more severity when failing to take the advice on board!

However, that said, age is definitely not the sole limiting factor: the limiting factor is actually the mind! See chapter 3 to get your mind on track!

## REST & RECOVERY

If you want to see results, then rest and recovery are vital to your training program and should never be underestimated. Your muscles will only grow if they are stimulated with the correct workout intensity and then have enough rest & recovery afterwards.

Many dismiss rest & recovery because they fail to understand the two components that make it so important:

- **Systematic Fatigue**
- **Growth & Strength**

Systematic Fatigue is that feeling of being “wiped out” after a particularly demanding workout! Exercises such as squats and bench presses create more systematic fatigue than the same reps and sets of smaller movements found in leg extensions and cable crossovers.

After a workout the body’s priority is to recover from the systematic fatigue. Only after it has fully recovered from the systematic fatigue on the muscle group worked (up to 72 hours) can your body move onto the second component which is to grow and become stronger!

It’s very easy to keep piling on the systematic fatigue through not resting enough because you are so eager to get back into the gym to do another intense workout on the same muscle group! But, not fully recovering from your training will slow down your body’s ability to grow or to become stronger. Long term systematic fatigue results from training too much, too often even at low intensity! If you don’t get over the fatigue your training efforts will be ineffective!

## Remember these rules:

1. Do not work on the same muscle group unless you feel completely recovered and rested from your previous session
2. Do not pile on more fatigue when you already have a stock pile of it inside you
3. When a particular muscle group is sore...REST IT!
4. Follow a program that includes all of these training principles (see chapter 6)

*Don't copy those who have advantages and the assistance you don't have, for example exceptional genetics or drug use to enhance their body's tolerance of exercise.*

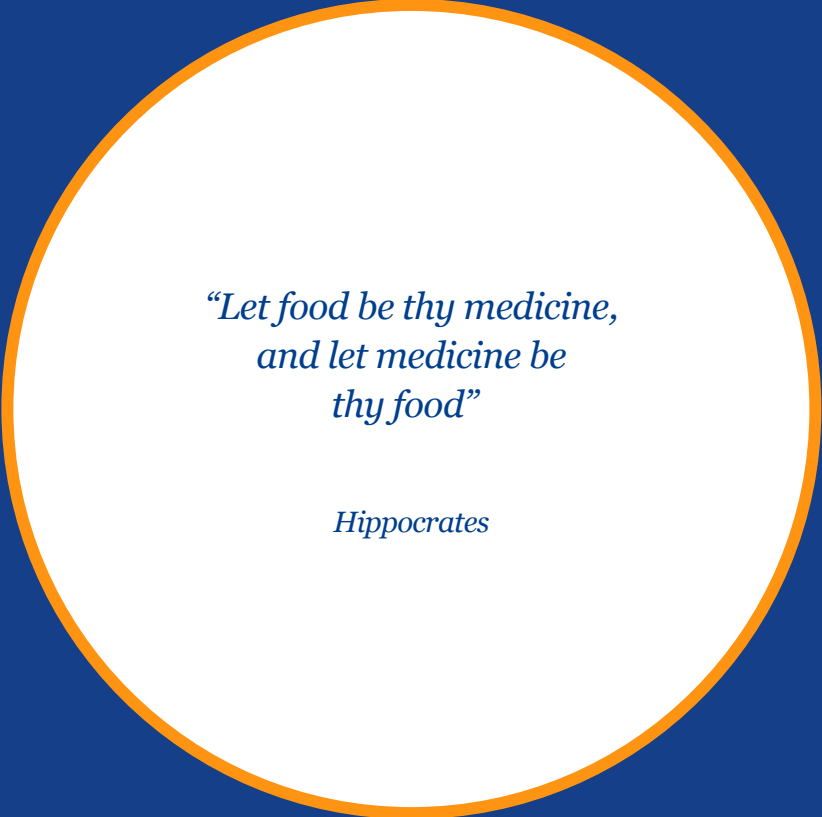


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## Chapter 2

# NUTRITION





*“Let food be thy medicine,  
and let medicine be  
thy food”*

*Hippocrates*

# BASICS OF NUTRITION



Diet and nutrition are equally important in achieving a toned body. As the great Arnold Schwarzenegger once said, “You have to eat right to gain, eat right to lose and eat right to get strong!”

Exercise creates a demand for nutrients to fuel your body, but how much and what kind of nutrient you feed it determines the kind of results you get and when it’s right they’ll be the results you want.

Understanding nutrition is more than just knowing what the nutrients are and how they affect the body, it’s about knowing how to apply the information to your own needs according to your body type and how you train.

In this chapter we will guide you through what, why and how important nutrients. Later in Chapter 5, you’ll see how they come together to support your training in a nutritional diet plan.

Macronutrient is the term given to describe the main nutrients that are essential for the body to function. They are required in relatively large amounts (in gram range) and can only be obtained through diet.

## ENERGY PROVIDING MACRONUTRIENTS

### PROTEIN

Protein is made up of 20 amino acids which are the building blocks for muscle tissue growth and repair. It is also a component of all our organs and the structure of bone and tendons. It's required for many bodily functions involving enzymes, which are proteins.

### CARBOHYDRATES

Known more commonly as carbs they are all sugars. They provide fuel for the central nervous system, energy for working muscles, prevent protein from being used as an energy source, enable fat metabolism and are important for brain function. They are classified as simple or complex. The differences being in the chemical structure and how quickly the sugar is absorbed and digested.

### FATS

This nutrient contains the most densely packed energy source and in food comes in several forms, including saturated, monounsaturated, and polyunsaturated. In the body Fats serve not only as an energy source but cushion and protect the major organs and act as the body's insulator protecting it from heat and cold.

## ENERGY CONTENT OF MACRONUTRIENTS

MACRONUTRIENT	CALORIES p/gram	
PROTEIN	4	The last to be used for energy. In extreme starvation, the muscles in the body are used to provide energy. This is called muscle wastage
CARBOHYDRATE	4	The main source of energy. When in excess, it is stored in the liver as Glycogen
FAT	9	Extra fat is stored in adipose tissue and is burnt when the body has run out of carbohydrates

(Just for reference: Alcohol 1g = 7 calories)

## NON-ENERGY PROVIDING MACRONUTRIENTS

Exactly as described these two macronutrients do not provide energy, but are still important for the functioning of the body:

### WATER

Water is needed to transport nutrients to your cells and transport waste out of the body. Water helps form the structures of protein and glycogen. Muscles are made of up to 72% water which is needed to flex your muscles. If your body is dehydrated, your muscles will be deprived of electrolytes which cause them to cramp.

### FIBRE

Also known as roughage, it's the indigestible part of plant foods that travels through our digestive system. It consists mostly of carbohydrates, however, because it is not easily absorbed by the body, not much of the sugars and starches get into the blood stream. It is a crucial part of nutrition, health, and fuel for gut bacteria.



## MICRONUTRIENTS

They consist of vitamins and minerals required in smaller amounts than macronutrients. They are equally important in keeping the body functioning and help transform food into energy that your cells can use.

### VITAMINS

Vitamins are organic compounds made by plants and animals which can be broken down by heat, acid or air. They are necessary for energy production, immune function, blood clotting and other functions. They are either water or fat soluble.

**WATER SOLUBLE:** dissolve in water, not stored in your body and are flushed out with urine when consumed in excess.

**FAT-SOLUBLE:** do not dissolve in water. They're absorbed when consumed alongside a source of fat and stored in your liver and fatty tissues for future use.

### MINERALS

Minerals are inorganic, exist in soil or water and cannot be broken down. They have an important role in growth, bone health, fluid balance and several other processes. Some minerals are needed in larger amounts than others, e.g. calcium, phosphorus, magnesium, sodium, potassium and chloride. Others are required in smaller quantities and are sometimes called trace minerals, e.g. iron, zinc, iodine, fluoride, selenium and copper. Despite being required in smaller amounts they are no less important.

# NUTRIENT REQUIREMENTS

It's important to get the right balance of nutrients before and after your workout plus in the recovery period between workouts to get the best results and meet your fitness goals.

## PRE-WORKOUT

Your pre-exercise meal should be high in protein and carbohydrate, but low in fat and ideally taken at least 3-4 hours before a training session.

However, if this is not possible then aim for a small snack 45 to 60 minutes before the session, choose foods that are simple to digest and contain mainly carbs and some protein.

Bear in mind that the sooner you eat before your workout, the smaller and simpler the meal should be

### PROTEIN

Eating protein 3-4 hours before a workout improves:

- Muscle growth
- Increases muscle recovery
- Increases strength and lean body mass
- Increases muscle performance

You don't need much protein to stimulate this effect: 10 to 20 grams is all that's required. A glass of milk has about 10 grams of protein and you really don't need expensive protein powders either!

### CARBOHYDRATES

- Your muscles use the glucose from carbohydrates for fuel
- Glycogen is the way the body processes and stores glucose, mainly in the liver and muscles
- For short and high-intensity exercise, your glycogen stores are your muscles' main source of energy.

Aim to eat 50 grams of carbohydrate at least 3-4 hours before your workout.

### WATER

It cannot be stressed enough that you need to stay well hydrated. You should aim to drink about 1/2 litre of water at least four hours before exercise and 300ml 10 –15 minutes before exercise.

## POST-WORKOUT

After your workout, your body looks to restore its glycogen stores and repair muscle. Therefore, it is especially important to eat carbs and protein after your workout at a ratio of about 2:1 (carbs to protein) to help your body:

- Decrease muscle protein breakdown
- Increase muscle protein growth
- Replenish glycogen stores
- Improve recovery

### PROTEIN

Take in around 20 to 30 grams of protein with carbohydrate within 30 minutes of your session.

Aim for between 1-1.8 grams of protein per kilogram of body weight per day if your training is fairly intense.

Less may be appropriate for lighter training programs.

### CARBOHYDRATES

You'll need between 50 to 100 grams of carbohydrate soon after your session. Just for reference two slices of bread and honey is about 50 grams.

For general body tone training and/or weight training you should aim for about 2 to 3 grams of carbohydrate per pound of bodyweight each day that you are training.

### WATER

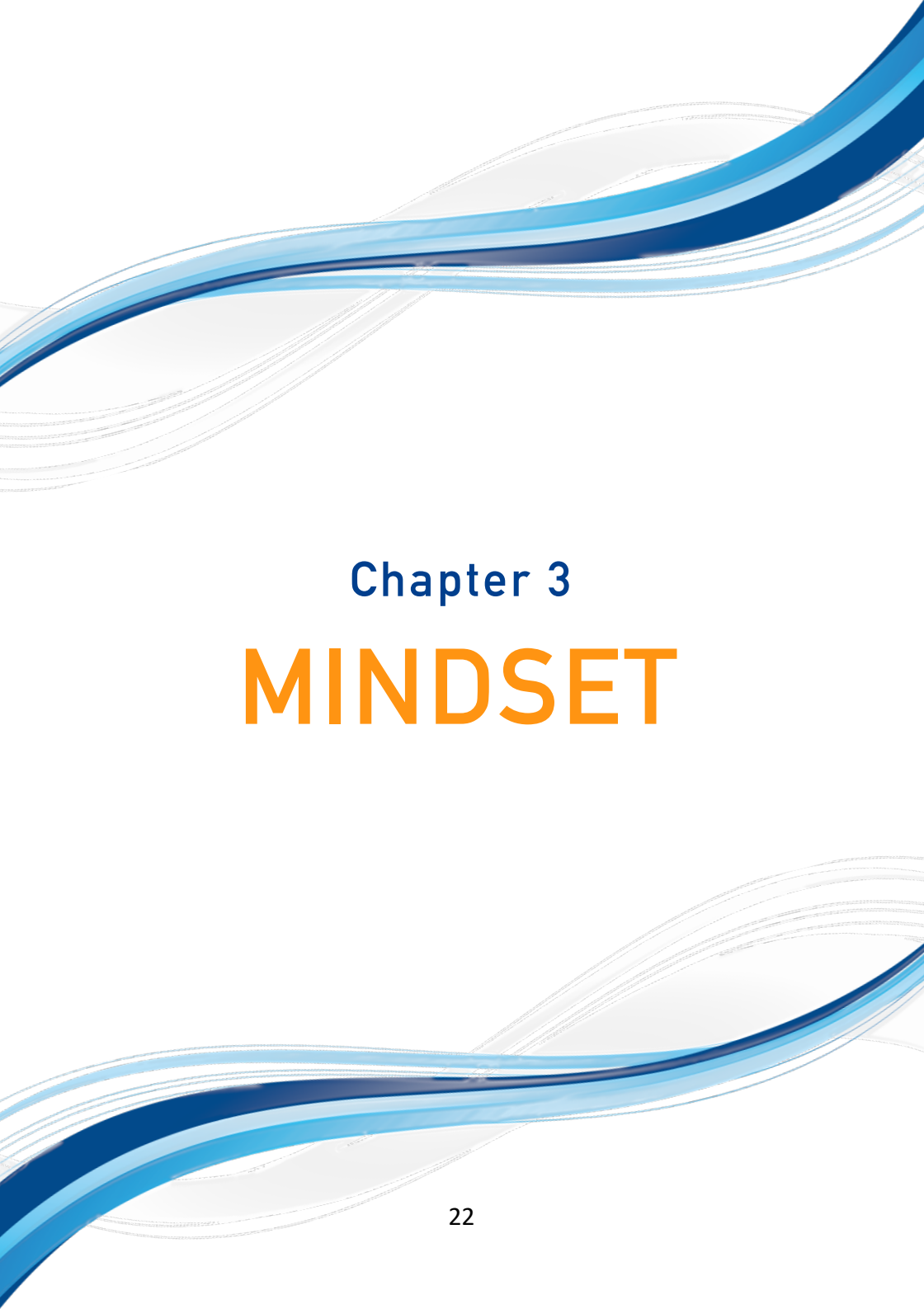
Within the first hour drink enough water to replace what you have lost plus about 50% extra for the post-exercise energy expenditure, especially if you plan training again that day. A great way to measure hydration is to check the colour of your urine. Dark, concentrated urine indicate dehydration Your urine should be fairly light in colour.

### FATS

Omega 3 fatty acids, found in fish and eggs, help to boost the synthesis of muscle proteins and increase the size of muscle cells. Evidence shows that the oil from fatty fish reduces muscle soreness after resistance training.


Remember that your body must be fuelled by clean, healthy food. The above are only recommendations so you may need to fine-tune these to fit your needs and training. For eating right see Chapter 5...



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## Chapter 3

# MINDSET



*“Mind!  
The most  
powerful tool”*

*Arnold Schwarzenegger*

## HARD WORK



It's incredibly important to grasp the concept that your body will not fully respond to your workout until you learn how to control your mind!

The mind is a valuable asset if used correctly, it can either work against you if used negatively or it can give you the body that lives up to your every expectation if used positively!

My own mindset is centred around a few words that have never let me down, hard work, dedication and consistency, I call this HDC! I guarantee these magic words will give you results too, so let's break them down and attach some meaning to them:



In order to earn the right of passage to success you must adopt a mind that isn't afraid to put in the hours, stay focused and have the strength to say "no" to distractions. However, you must also be comfortable with failure because success doesn't happen overnight.

There are more failures during the journey than most people allow themselves to admit! If you flip failure in to a positive it can be a great learning tool because it defines limits for you, for example it can let you know which part of your training routine is and isn't working for you, it can be a true motivator so don't let it discourage you.



**REMEMBER!** it's not failure we back away from but rather the fear of failure, and this gets in the way and stops you from working really hard!



My advice to you is that when you hit failure train even harder and remember why hard work really matters:



### **IT HELPS BUILD DISCIPLINE**

Athletes who win gold have invested years of their life into training, building the right qualities to become a champion and developing the mindset of a winner! Therefore, hard work and the time it takes makes you who you have to turn into in order to live the life you want.



### **YOU'LL APPRECIATE CORE VALUES**

Hard work gives you a specific purpose that helps you push past laziness, procrastination, doubts, insecurities, fear of failure and any other bad habits.



### **YOU GET RESULTS**

Seeing results makes you feel accomplished, grateful and truly satisfied with what you're doing. Results help you find the strength to persevere and push past the pain barrier.



### **IT'S THE PRICE YOU PAY FOR WHAT YOU GET**

Success comes from putting in the hard work before receiving anything in return after all if success was free, everyone would have it! By working hard on what you want you'll understand its true value and respect the work itself!

## DEDICATION

The time, effort, commitment and focus you put into your training comes down to dedication. You can be shown how to change with training programs, but to make the change actually happen depends on how dedicated you are!

You have to put your mind to it and not just train for a while! Without dedication you'll give up. If you truly want to make changes to how your body feels and looks you must be dedicated and committed to the cause no matter what and then you'll achieve your goal!

Applying the mindset for dedication is a matter of looking at your goals from a different perspective. First of all, don't think about the results instead focus on the process: set a training schedule, show up and importantly focus on not quitting! You can cultivate dedication by enjoying the process that will eventually become a habit and then form a life-long way of living.

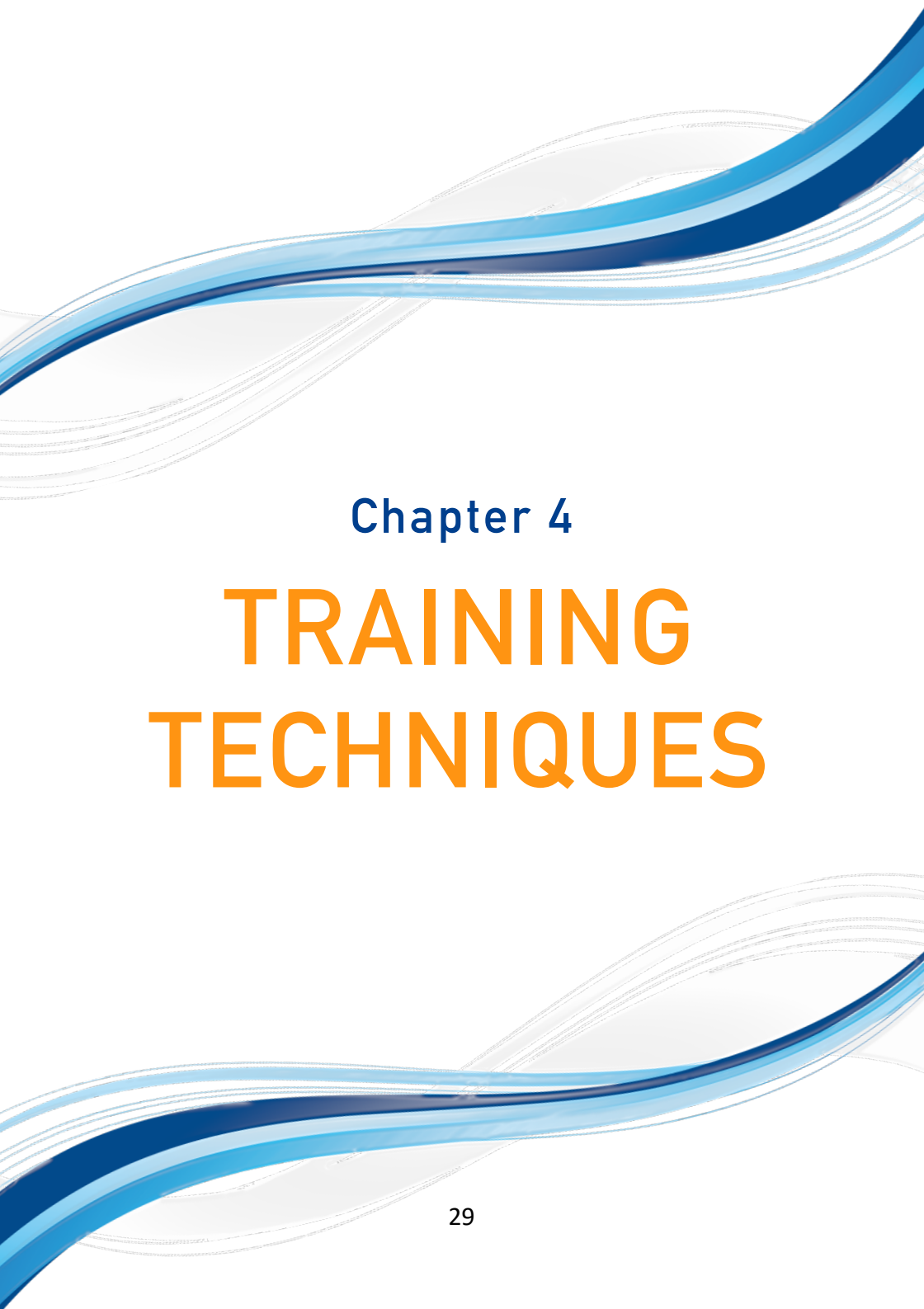


## CONSISTENCY

Consistently working out is where your best results will come from. You can work hard and be the most dedicated person in the world, but if your training is stop start, it will be extremely difficult to reach your fitness goals. Incorporating a consistent training routine into your lifestyle can be quite challenging at the beginning, but as you exercise week in, week out, you will naturally start to develop a positive training habit and exercise will suddenly become automatic.

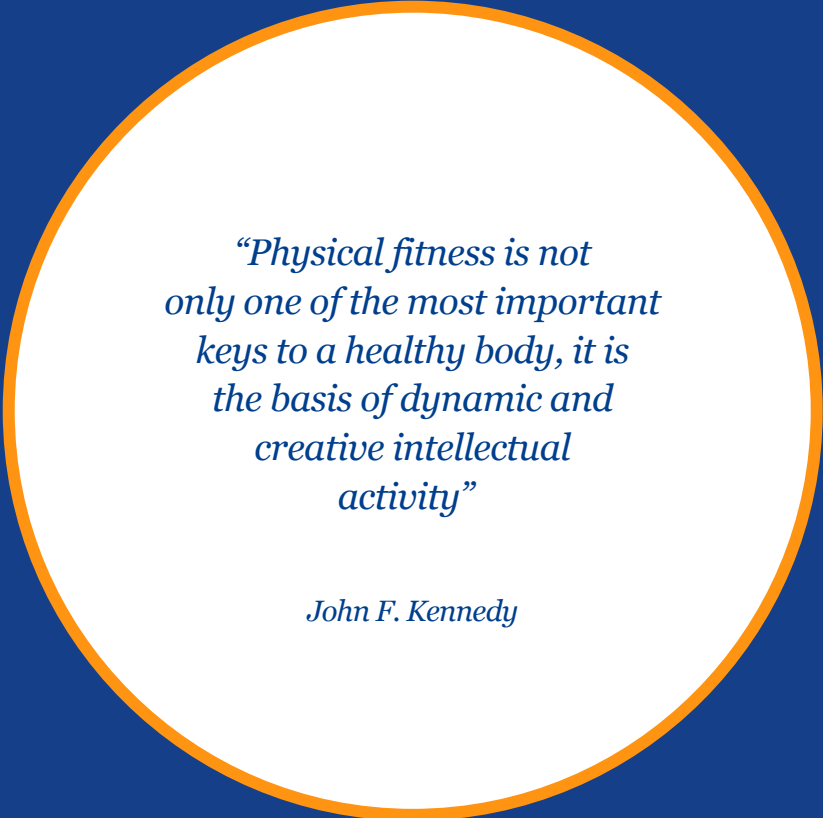
When you are at point of training consistently without having to think about it, your confidence will dramatically improve and your enjoyment for training will supersede all your expectations. Training will become exciting and your motivation for achieving a toned body will be in your sight. Also, by this time your body will look more defined along with a stronger mind, so positive vibes all around!



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## Chapter 4

# TRAINING TECHNIQUES



*“Physical fitness is not  
only one of the most important  
keys to a healthy body, it is  
the basis of dynamic and  
creative intellectual  
activity”*

*John F. Kennedy*

# INTRODUCTION TO TRAINING TECHNIQUES

First thing let's get the techniques on point! I can't stress enough how important getting your form absolutely spot on is to firstly avoid injury and secondly to maximise the best results possible.

Before you tuck into the program cast you eye over the techniques especially if you are new to these exercises. You will find all the necessary teaching points and muscles targeted.



## MY TOP TIPS BEFORE YOU START TRAINING

- Warm up for 5 mins on any piece of cardio (medium pace)
- Stretch once muscles are warm to avoid any potential injuries
- Wear comfortable training clothing to perform exercises correctly
- Bring water with you when training to keep yourself well hydrated
- Eat about 1-2hrs before your training (see chapter 2 on Nutrition)

Okay Peeps, Now.... Let's Get Busy!

Training Techniques

# BEGINNER LEVEL



## SQUATS BEGINNERS

START



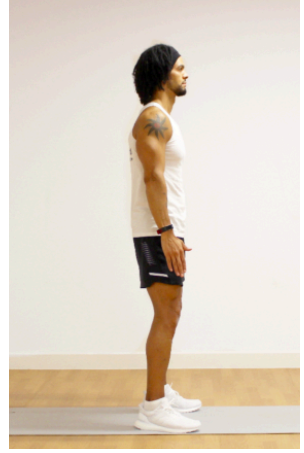
- Stand with feet shoulder width apart
- Keep shoulders back with arms to the side
- Look forward and keep abs tight

MIDDLE



- Inhale and slowly come down keeping heels on the floor
- Try to end with hamstrings parallel with the floor
- Keep head forwards, shoulders back and core tight

END



- Exhale pushing through your heels keeping feet flat
- Maintain good posture as you come to the top
- Keep eyes on fixed spot to help with balance
- Repeat the sequence

### MUSCLES TARGETED

#### QUADRICEPS, HAMSTRINGS AND GLUTES

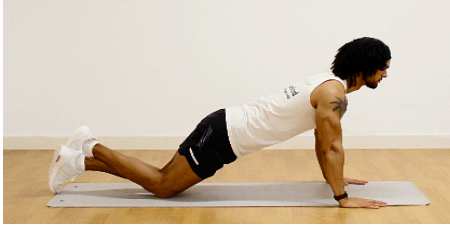
- Squats are a great strength building exercise for lower body
- They are also a great fat burning exercise too as they work all the muscles in your lower body in one movement

#### NOTE

*Remember to keep your knees behind your toes when squatting as this will reduce risk of injury. Make sure you master your technique before increasing the weight.*

## PRESS-UPS ON KNEES **BEGINNERS**

### START



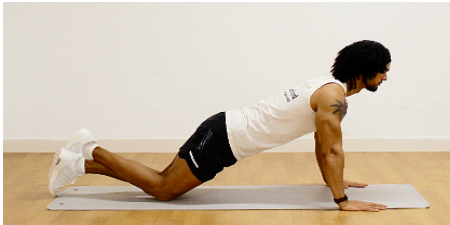
- Place your hands on the ground, shoulder width apart
- Fingers slightly spread and pointing forward
- Knees touching the floor
- Feet crossed behind you
- Look slightly forward

### MIDDLE



- From your knees lower your torso to the ground
- Elbows should form a 90° angle
- You can let your elbows flare out slightly as in a standard push-up or keep them close to your torso as in a triceps push-up
- Your butt should not be sticking up in the air
- Engage your core as much as possible

### END



- Push down into the palms of your hands to raise back up
- Keep knees in contact with the floor
- Arms should be straight as in the starting position
- Repeat the sequence
- When you begin to fatigue stop to avoid compromising the form and causing injury to yourself

## MUSCLES TARGETED

### PECTORALS, TRICEPS AND CORE

- Push-up exercises provide an intense workout to your chest, arms, shoulders and core
- It is a complex motion whereby your arms and shoulders rotate slightly as you lower your body weight, requiring balance and strength to perform the motion smoothly

### NOTE

*If knee push-ups bother your kneecaps the try keeping your shins on the ground instead of raising your feet in the air.*

## SPLIT SQUATS BEGINNERS

START



MIDDLE



END



- Position yourself in a staggered stance with hands on hips
- Rear foot on toes and front foot forward
- Knees should be slightly bent
- Upper body stays upright and aligned with abs contracted
- Look forward
- Without moving your feet lower down by flexing your back knee towards the floor
- Do not touch the floor
- Keep front knee in line with your front foot
- At the bottom of the movement drive through the front heel to lift yourself back up
- Return to starting position
- Repeat the sequence according to your workout schedule
- Perform the same movement on the other leg

### MUSCLES TARGETED

#### QUADRICEPS, GLUTES AND HAMSTRINGS

- Split squats work the thigh muscles as well as the glutes
- The target muscles are the quads with the glutes working to assist
- The hamstring and glutes act as stabilisers
- Strengthening the glute and upper leg muscles provides additional support for the back

#### NOTE

*The longer your lunge, the more your glutes are worked. If you use a shorter lunge, the quadriceps are worked more.*

## LOW BODY ROWS **BEGINNERS**

### START



- Position yourself under a low bar (about waist height)
- Hold the bar with an overhand grip, shoulder width apart
- Keep wrist neutral (straight, not flexed)
- Arms extended in a relaxed hanging position
- Legs extended in front of you with knees soft and heels on the floor
- Body is straight from crown of the head to tip of tailbone

### MIDDLE



- Exhale as you pull up towards the bar
- Lead with your chest until sternum hits the bar (or close)
- Pinch shoulder blades together during the pull up
- Elbows in tight to your body, fully flexed and pointing behind you
- Engage all your core muscles including glutes to stabilize you
- Contract your thighs
- Do not round or arch your back

### END



- Inhale as you lower down in a controlled manner
- Maintain a lengthened neutral spine throughout
- Do not flex or extend your neck
- Shoulders are relaxed
- Arms are fully extended
- Elbows should reach full lockout in end position
- Repeat sequence

### MUSCLES TARGETED

#### LATS, RHOMBOIDS, REAR DELTOIDS, TRAPS AND CORE

- Upper back muscles are essential for stability and mobility of the shoulder joint
- Strengthening these muscles helps to improve and maintain a good posture
- Strong core muscles stabilise the body and help to maintain good form

#### BICEPS & FOREARMS

- The pulling action of this exercise develops the strength in your upper and lower arms. This will also improve your grip strength which will benefit you in other exercises

#### NOTE

*This exercise strengthens your whole body to be better at pulling as it builds a strong, back, core, shoulders, and arms.*

## PRESS-UPS BEGINNERS

### START



- Place your hands shoulder width apart on the mat
- Fingers slightly spread out and pointing forward
- Arms straight and supporting your weight
- Legs should be extended straight out behind you
- Feet wider apart makes the exercise easier
- Feet closer together makes the exercise harder
- Head to heel should be a straight line
- Do not dip the hips
- Your head should be looking slightly ahead of you

### MIDDLE



- Initiate the move by bending your elbows to a 90° angle or smaller
- Lower chest towards the floor
- Flaring elbows out to sides works chest harder but puts pressure on the shoulders
- Keeping elbows at the sides works triceps more
- Keep hips in line with shoulders
- The closer your chest to the floor the greater you move through a full range of motion

### END



- Push against the ground to raise back up to starting position
- The deeper you go the more muscle fibres you activate
- Keep reps slow to work muscles harder

## MUSCLES TARGETED

### PECTORAL, TRICEPS, AND DELTOIDS

- The deltoids and pectoral muscles work to horizontally adduct the upper arms during the upward phase of a push-up
- The triceps are also worked to extend the elbow joints to fully extend the arms

### NOTE

*Do not compromise on form especially as you begin to fatigue on the last few reps. As soon as you do one bad form push up you should stop. Allow your muscles time to rebuild and recover therefore leave at least 48 hours in between your push-ups. Build up your core by doing planks as this will help keep it strong so that it is not the weakest link in your push-ups.*

## DIPS ON BENCH **BEGINNERS**

### START



- Place a bench behind your back
- Place hands palm down on edge of bench shoulder width apart
- Arms extended but not locked
- Walk your feet out slightly so that your bum is in front of the bench
- Legs extended forward and slightly bent at the knees
- Heels on the ground
- Look forward

### MIDDLE



- Inhale as you slowly lower your body by bending the elbows and keeping torso straight
- Lower until you are just hovering above the ground
- Triceps and forearms should be perpendicular to each other (90 degrees).
- Keep elbows pointing backward and as close as possible to your body throughout the movement

### END



- Lift yourself back to the start position by using your triceps
- Legs should remain still
- Keep shoulders back and squared
- Engage the upper back before you start by pulling your shoulder blades together (this helps keep the shoulders in a safe position)
- Repeat the sequence

## MUSCLES TARGETED

### TRICEPS

- Dips are a great body weight exercise that isolates the triceps and core

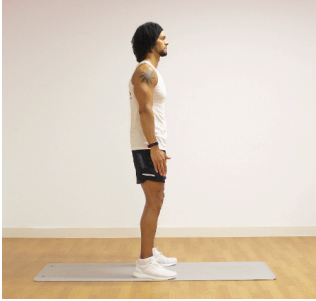
### NOTE

*To make the exercise more challenging place your legs on top of another flat bench in front of you and perform exercise as outlined above. Be aware that bench dips can be extremely hard on the shoulders especially if you have previously injured them.*



## BURPEES BEGINNERS

START



- Stand with feet flat on mat, shoulder width apart
- Arms by your side

POSITION 2



- Lower into a squatting position
- Hands on the mat in front of

POSITION 3



- Keeping arms extended kick feet back into a push up position
- Abs tight, with straight shoulder, hip, knee and ankle alignment

POSITION 4



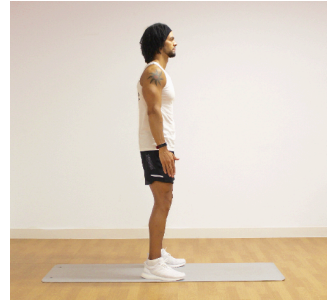
- Thrust your knees towards your hands to return to a squat

POSITION 5



- Explode upward from the balls off your feet
- Fully extend your hips
- Squeeze your glutes

END



- Land back on the mat in the starting position with soft knees
- Repeat

### MUSCLES TARGETED

#### DELTOIDS, TRICEPS, GLUTES, QUADS, HAMSTRINGS & CORE MUSCLES

- Burpees target a wide range of muscles making this an all round strength and conditioning exercise

#### NOTE

*Many skeletal muscles are involved in burpees which can dramatically elevate your heart rate therefore ensure you maintain good hydration.*



## ABDOMINAL CRUNCHES **BEGINNERS**

### START



- Lie on your back on a mat
- Knees bent at 90°
- Feet flat on the mat
- Hands touching your thighs
- Tighten your stomach muscles and pull belly button towards your spine

### MIDDLE



- Whilst exhaling lift your shoulder blades and upper back off the mat with hands sliding towards your knees
- Do not tilt your tailbone upward
- Curl up pulling your ribcage towards your pelvis

### END



- Inhale and slowly release your upper body back to the mat to complete one repetition

## MUSCLES TARGETED

### RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- They run vertically along the front of the stomach
- These are the primary muscles that are targeted when performing a crunch

### OBLIQUES

- Consist of internal and external obliques running diagonally along the sides of the body
- They act as synergists which assist the rectus abdominus
- These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

### NOTE

*This core-strengthening exercise can help improve your balance and posture if performed regularly.*

Training Techniques

# INTERMEDIATE LEVEL

## PLANK INTERMEDIATE

### START



- Plant your hands on the mat directly under your shoulders and slightly more than shoulder width apart
- Bend your elbows 90° directly beneath your shoulders
- Ground your toes on the mat with legs fully extended
- Squeeze the glutes to stabilise your body
- You should be in straight line from your head to your heels

### MUSCLES TARGETED

#### **ABDOMINALS, OBLIQUES, QUADRICEPS, HAMSTRINGS, GLUTES AND TRAPS**

- This exercise builds strength and flexibility of all the targeted muscles especially around your core area

#### **NOTE**

*Correct form is essential to maximize the effectiveness of this exercise therefore avoid the following bad habits:*

1. *Not focusing on fully contracting abdominal muscles*
2. *Arching and rounding the back*
3. *Lifting the butt up too high*
4. *Keeping the head up*

## WALKING LUNGES **INTERMEDIATE**

START



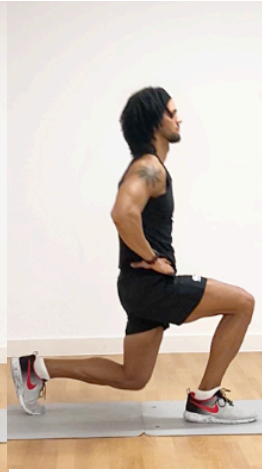
POSITION 1



POSITION 2



END



- Begin with feet shoulder width apart and hands on hips
- Keep core tight
- Body upright
- Facing forward
- Step forward with one leg
- Flexing at the knees to drop your hips
- Lower until your rear knee nearly touches the ground
- Your posture should remain upright
- Your lead knee must remain above the front foot
- Raise yourself up by driving through the heel of your lead foot
- Push your rear foot off the floor to meet the leading foot
- Keep body upright
- Repeat the lunge by moving the leg forward that was previously trailing

### MUSCLES TARGETED

#### QUADRICEPS, HAMSTRINGS, GLUTES, AND CORE

- Walking Lunges are a great strength training exercise for the legs and bum
- When done properly, Walking Lunges can also tighten and strengthen your core muscles
- In the first movement you target the glutes, quads and hams when you move your leg forward
- The leg that trails is used for stability and balance and becomes the forward moving leg during the second movement of the walking lunge
- Because each leg is alternately engaged, the Walking Lunge is an intense workout for maximum thigh and glute development

#### NOTE

*To engage the glutes more, take bigger steps. To focus more on your quads, use shorter lunges during the exercise. It is important to achieve good form with the walking lunge before adding weight. As you advance slowly, add weight and variations to the walking lunge exercise. If you have knee injuries or experience pain in any of your joints while performing the walking lunges, stop the exercise and consult your doctor.*

## JUMP SQUATS **INTERMEDIATE**

START



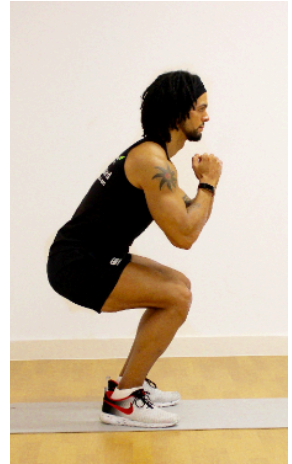
- Stand with feet slightly more than shoulder width apart
- Slowly come down into a squatting position
- Hamstrings parallel with the floor
- Arms extended slightly away from body and bent at elbow for momentum

MIDDLE



- Quickly explode into the air for maximum height
- In mid-air, your body should be as straight as a stick
- Direction of jump should be vertical

END



- Land in the squat position and pause for a moment.
- Explode into the air
- Repeat the sequence

### MUSCLES TARGETED

#### GLUTES, HAMSTRINGS, QUADRICEPS AND CALVES

- The jump squat is a calisthenics, cardiovascular and plyometric exercise targeting the lower body muscles especially the thighs and bum

#### **NOTE**

*If you do the squat jumps too many times in a short duration, you may put too much stress on the joints in the knees. Work out on grass or turf to lessen stress on the knee joints. Concrete or wood floors are too hard and should be used only with padding such as a rubber mat.*

## CHARGES **INTERMEDIATE**

### START



- Resume a plank position
- Hands must be directly underneath your shoulders and shoulder width apart on the bench
- Feet are hip width apart
- Legs and arms are straight
- Tailbone is tucked under with abdominals tightly contracted
- There must be a straight line from the crown of your head to your feet

### MIDDLE



- Draw your right knee into your chest by using your abdominal muscles
- Do not drag your feet along the floor
- Keep shoulders directly above the wrists
- Do not allow your shoulders to move either in front or behind your hands

### END



- Extend your right leg back
- Do not bob your hips
- Maintain a straight line from heels to head
- Draw your left knee into your chest and continue to repeat the sequence
- To increase the cardiovascular effect, increase the speed of your leg motion

## MUSCLES TARGETED

### DELTOIDS & TRICEPS

- The shoulder muscles are activated to stabilize the upper arms
- Triceps are engaged to keep the arms straight

### ABDOMINALS & GLUTES

- During the charges the abdominals and back muscles control hips and sustain core
- The Glutes contract to extend the hip

### QUADRICEPS & HIP FLEXORS

- The quadriceps of your back leg fully engage to keep your leg erect
- Hip flexors work to draw up the knees towards the chest

### NOTE

*Charges are a full body exercise whereby the proper alignment is essential to maximize the muscles involved.*

## BACK RAISES **INTERMEDIATE**

### START



- Lie on your stomach
- Face down, chin touching the mat
- Arms down by your side close to your body
- Palms up
- Legs fully extended behind you touching the mat
- Pull your abdominals in creating a small space between your stomach and the mat

### MIDDLE



- Pull your shoulders down and back
- Inhale and lift your chest 2 inches from the floor
- As you lift ensure your spine is neutral and not arched
- Hold this position until you feel the tension in the lower back muscles (erector spinae)
- Keep your feet on the ground

### END



- Exhale and slowly release down to the floor
- Continue to repeat according to your program
- Perform the raise in a slow and controlled manner
- Only a small movement is required to feel the lower back contraction

## MUSCLES TARGETED

### ERECTOR SPINAE & EXTENSOR MUSCLES

- The erector spinae and extensor muscles on either side of the spine are activated during this exercise
- An excellent exercise to complement crunches and the plank

### CAUTION

*Back Raises are not suitable for those who have a herniated disc, sensitive spinal nerves or extremely overweight.*



## ABDOMINAL CRUNCHES **INTERMEDIATE**

### START



- Lie on your back
- Knees bent
- Feet on the floor
- Cross your arms in front of your chest, elbows facing upwards
- Pull belly button into the base of your spine

### MIDDLE



- While exhaling, lift your upper back off the ground until you feel pressure in the rectus abdominus muscles
- Do not use back, leg or neck muscles!
- Have a fist's worth of space between your chin and chest
- Curl up until your elbows reach your knees
- Hold for one to two seconds

### END



- Inhale as you slowly release back down to the floor
- Begin the next repetition when the head, shoulders and upper back touch the ground

## MUSCLES TARGETED

### RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- They run vertically along the front of the stomach
- These are the primary muscles that are targeted when performing a crunch

### OBLIQUES

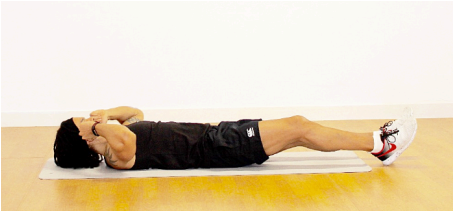
- Consist of internal and external obliques running diagonally along the sides of the body
- They act as synergists which assist the rectus abdominus
- These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

### NOTE

*Crunches must be performed in a steady, gradual manner. Be aware that you may have to work towards crunching all the way up to knees.*

## ABDOMINAL BICYCLES **INTERMEDIATE**

### START



- Lie on your back
- Knees slightly bent
- Feet on the floor
- Hands by your temples
- Press lower back into the floor
- Tighten your abs as you lift your head shoulders and upper back off the floor

### MIDDLE



- Lift your right elbow and left knee toward each other
- Form a 90-degree angle at your hip and knee joint
- Keep your right leg straight
- Beginners – keep right foot on the floor
- Intermediate - hover right knee a few inches from the floor

### END



- Draw your right knee back up
- Immediately move your left elbow and right knee towards each other
- Straighten your left leg
- Continue to repeat as though peddling a bicycle
- Move slowly and methodically to get the most muscle activation out of the exercise

## MUSCLES TARGETED

### RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- This muscle has an upper and lower region
- both are activated, especially during the twisting portion of the bicycle crunch move

### EXTERNAL OBLIQUES

- The muscles at the sides of your waist
- Activated as you rotate your body to bring a shoulder to the opposite knee
- These muscles turn your torso side to side and help you bend sideways at the waist
- Strong obliques help form a stable, well-aligned spine

Training Techniques

# ADVANCED LEVEL

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## JUMPING SPLIT SQUATS **ADVANCED**

---

START



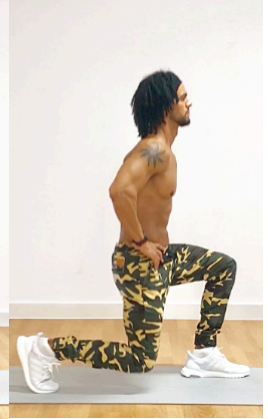
POSITION 1



POSITION 2



END



- Start with hands on hips and jump into a split leg position
- One leg forward and the other back
- Flex the knees and lower at the hips slightly
- Right foot forward
- Left leg is backward resting on your toes
- Without pausing jump into the air again
- As you descend immediately reverse the leg positions
- Repeat for a complete set

### MUSCLES TARGETED

#### QUADRICEPS, HAMSTRINGS, CALVES AND GLUTES

- The split squat jump is a calisthenics, cardiovascular and plyometrics exercise that mainly targets the quads
- The quads are the large muscles running down the front of your thigh and are responsible for extending your knee and hip flexion
- The hamstrings, glutes and calf muscles all work to stabilize your body especially as you push return to standing position from the lunge

#### **NOTE**

*Do not place front foot too far forward as you will be unable to go low (and can lead to injury). The purpose of the movement is to go all the way down and develop full range of motion. The lower you go, the more you can target your quads and glutes.*

## SINGLE LEG PLANK **ADVANCED**

START



- Plant your hands on the mat directly under your shoulders and slightly more than shoulder width apart
- Bend your elbows 90° directly beneath your shoulders
- Ground your toes on the mat with legs fully extended
- Squeeze the glutes to stabilise your body
- You should be in straight line from your head to your heels

POSITION 1



- Slowly lift one foot off the floor as high as feels comfortable
- Keep weight on forearms and toe
- Keep hips parallel to the floor
- Do not lock or hyperextend your knees
- Neutralise the neck and spine by looking at a spot on the floor slightly beyond your hands

POSITION 2



- Lower the foot down to the floor in a controlled manner
- Resume the plank position
- Your head should remain in line with your back
- Keep your back flat and feel your abs being engaged

END



- Slowly lift the other foot off the floor
- Keep core engaged by imagining pulling your belly button towards your spine
- Do not dip the hips
- Repeat the sequence in a slow and controlled manner maintaining the correct form

### MUSCLES TARGETED

#### **ABDOMINALS, OBLIQUES, QUADRICEPS, HAMSTRINGS, GLUTES AND TRAPS**

- This exercise builds strength and flexibility of all the targeted muscles especially around the shoulders, hamstrings and core area

#### **NOTE**

*Correct form is essential to maximize the effectiveness of this exercise therefore avoid the following bad habits:*

1. *Not focusing on fully contracting abdominal muscles*
2. *Arching and rounding the back*
3. *Lifting the butt up too high*
4. *Keeping the head up*

## PULL-UPS **ADVANCED**

START



MIDDLE



END



- Grab the bar with wide overhand grip, knuckles up
  - Hang with arms 90% extended
  - Bend legs at the knees
  - Actively pull shoulders down and back
  - Keep core engaged
  - Lead with your chest and look forwards
- Exhale pulling up in a slow and controlled manner
  - Focus on using all your upper back muscles
  - Elbows out to the side and in line with the shoulders (visualise driving them down towards the floor)
  - Do not move hips forwards
  - You should rise in a straight line
  - Aim to bring chin over the bar
  - Hold for 2 seconds
- Inhale lowering slowly just short of fully extending your arms before rising back up
  - Repeat the sequence

### MUSCLES TARGETED

#### LATISSIMUS DORSI

- Pull ups are a compound exercise working your upper body especially the lats
- Lats are the muscle that adds width to the back and gives the upper body *the V shape* look

#### NOTE

*To recruit more muscle fibres for greater overall strength and to correct any weaknesses try variations between wide, narrow and hammer grip hand positions. Remember, Pull-Ups are about quality, not quantity.*

## DIPS **ADVANCED**

START



MIDDLE



END



- Grab the bar and maintain a strong grip throughout
- Keep body upright and knees bent at 90%
- Engage abdominals to keep form
- Elbows strong and look forwards
- Inhale and lower body in controlled manner
- Drop down until shoulders and elbows are level
- Only go lower if you have a bigger range of movement in shoulders
- Exhale whilst pushing back up to start position
- Maintain strong elbows and avoid turning them in or locking
- Repeat the sequence

### MUSCLES TARGETED

#### LOWER PECTORIALS, DELTOIDS AND TRICEPS

- Dips are an upper-body exercise that not only focuses on building strong triceps but also targets the chest and shoulders
- Triceps and upper-body strength gained from Dips will also improve your Bench Press strength

#### **NOTE**

*A poor grip during Dips will severely limit muscle activation in the rest of the body which will effect stability and reduce the benefits of the exercise.*



## HANGING KNEE RASIES **ADVANCED**

START



MIDDLE



END



- Grab the bar with a shoulder width overhand grip
- Hang with feet off the ground
- Arms can be either straight or you can bend at elbows
- Look forward and focus on one spot
- Engage your core
- Use abs to raise your knees in a controlled manner towards your chest
- Movement should occur at the hips not from the lower back
- Do not shrug shoulders but force them down and back to activate your lats
- Keep torso as still and stable as possible
- Pause when the tops of knees reach the chest
- Lower legs slowly down to starting position
- Spine should remain flat and neutral throughout the movement
- Repeat the sequence

### MUSCLES TARGETED

#### ABDOMINALS & ILIOPSOAS (HIP FLEXORS)

- The hanging knee raise is a core strengthening exercise targeting the abdominals and hip flexors
- This exercise will also increase stability in the upper back, shoulders and arms

#### **NOTE**

Breathing correctly during hanging knee raises is critical! Exhaling through your belly as you raise your legs and not from your chest will prevent your ribs from rising and help to make the movement come from the hips and not from the lower back.

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## ABDOMINAL CRUNCHES **ADVANCED**

---

### START



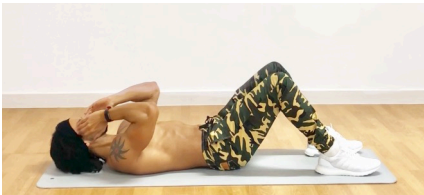
- Lie on your back
- Knees bent
- Feet on the floor
- Hands by your temples and elbows out from your body at about 30° to 45°

### MIDDLE



- While exhaling, lift your shoulder blades off the ground until you feel pressure in the rectus abdominus muscles
- Hold for one to two seconds, then slowly release back down to the floor

### END



- Begin the next repetition when the head and shoulders touch the ground

## MUSCLES TARGETED

### RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- They run vertically along the front of the stomach
- These are the primary muscles that are targeted when performing a crunch

### OBLIQUES

- Consist of internal and external obliques running diagonally along the sides of the body
- They act as synergists which assist the rectus abdominus
- These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

### NOTE

*The crunch is not a full sit up. It is a shortened motion designed to activate the rectus abdominus only. By limiting the range of motion this exercise builds strength and endurance in that specific muscle group.*

## BACK RAISES **ADVANCED**

### START



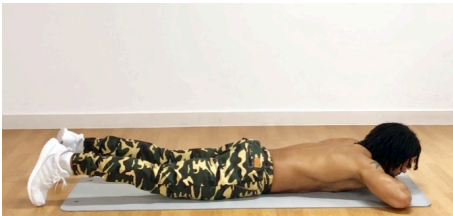
- Lie on your stomach
- Face down
- Arms crossed under your chin, elbows pointing outward
- Legs fully extended behind you touching the mat
- Pull your abdominals in creating a small space between your stomach and the mat

### MIDDLE



- Pull your shoulders down and back
- Inhale and lift your chest 2 inches from the floor
- As you lift ensure your spine is neutral and not arched
- Hold this position until you feel the tension in the lower back muscles (erector spinae)
- Keep your feet on the ground

### END



- Exhale and slowly release down to the floor
- Continue to repeat according to your program
- Perform the raise in a slow and controlled manner
- Only a small movement is required to feel the lower back contraction

## MUSCLES TARGETED

### ERECTOR SPINAE & EXTENSOR MUSCLES

- The erector spinae and extensor muscles on either side of the spine are activated during this exercise
- An excellent exercise to complement crunches and the plank

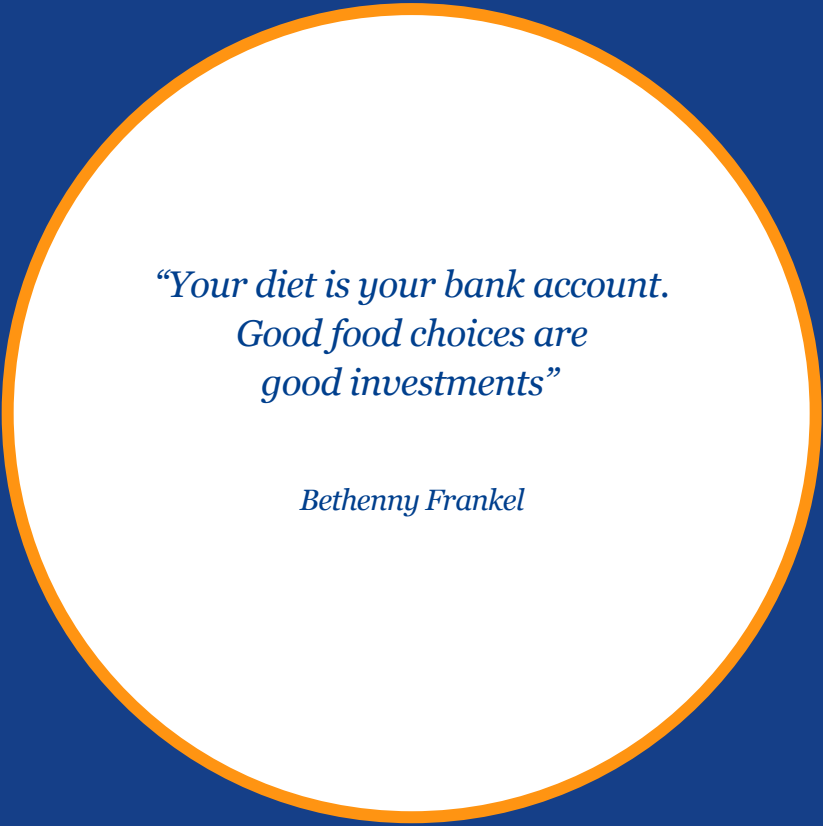
### CAUTION

*Back Raises are not suitable for those who have a herniated disc, sensitive spinal nerves or extremely overweight.*

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## Chapter 5

# EAT RIGHT



*“Your diet is your bank account.  
Good food choices are  
good investments”*

*Bethenny Frankel*

# ULTIMATE BODY TONE DIET PLANS

## 2000 calories

<b>BREAKFAST</b> (330 kcal)	<i>(Drink water with lemon and ginger on rising)</i> Omelette (5 whites & 2 yellows) with bell peppers, onions and choice of lean meat filling
<b>SNACK</b> (240 kcal)	Low fat cottage cheese with small box of blueberries/raspberries
<b>LUNCH</b> (460 kcal)	(200g) Grilled chicken or turkey breast with 2 medium sweet potato and large mixed salad
<b>SNACK</b> (250 kcal)	30 almonds or 15 walnuts
<b>DINNER</b> (550 kcal)	2 baked salmon fillets with broccoli, asparagus, kale and (100g) brown rice
<b>SNACK</b> (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

## 2500 calories

<b>BREAKFAST</b> (555 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 2 boiled/poached eggs with 2 slices wholegrain bread, half an avocado and 15 almonds
<b>SNACK</b> (260 kcal)	1 banana and half pint of organic whole milk
<b>LUNCH</b> (550 kcal)	(200g) Grilled chicken breast with (200g) brown rice, broccoli and green beans
<b>SNACK</b> (330 kcal)	30 almonds or 10 walnuts with 1 apple
<b>DINNER</b> (600 kcal)	2 baked salmon fillets with broccoli, asparagus, kale and 1 large sweet potato
<b>SNACK</b> (205 kcal)	2 Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

## 1600 calories

<b>BREAKFAST</b> (265 kcal)	2 boiled eggs with 1 slice wholegrain bread and teaspoon of butter
<b>SNACK</b> (185 kcal)	1 apple 15 almonds
<b>LUNCH</b> (350 kcal)	Can of tuna in water mixed with 1 Tbsp hummus on 1 whole wheat muffin
<b>SNACK</b> (205 kcal)	100g creamed cottage cheese with 1 banana
<b>DINNER</b> (425 kcal)	Pesto pasta, see The Green Ward recipes
<b>SNACK</b> (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

## 1450 calories

<b>BREAKFAST</b> (350 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 4 Tbsp of wholegrain rolled oats with ½ cup whole organic milk, ½ cup water & tsp of raw honey
<b>SNACK</b> (185 kcal)	1 apple and 15 almonds
<b>LUNCH</b> (270 kcal)	100g Couscous with 50g feta cheese & mixed leaf salad + lemon or balsamic vinegar dressing
<b>SNACK</b> (145 kcal)	50g hummus with 2 rice cakes
<b>DINNER</b> (330 kcal)	150-200g lean fillet steak with asparagus and carrots
<b>SNACK</b> (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

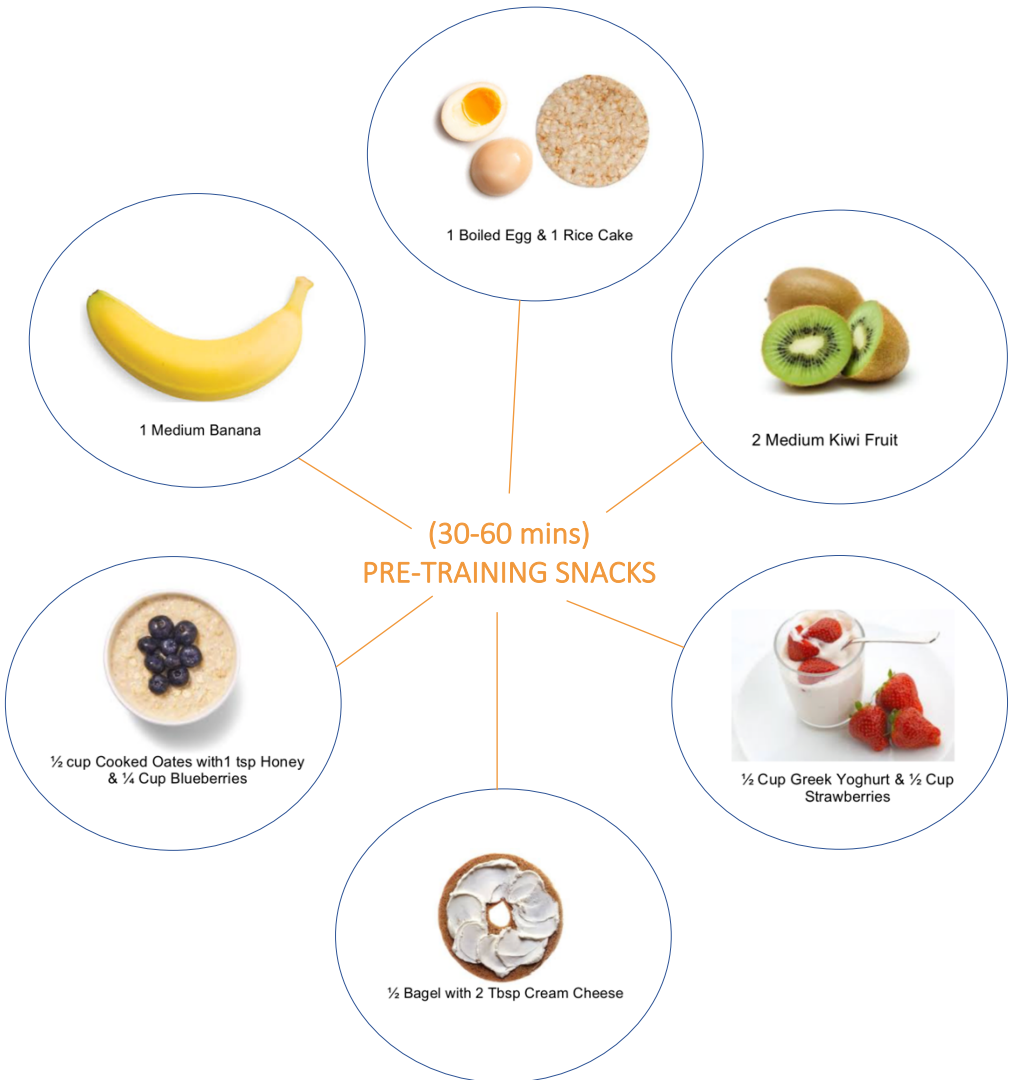
### NOTE:

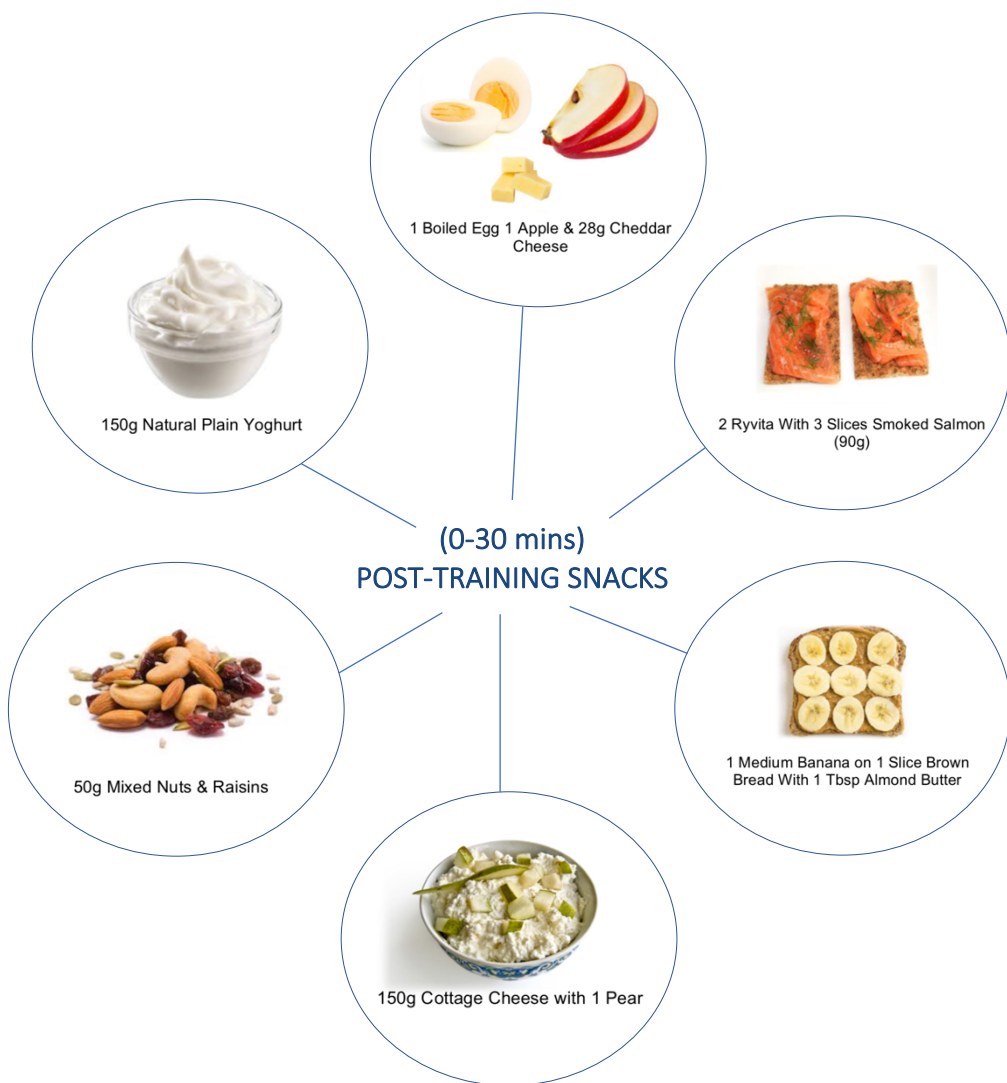
*Some Ingredients in these diet plans may cause allergic reactions for certain people. The plans are suggestions only. If you are un sure of potential allergic reactions, please consult with your health care provider. If you would like advice on how to replace certain ingredients feel free to email [contact@thegreenward.com](mailto:contact@thegreenward.com).*





# TRAINING SNACKS





# SHOPPING LIST

## MEAT

- Chicken or Turkey
- Steak
- Salmon Fillets
- Cod/Haddock pieces
- Eggs

## DAIRY/FATS

- Natural Yoghurt (Live or Greek)
- Cottage cheese
- Grass fed/organic Butter
- Olive oil
- Coconut oil

## NUTS/SEEDS

- Brazil Nuts
- Almonds
- Walnuts
- Pumpkin Seeds
- Flaxseed

## FRUIT

- Bananas
- Apples
- Kiwi Fruit
- Blueberries
- Lemons



## SPICES

- Pink Himalayan salt
- Whole black peppercorns
- Turmeric



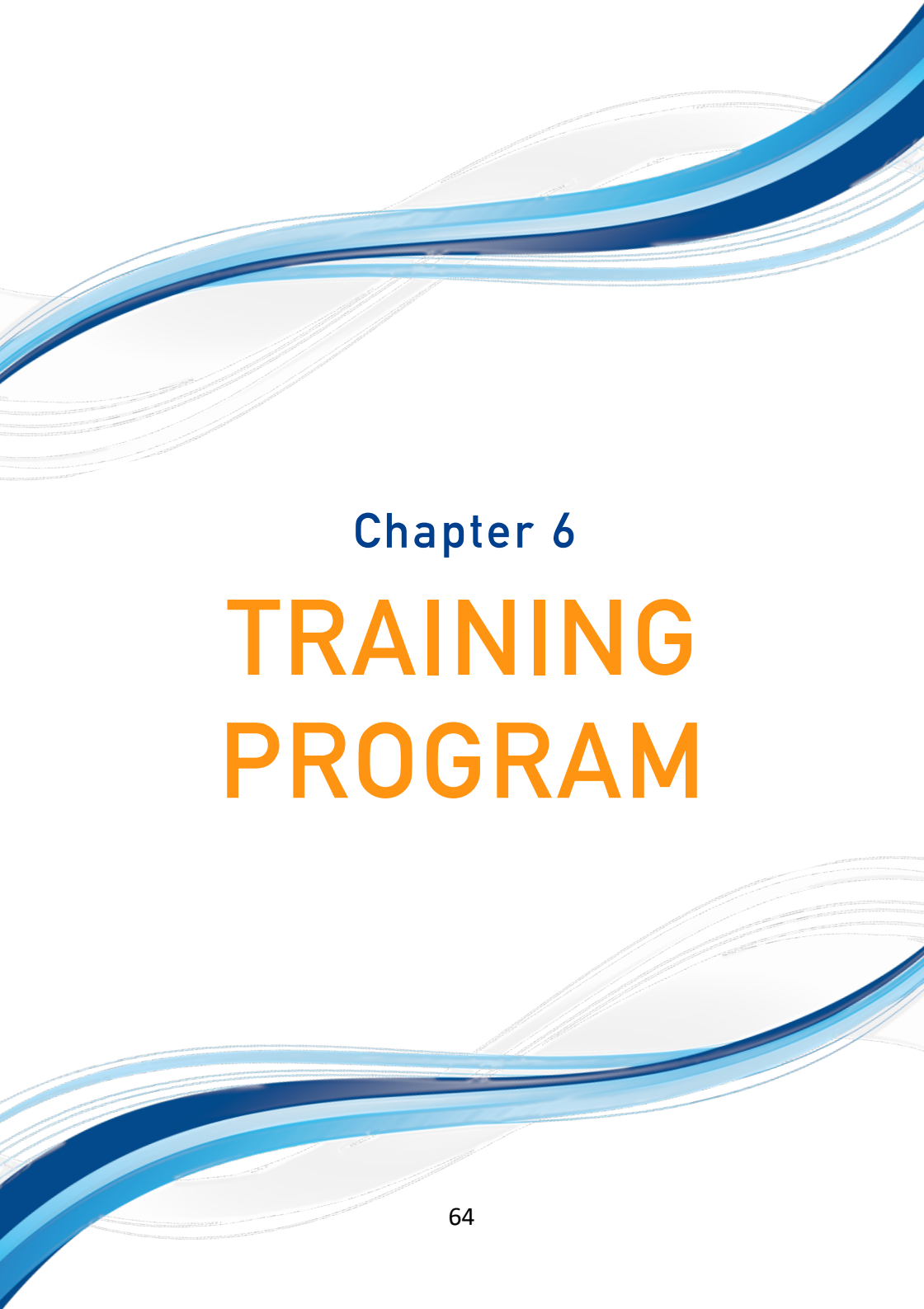
## VEGETABLES

- Kale
- Fresh Spinach
- Asparagus tips
- Broccoli
- Green Beans
- Mixed coloured Bell Peppers
- Carrots
- Sweet Potatoes
- Avocados
- Mixed Leave Salad
- Garlic
- Ginger

## CARBOHYDRATES


- Brown Rice
- Oats
- Barley
- Potatoes
- Sourdough bread



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## Chapter 6

# TRAINING PROGRAM



*“The clock is ticking.  
Are you becoming the person  
You want to be?”*

*Greg Plitt*

# YOUR COMPLETE ULTIMATE BODY TONE PROGRAM



# BEGINNERS

## 30 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
SQUATS	15	3	30 SECS
PRESS UPS ON KNEES OR STANDARD	12	3	60 SECS
SPLIT SQUAT SS DIPS ON BENCH	12	3	90 SECS
LOW BODY ROWS	10	3	60 SECS

## 60 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
SQUATS	20	3	45 SECS
LOW BODY ROWS	10	3-4	60 SECS
WALKING LUNGES	15	3	90 SECS
DIPS ON BENCH SS ABDOMINAL CRUNCHES ON MAT	12	3-4	90 SECS
BURPEES	12	3-4	60 SECS
PRESS UPS ON KNEES OR STANDARD	12	3-4	60 SECS

### KEY:

**SS = SUPER-SET** (You rest after completing both exercises back to back)



# INTERMEDIATE

## 30 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
BURPESS SS PRESS-UPS	15-20	3	45 SECS
SPLIT SQUATS SS DIPS ON BENCH	15-20	3	60 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	12-15	3	90 SECS
JUMP SQUATS SS BACK RAISES	15-20	3	60 SECS

## 60 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
BURPEES SS PRESS-UPS	15-20	3	45 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	12-15	4	90 SECS
WALKING LUNGES SS JUMP SQUATS	15	3	90 SECS
DIPS ON BENCH SS CHARGES	15-20	4	60 SECS
ABDOMINAL BICYCLES SS BACK RAISES	15-20	4	60 SECS
SPLIT SQUATS SS PLANK (1 MIN)	15-20	4	60 SECS

### KEY:

**SS = SUPER-SET** (You rest after completing both exercises back to back)

# ADVANCED

## 30 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
BURPESS SS PRESS-UPS	20-25	2	60 SECS
JUMPING SPLIT SQUATS SS SQUAT JUMPS	20	3	90 SECS
PULL-UPS SS DIPS	12	3	90 SECS
WALKING LUNGES SS HANGING LEG RAISES	15-20	3	60 SECS

## 60 MINUTE WORKOUT

EXERCISE	REPS	SETS	REST
BURPEES SS PRESS-UPS	20-25	3	60 SECS
PULL-UPS SS DIPS	12	4	90 SECS
WALKING LUNGES SS JUMP SQUATS	20	3	90 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	20	4	90 SECS
JUMPING SPLIT SQUATS SS BACK RAISES	20	4	60 SECS
HANGING KNEE RAISES SS PLANK SINGLE LEG (1MIN)	15-20	4	60 SECS

### KEY:

**SS = SUPER-SET** (You rest after completing both exercises back to back)

# TRAINING PROGRAM

## (all levels)

WEEKS: 1-4

DAY	TRAINING	TEMPO
MONDAY	60 MIN WORKOUT	1:2
TUESDAY	REST	/
WEDNESDAY	30 MIN WORKOUT	1:2
THURSDAY	REST	/
FRIDAY	60 MIN WORKOUT	1:2
SATURDAY	REST	/
SUNDAY	REST	/

WEEKS: 5-8

DAY	TRAINING	TEMPO
MONDAY	60 MIN WORKOUT	1:2
TUESDAY	30 MIN WORKOUT	2:2
WEDNESDAY	REST	/
THURSDAY	60 MIN WORKOUT	1:2
FRIDAY	30 MIN WORKOUT	2:2
SATURDAY	REST	/
SUNDAY	REST	/

**KEY:**

**TEMPO** = Speed of whole repetition performed in seconds

e.g. 1 second contracting muscle : 2 seconds controlling back (1:2)

WEEKS: 9-12

DAY	TRAINING	TEMPO
MONDAY	60 MIN WORKOUT	2:2
TUESDAY	30 MIN WORKOUT	2:2
WEDNESDAY	60 MIN WORKOUT	1:2
THURSDAY	REST	/
FRIDAY	60 MIN WORKOUT	2:2
SATURDAY	30 MIN WORKOUT	1:2
SUNDAY	REST	/

WEEKS: 13-16

DAY	TRAINING	TEMPO
MONDAY	60 MIN WORKOUT	2:3
TUESDAY	60 MIN WORKOUT	2:2
WEDNESDAY	30 MIN WORKOUT	2:3
THURSDAY	60 MIN WORKOUT	2:2
FRIDAY	60 MIN WORKOUT	2:3
SATURDAY	30 MIN WORKOUT	1:2
SUNDAY	REST	/

**KEY:**

**TEMPO** = Speed of whole repetition performed in seconds

e.g. 1 second contracting muscle : 2 seconds controlling back (1:2)



THANK YOU FOR TAKING PART IN THE  
ULTIMATE BODY TONE PROGRAM!



Check out my website for great health info and awesome programs at:

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