



FREE TRAINING PROGRAMME

Ultimate fat burning program which will make your visit to the gym even more exciting and challenging. This plan will work on your whole body while keeping your heart rate boosting through the roof! The plan consists of 3 workouts for you to perform each week for 4 to 6 weeks.

Each exercise is linked to a demo video.

For best results, please consider:

- Execute the exercise with full range of motion under control.
- Use light resistance and perform the exercises with dynamic pace.
- Perform the three exercises from a circuit in three sets of 40, 30 and 20 seconds with 10-15 seconds rest between them.
- Make sure you drink enough water during the workout.
- Pay attention on the warmup.
- Never skip stretching!

Good Luck!

DAY 1



| Exercise Name | Body part | Weights / Equipment | Reps/ Duration | Sets | Rest b. sets |
|---|-----------|---------------------|----------------|------|--------------|
| Day 1 – Lower body | | | | | |
| <u>Warm up</u> | Full Body | Body | 5 min | 1 | |
| <u>Stretching for lower Body</u> | Lower | Body | 2 min | 1 | |
| 1st Circuit | | | | | |
| <u>Broad Jumps</u> | Lower | Track | 40/30/20 sec | 3 | 10-15 sec |
| <u>Side jumps with both feet</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Bicycle crunch</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 2nd Circuit | | | | | |
| <u>Jumping Lunges</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Jumping Jacks</u> | Full body | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>V Crunch</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 3rd Circuit | | | | | |
| <u>Walking lunges with Barbell</u> | Lower | Barbell | 20/15/10 steps | 3 | 10-15 sec |
| <u>Running with high heels</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Hands to lateral ankles reach crunch</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 4th Circuit | | | | | |
| <u>The Thruster</u> | Full body | Barbell | 40/30/20 sec | 3 | 10-15 sec |
| <u>On spot running</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Russian twist</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Stretching for lower Body</u> | | | 10 Min | 1 | |

DAY 2



| Exercise Name | Body part | Weights / Equipment | Reps/ Duration | Sets | Rest b. sets |
|---|--------------|---------------------|----------------|------|--------------|
| Day 2 – Upper body | | | | | |
| <u>Warm up</u> | Full Body | Body | 5 min | 1 | |
| <u>Stretching for back arms shoulders</u> | Lower | Body | 2 min | 1 | |
| 1st Circuit | | | | | |
| <u>Battle rope - Waves</u> | Upper / core | Battle Rope | 40/30/20 sec | 3 | 10-15 sec |
| <u>Scissors crunches</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Shoulder taps</u> | Upper / Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 2nd Circuit | | | | | |
| <u>Battle Rope Slams</u> | Upper / core | Battle Rope | 40/30/20 sec | 3 | 10-15 sec |
| <u>Knees to chest seated crunch (stepper)</u> | Core | Stepper/Bench | 40/30/20 sec | 3 | 10-15 sec |
| <u>Push up</u> | Upper | Body | 40/30/20 sec | 3 | 10-15 sec |
| 3rd Circuit | | | | | |
| <u>Battle Rope Crossover Lateral Waves</u> | Upper | Battle Rope | 40/30/20 sec | 3 | 10-15 sec |
| <u>Alternate Jack Knife Crunch</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Hammer Curls to Shoulder Press</u> | Upper | Dumbbells | 40/30/20 sec | 3 | 10-15 sec |
| 4th Circuit | | | | | |
| <u>Burpees</u> | Full body | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>X Crunches (bent knees)</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Standing overhead DB triceps extension alternating</u> | Upper | Dumbbells | 40/30/20 sec | 3 | 10-15 sec |
| <u>Stretching for back arms shoulders</u> | | | 10 Min | 1 | |

DAY 3



| <u>Exercise Name</u> | <u>Body part</u> | <u>Weights / Equipment</u> | <u>Reps/ Duration</u> | <u>Sets</u> | <u>Rest b. sets</u> |
|---|------------------|----------------------------|-----------------------|-------------|---------------------|
| Day 3 – Full body | | | | | |
| <u>Warm up</u> | Full Body | Body | 5 min | 1 | |
| <u>Stretching for back arms shoulders</u> | Lower | Body | 2 min | 1 | |
| <u>Stretching for lower Body</u> | Lower | Body | 2 min | 1 | |
| 1st Circuit | | | | | |
| <u>3 Paus squats to high jump</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Bear Stand - Jumping Jacks</u> | Core / Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Kettlebell Swings</u> | Upper / Core | Kettlebell | 40/30/20 sec | 3 | 10-15 sec |
| 2nd Circuit | | | | | |
| <u>Lateral crossovers Stepper</u> | Lower | Stepper | 40/30/20 sec | 3 | 10-15 sec |
| <u>Push up - Dumbbell rows</u> | Core / Upper | Dumbbells | 40/30/20 sec | 3 | 10-15 sec |
| <u>Crab Crunch hands to toes</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 3rd Circuit | | | | | |
| <u>4 shoulder taps to 4 Jumping Jacks</u> | Full body | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Twist jumps</u> | Lower | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Hip Raising Crunch</u> | Core | Body | 40/30/20 sec | 3 | 10-15 sec |
| 4th Circuit | | | | | |
| <u>Spiderman push up</u> | Full body | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Lateral Step ups on Stepper</u> | Lower | Stepper | 40/30/20 sec | 3 | 10-15 sec |
| <u>Mountain climbers</u> | Full body | Body | 40/30/20 sec | 3 | 10-15 sec |
| <u>Stretching for back arms shoulders</u> | | | 10 Min | 1 | |
| <u>Stretching for lower Body</u> | Lower | Body | 2 min | 1 | |



BECOME THE BEST VERSION OF YOURSELF

Book your free taster session with me by filling my [online form](#) and start your fitness journey!

For any questions and enquiries you can contact me at:

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