

MANSFORMATION
WEEK 6 - HOME EXERCISE



| Day | Session Outline |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday (August 24th) | <p>(am) – 30 mins of fasted brisk walking, with 60s Jog each 3 minutes.</p> <p>(pm) – DB Matrix 1 Complete 20 mins with 21,15 ,9 repetitions of each exercise in an AMRAP (as many rounds as possible) format for the 20 mins. Ok, so do 21 reps of each exercise, then do 15 reps of each exercise, then do 9 reps of each exercise. Repeat until the 20 mins is up. http://www.blastfatloss.com/videos</p> |
| Tuesday | <p>(am)- 20 mins of fasted cardio 2 with 20 reps of each exercise. http://www.blastfatloss.com/videos</p> |
| Wednesday | <p>(am) –30 mins of fasted brisk walking with a jog for 60s every 3 minutes.</p> <p>(pm) – DB Matrix 2. Complete 20 mins. Complete 21 repetitions, 15 repetitions of each exercise, then 9 reps of each exercise. When you have done 9 reps on each exercise, then begin at 21 again.</p> <p>You might like to start relatively heavy with the weights and then get lighter.</p> |
| Thursday | <p>Walk before breakfast....just get sweaty. Your choice how long you go for. No more than 1 hour though.</p> |
| Friday | <p>30 mins of bodyweight and dumbbell matrix 1. 16,12,8,4 repetitions of each exercise, then rest for 20s and repeat until 30 mins is up. ☺ http://www.blastfatloss.com/videos</p> |
| Saturday | <p>(am)- 20-30 mins of fasted cardio 2 with 20-30 reps of each exercise. http://www.blastfatloss.com/videos</p> |
| Sunday | <p style="text-align: center;"><u>Repeat the fitness tests we did at the end of week 2.</u> <u>Do your measurements and photos after you have showered! TOP EFFORT CHAPS!</u></p> |

Everyone does the weekend sessions, by that I mean if you have attended 3 live sessions you still do the weekend sessions.

***** REMINDER *****

**Fasted= before any
Food**

Water is ok though ;)

Always use this warm up before a session

<https://www.youtube.com/watch?v=R1naU4ArIVE>

And this stretching routine after a session

<https://www.youtube.com/watch?v=PxvxlvX0mcl>