BODYFUEL: WEEK 1 - 4
(Workout 2 for women)

Weeks 1, 2, 3 & 4: Aim to work out 3 times a week. Do workout 1 twice a week and workout 2 once.

Exercise Sequence	Beginner	Intermediate	Advanced
Chest Press	16RM	16RM	16RM
Leg Curl	16RM	16RM	16RM
Single Arm Row	16RM	16RM	16RM
KB or DB Lunges	16RM each leg	16RM each leg	16RM each leg
Lateral Raise	16RM	16RM	16RM
Ball Squat	16RM	16RM	16RM
Tricep Kickbacks	14RM	14RM	14RM
Repeat above x 3 rounds			
Post-Workout Interval Session			
Interval Session Rower or Treadmill	1 minute all out row or run 2-minute light run/row Repeat x 5	90 secs all out row or run 2-minute light run/row Repeat x 6	2 minutes all out row or run 2-minute light run/row Repeat x 6

RM = A repetition maximum (RM) is the most weight a person can lift for a defined number of exercise movements.

Eg a 10RM would be **the heaviest weight a person could lift for 10 consecutive exercise repetitions**. 8RM would **be the heaviest weight a person could lift for 8 consecutive repetitions**.

Interval Training: Intervals consists of a series of repeated bouts of exercise (work intervals), ranging from several minutes to just a few seconds.

During each interval you work at a prescribed intensity for a set period of time or distance and follow this with a low intensity recovery period (recovery interval).

The speed, duration and rest period can all be manipulated in order to achieve differing goals from your training session.

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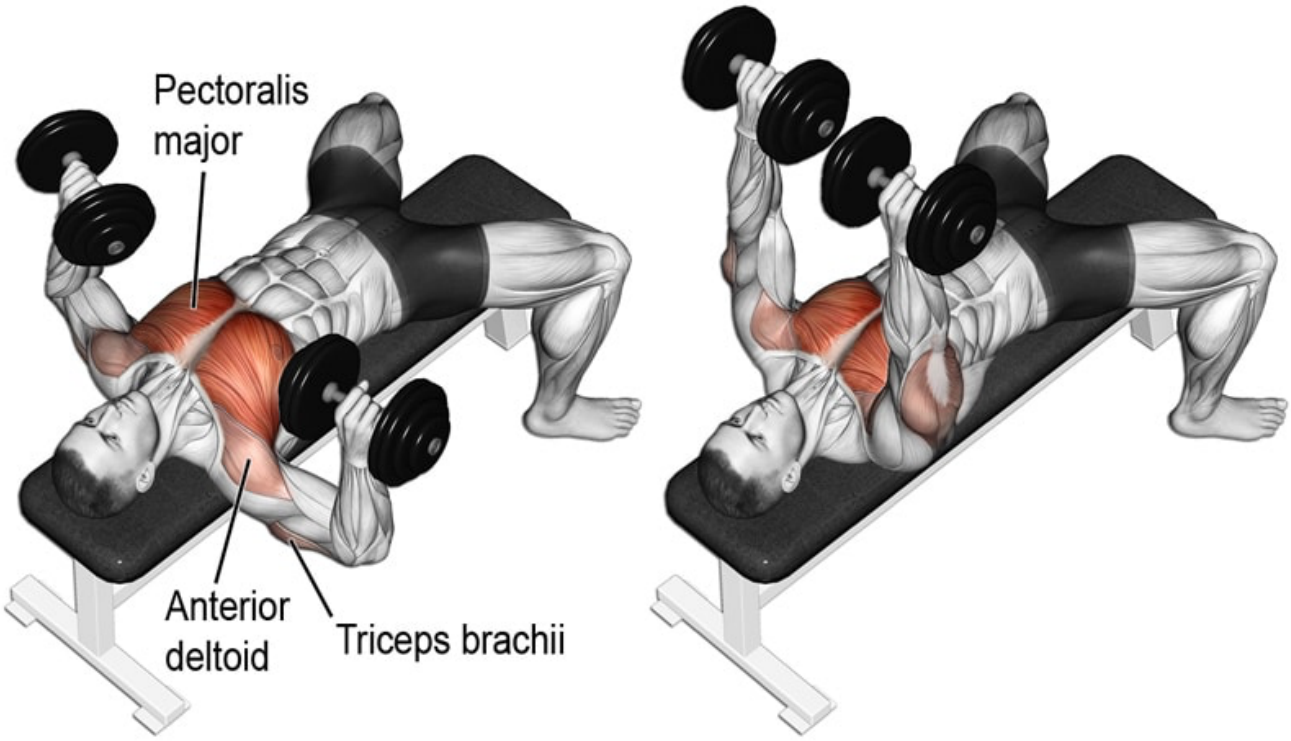
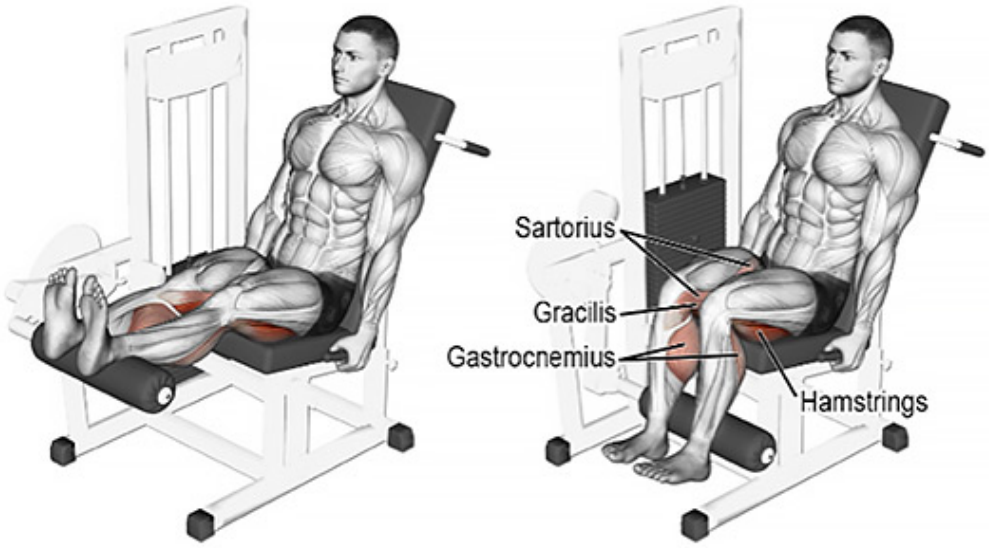
Dumbbell Chest Press



Follow these steps to perform this exercise:

1. Lie on a flat bench with the knees bent with the feet flat on the floor and straight and hip-to-shoulder-width apart.
2. Hold a dumbbell in each hand at chest level slightly outside of the body with the elbows flexed
3. Press both dumbbells up and together, fully extending the arms. Hold. Return the dumbbells to the start position.
4. Repeat for the desired number of repetitions.

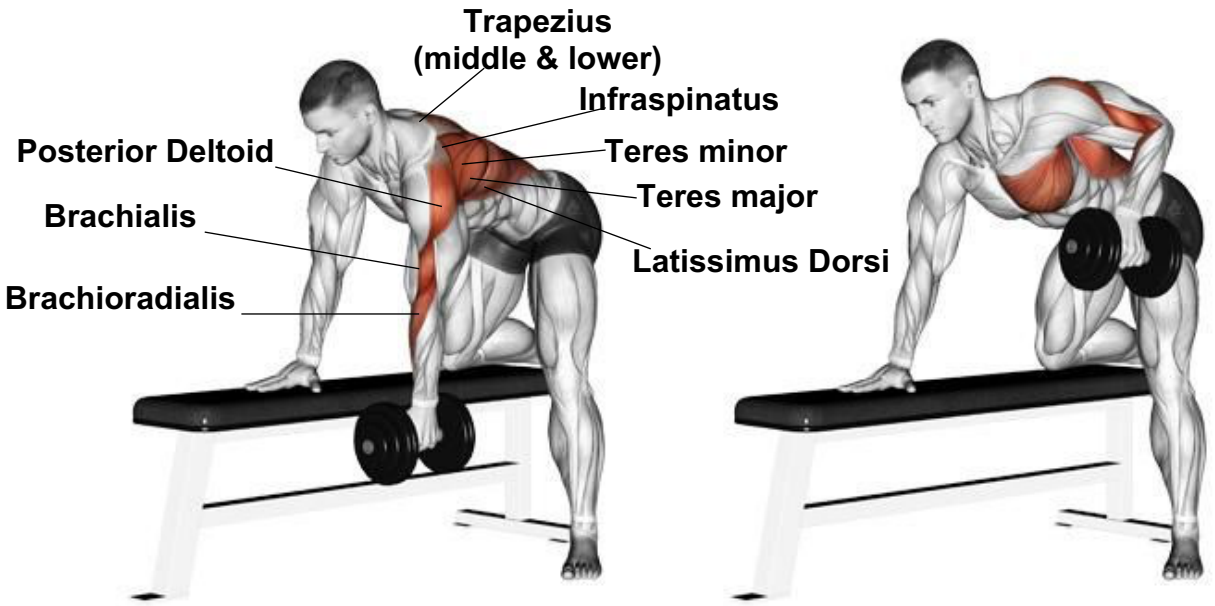
Leg Curl



Follow these steps to perform this exercise:

1. Adjust the machine so that your back is flat against the support, knee pad rests on your thighs above the knee, and your ankles rest on top of the padded support. Your legs should be extended with a soft bend in the knee.
2. Holding the handles for support, curl the ankle support down by bending your knees and bringing your heels towards your glutes. Keep your upper body completely still throughout.
3. Pause at the bottom of the movement before slowly returning to the starting position.

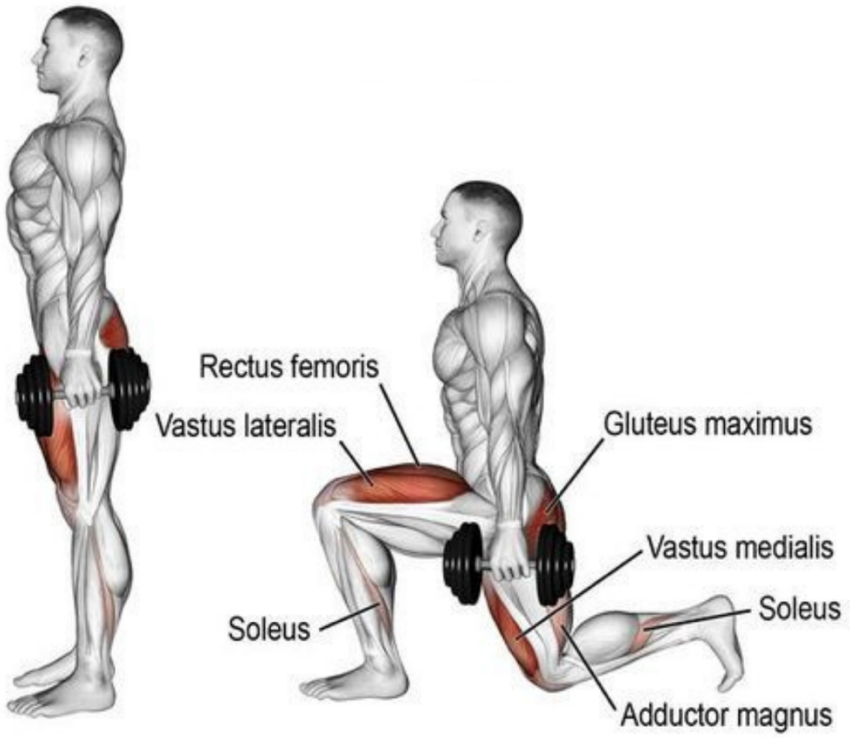
Single Arm Row



Follow these steps to perform this exercise:

1. With a dumbbell on each side of a flat bench, place your right hand and your right knee on the flat bench.
2. With a straight back and your stomach parallel to the weight bench, grasp the left-hand side dumbbell with your left hand, palm facing towards you.
3. Exhaling, bring the dumbbell straight up to your chest by bending the elbow back to a 90 degree angle.
4. Inhaling, lower the dumbbell until your arm is straight down and your elbow has only a slight bend.
5. Repeat for a full set of repetitions and then switch sides.

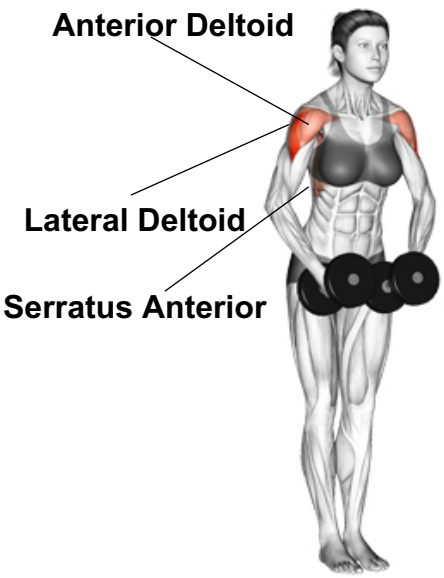
Dumbbell Lunge



Follow these steps to perform this exercise:

1. Start standing tall, feet under your hips, chest proud and core tight with the dumbbells in each hand, and your arms hanging at your sides. To help your balance, fix your eye line 2 metres in front of you.
2. Lift one foot off the floor and take a long step forward and plant it in line with your hips. Visualise stepping on 'train tracks' instead of a 'tightrope'.
3. Sink the back knee so it hovers just off the floor. Your front quad and back shin should be parallel to the floor with right angles at both knees.
4. Keep your core engaged and push through the front heel back to standing.
5. Repeat on the same side for the allotted reps and then change to the other side.

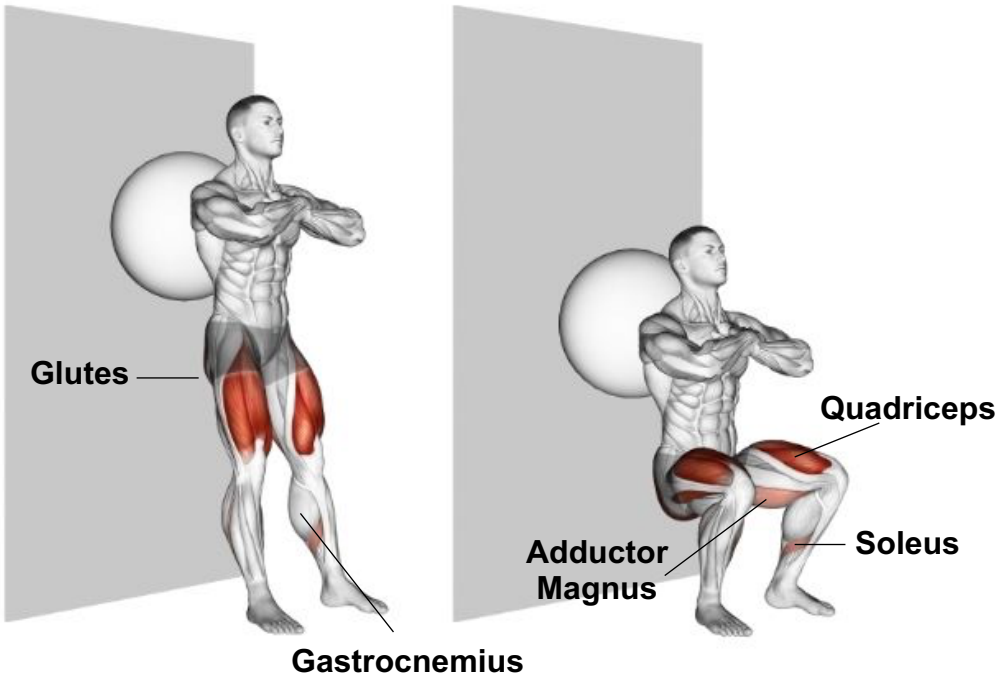
Lateral Raise



Follow these steps to perform this exercise:

1. Stand with a dumbbell in each hand, arms by your sides, palms facing inwards.
2. Ensure your shoulders are relaxed (not raised), your abs are engaged (think tensing, as opposed to breathing in), and there's a slight bend in your knees.
3. Retaining this posture, lift the dumbbells out to the sides with straight arms, going no higher than shoulder height.
4. Pause and check your stance – is your back still neutral and your tailbone tucked under? Is there a gentle bend at each elbow? 'It's important to keep your shoulders away from your ears and legs still to ensure proper form.
5. Gradually (i.e. don't just let your arms fall back down, move with control) lower the dumbbells to the starting position.

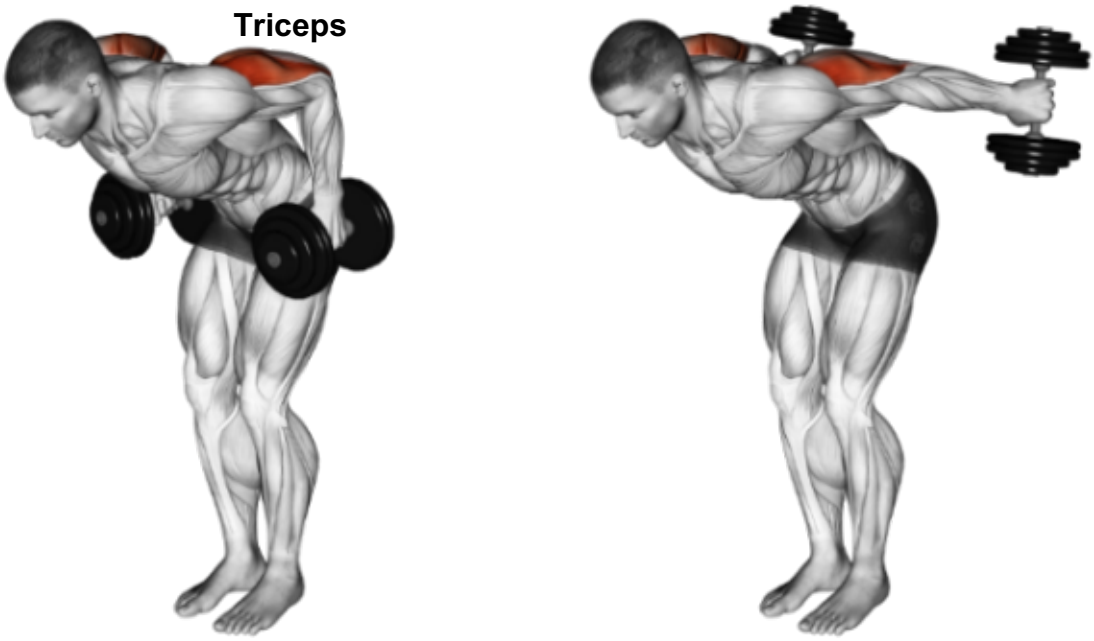
Ball Squat



Follow these steps to perform this exercise:

1. Place a stability ball against a wall and gently lean against it with the small of your back and feet 10 inches in front of your body and hip-width apart.
2. Inhale and lower your body, rolling the ball down the wall as you drop your hips under the ball. Exhale and push your body back up.

Tricep Kickbacks



Follow these steps to perform this exercise:

1. Stand with your knees bent and lean forward slightly, with a dumbbell in each hand.
2. Keeping your back straight, bend your dumbell-holding arm 90 degrees at the elbow so your triceps are aligned with your back and your biceps are perpendicular to the floor.
3. Engage your core and your triceps and hinge at the elbow, lifting the dumbbell up and back as you try and straighten your arm.
4. Your triceps should stay still; only your elbow moves.
5. Guide the weight upward until your arm is straight, pause, then lower back to 90 degrees. That's one rep.

- **Using a bench.** Place the right hand and right knee on a bench. You'll be a little lower than when you are standing. Keep your back straight and perform the same motion using a dumbbell.