

KEBOfit 6-Week Online Coaching Programme



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Before we start: A few important safety precautions first

Disclaimer for anyone using these workouts for personal use

You must get your GP's approval before beginning any exercise programme. These recommendations are not medical guidelines but are for educational purposes only. You must consult your GP prior to starting this programme or if you have any medical condition or injury that contraindicates physical activity.

This programme is designed for healthy individuals 18 years and older only. The information in this manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer ensure you have read the exercise descriptions and watched the training video before starting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your GP before starting any exercise or nutrition programme. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a GP if it persists.

You must have a complete physical examination if you are sedentary, if you have high blood pressure, or diabetes or if you are overweight. Please discuss all nutritional changes with GP, physician or a registered dietician.

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10 TIPS FOR YOU TO TRAIN SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction/advice from a certified coach.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask the coach and email thecoach@kebofit.com
- 3) Whenever you start a new programme, use less volume and lower intensity than normal. You must expect extra soreness when starting a new programme just because of the new exercises, so don't try to set world records in a new programme right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. Your safety needs to come first.
- 5) Use proper exercise form and train conservatively in all workouts. Think safety.
- 6) Check your ego before you kick off and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do not do interval training more than 4 times per week. Even elite athletes don't play hard every day, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups recommended.
- 9) If you want to start the **KEBOfit 28 Day Fitter Body Kickstart Programme** but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise programme.
- 10) Check with your doctor before starting any new exercise or diet programme. All together now, "safety first!"

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete).

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KEBOfit 28 DAY FITTER BODY KICKSTART PLAN

WEEK TWO

Workout One

Squats x 10

Press Ups x 10

Lunges x 10

High Knees x 20

Rest 30 secs between sets

Complete routine 3-5 times

Finisher Workout

Mountain Climbers x 20 secs

Rest x 10 secs

Complete 8 times (4 minutes)

Workout Two

Squats +5

Press Ups +5

Lunges +6

High Knees +10

Complete 3-5 times

Finisher Workout

Climbers x 30 secs

Rest x 15 Secs

Complete 8 times

Workout Three

Squats +5

Press Ups +5

Lunges +6

High Knees +10

Complete 3-5 times

Finisher Workout

Climbers x 30 secs

Rest x 15 Secs

Complete 8 times

Workout Four

Shuttle *Sprint Session

Shuttle Sprint x 20 secs

Rest x 40 secs

Complete 3 total rounds, rest for 2 minutes after the 3 rounds and repeat a further 2 – 3 more times.

***shuttle sprints do not necessarily have to be a sprint. A jog or fast run is acceptable especially if your fitness level is not quite to sprint level.**

The aim of a shuttle sprint is to raise your heart rate during the routine and for it to lower during the rest period in order to create a metabolic disturbance within the body, which basically means putting your body in the post workout after burn (burn more calories 24+ hours after)

EXERCISE DEMO VIDEOS

Press Ups >> <https://www.youtube.com/watch?v=Rc44eOo0gp0>

Squats >> <https://www.youtube.com/watch?v=EG-L7Ga6QMs>

Lunges >> <https://www.youtube.com/watch?v=pxXUVXplx8M>

High Knees On The Spot >> https://www.youtube.com/watch?v=U98v_P6ifYE

Mountain Climbers >> https://www.youtube.com/watch?v=YRp8oh0_SQ8

Shuttle Sprints >> <https://www.youtube.com/watch?v=pTmReQYIkSk>

EXERCISE IMAGES & TECHNICAL INSTRUCTION

SQUATS



- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.

PRESS UPS



- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

Alternate: Press Ups on Knees



MOUNTAIN CLIMBERS



- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.

HIGH KNEE RUNNING ON THE SPOT



- In a standing position start to run on the spot
- Lift knees as high as tummy height as fast as you can

*High knees can also be done just by marching on the spot as opposed to running especially if your fitness level isn't quite up to speed running level.

LUNGES



- Stand tall with feet hip-width apart. Engage core.
- Take a big step forward with right leg and start to shift weight forward so heel hits the floor first.
- Lower body until right thigh is parallel to floor and right shin is vertical. If mobility allows, lightly tap left knee to ground while keeping weight in right heel.
- Press into right heel to drive back up to starting position.
- Repeat on the other side.

SHUTTLE SPRINTS



- Set up an area of about 5 metres
- Sprint, fast run or jog back and forth from one side to the other for recommended time ensuring to touch down at either end