

6 Week Online Plan
Week Three Workouts



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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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WEEK THREE WORKOUTS

Workout One

High Knees x 20 secs
Rest x 10 secs (4 minutes)
Squats x 20 secs
Rest x 10 Secs (4 minutes)
Jumping Jacks x 20 secs
Rest x 10 (4 minutes)
Rest 60 secs between sets
Complete each exercise
20/10 TABATA first before
moving onto the next one.

Workout Two

High Knees x 20 secs
Rest x 10 secs
(4 minutes)
Squats x 20 secs
Rest x 10 Secs
(4 minutes)
Press Ups x 20 secs
Rest x 10
(4 minutes)
Jumping Jacks x 20
secs
Rest x 10 (4 minutes)

Workout Three

Repeat Workout Two
Rest 60 secs between sets
Complete each exercise
20/10 TABATA first before
moving onto the next one.

Workout Four

Squats x 100
Burpees x 50
Press Ups x 50

Complete the above workout in the quickest possible time. Make sure that your technique of each exercise is good quality. Don't get sloppy.

EXERCISE DEMO VIDEOS

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

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

Jumping Jacks >> <https://www.youtube.com/watch?v=JlwW27oxj8M>

Press Ups >> <https://www.youtube.com/watch?v=Rc44eOo0qp0>

Burpees >> <https://www.youtube.com/watch?v=cnFyoLk-3M8>

EXERCISE IMAGES & TECHNICAL INSTRUCTION

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

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.

JUMPING JACKS



- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting 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



BURPEES



- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet. Then thrust your feet back so you are in a push up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well