

THE TONING BLUEPRINT



Instagram: Roxypt_
for more help whatsapp on:
07908774495
email:
roxannesullivan89@icloud.com



what is toning?

A reduction in bodyfat



toning myths

1. You have to tone then lose weight:
FALSE

2. You have to lift light weights , high
reps

3. You have to do cardio

4. You have to do cardio



How do i tone?

1. Lift weights: at least 2-3 x a week
2. Don't overdo cardio
3. Swap the ab crunches for heavy compounds. Such as deadlifts, squats, chest press, bent over row's , push ups and pull ups.
Why not ab crunches, tricep/bicep exercises, leg exercises etc...
these work one muscle group, compound lifts such as squats work multiple muscles meaning you burn more calories
4. keep stress at manageable level



**But
what
about
toning
my...**

a. arms

b. back

c. legs

d. belly



You cannot spot reduce fat

What does this mean?

You can't choose where you lose



Compound lifts



bent over row (back and biceps)

1. feet shoulder width
2. chest 45 degrees
3. arms tight to your body
4. slide your hands up
5. squeeze shoulder blades

squat (hamstrings, quadriceps, glutes, core)

1. feet can be in several positions, close together, shoulder width, wide or sumo
2. chest up
3. imagine your sitting back into a chair
4. knees out
5. push toes and heels into the floor
6. go as low as possible without feeling pain



Compound lifts

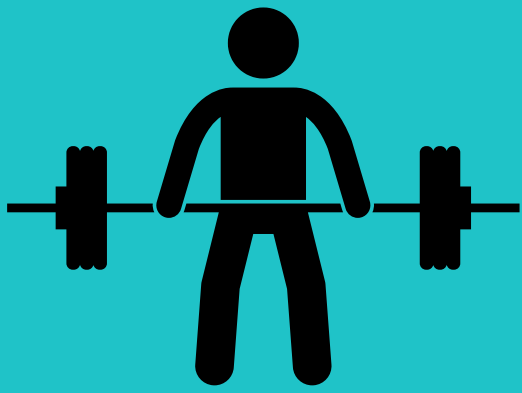


push ups (triceps, chest and front shoulders)

Variations: wall, box, box quadruped, box half, half, full
1. hands can either be close with elbows tucked right in, shoulder width or wider-
narrower= triceps, shoulder width= equal working
wider=more chest

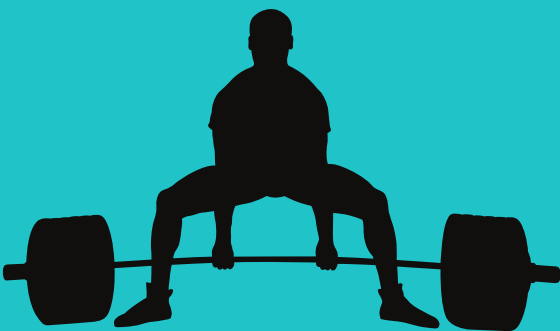
pull up (back and biceps)

1. Hands face away
2. pull chest to bar
3. shoulder blades down and back
4. legs can be straight or crossed
5. body tight, tense core
6. go as low as - arms straight at the bottom

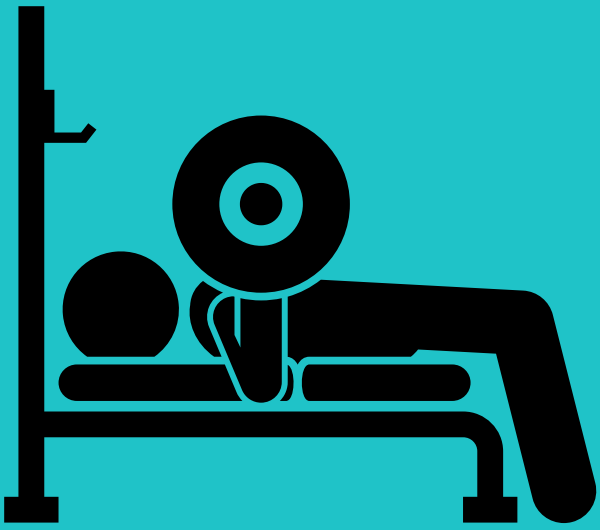


deadlifts (back, glutes, hamstrings, quads, core)

1. can be performed in several ways, for the purpose of this i will explain the barbell version as pictured
2. conventional as pictured in figure a, bar over middle of foot, hands outside feet, shoulders in front of the bar- shoulders down and back, and lift straight up
3. sumo: set up: feet wide, toes and knees point out, shoulders down and back, lift up and down, chest tall... shoulders in line with bar



Compound lifts



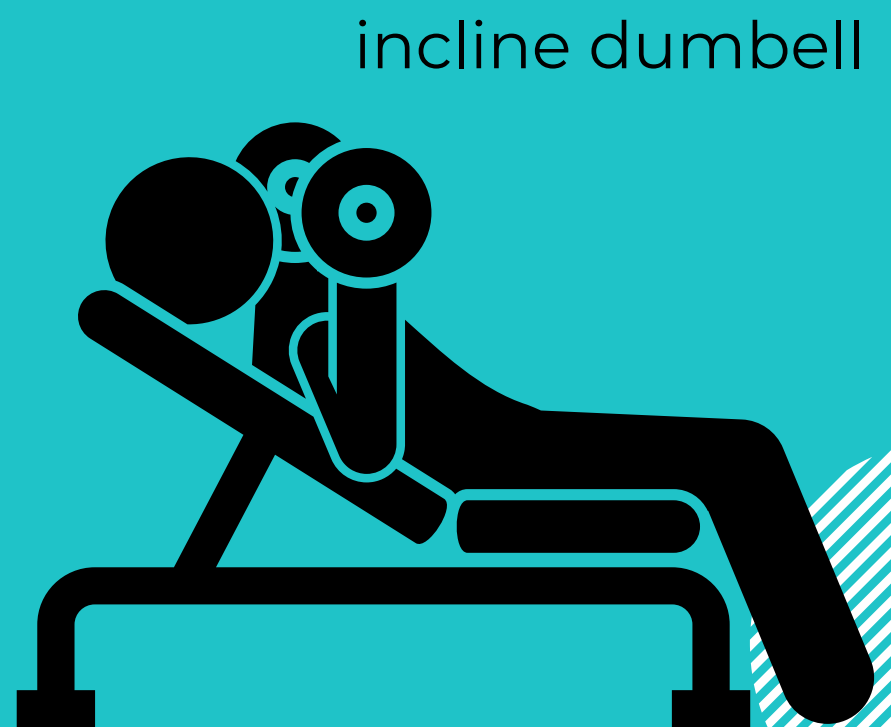
flat- barbell

bench press(triceps, chest and front shoulders)

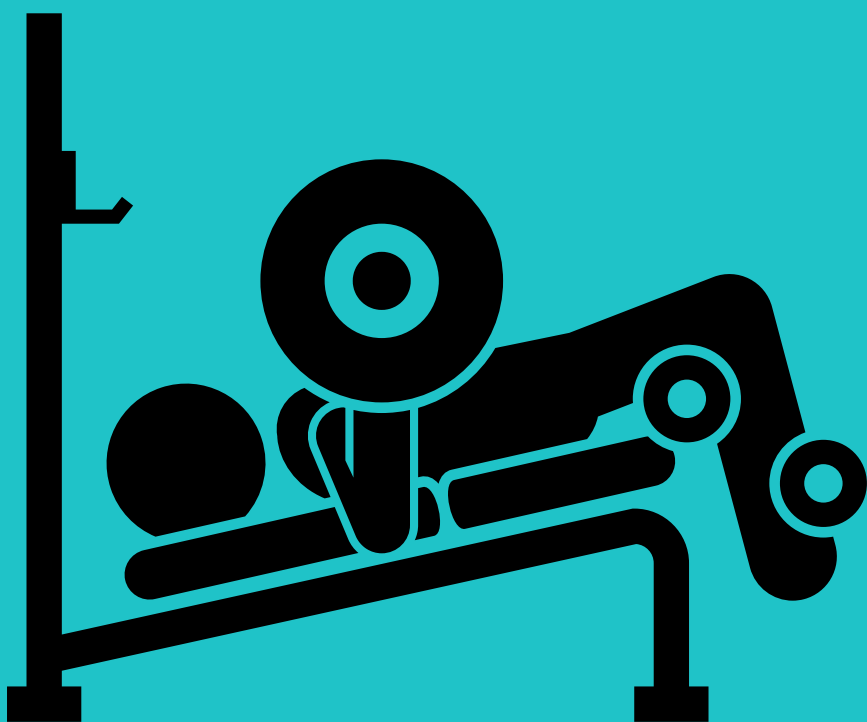
- 1. hands can either be close with elbows tucked right in, shoulder width or wider- narrower= triceps, shoulder width= equal working wider=more chest
- 2. if going mid width , elbows point to the floor, lower bar or dumbbells to chest stopping just before, extend arms keeping a soft bend in the elbows



flat- dumbbells



incline dumbbell



decline barbell



How many reps should i do?



There are several rep ranges:

- 1.1-6
- 2.8-12
- 3.15-20
- 4.failure- until you cannot do it anymore

It doesn't matter too much , but you have to progress over time

So every few weeks you should aim for more:
sets or
reps or
weight

You can also make something harder such as going from assisted pull ups/push ups to full OR box/half push ups to full

What about my rest times?

I would say around 90 seconds



How much protein should i have?

Around 2-2.8g per kg bodyweight

So if you weight 60kg , you will want approximatly 120g



How can i manage my stress?

1. write out an urgent/important matrix
2. Make time for yourself
3. decrease screen time- less time on your phone will help
4. exercise
5. use the headspace app
6. practise mindfulness
7. take a bath/walk, watch a nice film, phone a family or friend, tidy your home, listen to music

Still stuck?

Join my coaching programme to have 1-1 coaching, access to my app, regular personal training sessions, bespoke nutrition, weekly check ins

BOOK A FREE CONSULTATION...

Whatsapp/text/call 07908774495

Email: roxannesullivan89@icloud.com

