

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Afterburn: Whole Body Conditioning Workout

How it Works:

This is a 7-day routine, for general fitness, which is suitable for any female that has never lifted a weight before. It is also very practical for those not wishing to go to a gym because all the exercises can be performed at home, with a few pieces of equipment; all of the equipment will be based around your own level of strength.

The Plan:

- Day 1: Weight Routine A
- Day 2: Cardio 45 minutes
- Day 3: Weight Routine B
- Day 4: Cardio 45 minutes
- Day 5: Weight routine C
- Day 6: Cardio 45 minutes
- Day 7: Rest

The routine has been set out as Day 1 through Day 7, because it is important to realize that you can start the plan on the best day to suit your own schedule, for some, Saturday is the best day for day 7, for others it will be Sunday or maybe even Thursday. Because Day 7 is the only day of rest place it on a day that you can actually enjoy it.

The reason it is a 7 day program is because it is not intense as such, and familiarity of doing exercise on a daily basis is a good idea, even though Day 7 is rest. The plan is flexible, in that if you should miss a day, just pass over it and continue the normal cycle as you have planned, this is not a problem due to the fact that each weight session covers the entire body, so if you end up missing a session, you have no need to overly concern yourself or berate yourself.

You should cycle the routine for 8 weeks and then take a week rest.

Requirements:

- An adjustable set of dumbbells based on your level of strength
- An exercise step
- A stability ball (use this for exercises that require a flat bench, dumbbell bench press etc.)

Notes: Where it says 3 sets of 20 reps; all this means is do 20 reps, rest 30 seconds, do another 20 reps, rest 30 seconds, do the last 20 reps. IF you are unable to complete the reps required, this is not a problem; there are several ways around this; choose a lighter weight; do as many as you can in that session and build up over time to get to the number of reps stated; take very brief pauses of 5 seconds and continue the reps until you have done as many as you can or reached the number required. You will

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need to use lighter weights for some muscle groups, not the same weight for all muscle groups; the stronger the muscle the higher the weight load a person should use.

Workout A

Exercise	Sets	Reps
Dumbbell Squat	3	20
Dumbbell Bench Press	3	20
Dumbbell Lateral Raise	3	15
Dumbbell Hammer Curl	3	20
Two Arm Dumbbell Overhead Tricep Extension	3	20
Standing Calf Raise	2	30
Ab Crunches	3	20

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Workout B

Exercise	Sets	Reps
Flat Bench Dumbbell Flye	3	20
One Arm Dumbbell Row	3	20
Dumbbell Shoulder Press	3	20
Dumbbell Bicep Curl	3	20
Tricep Kickback	3	15
Lying Abduction (dumbbells/bands*)	3	20
Seated Calf Raise**	2	30
Reverse/Lower Abs Crunch	3	20

* If bands are available for performing the leg abduction, then this exercise can be done whilst standing upright attaching the band around a sturdy object such as a stair railing

** These have been placed in for those wishing to do some seated calf raises, if they can find weights that will challenge the calf, however, doing standing calf raises in each of the 3 sessions is fine, and is how the routine was designed initially.

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Workout C

Exercise	Sets	Reps
Dumbbell Squat	3	20
Standing Calf Raise	2	30
Push Up**	2	15
Dumbbell Pullover	3	20
Dumbbell Reverse Flye	3	15
Bicep Concentration Curl	3	20
Lying Two Arm Dumbbell Tricep Extension	3	20
Obliques Curl	3	20

** Half push-ups can be done until strength increases enough to complete full push-ups.

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Cardio/Aerobic Activity:

If using an aerobic step, set it at a height which is comfortable for you. There is no need for fancy stepping, this will get you injured and a twisted ankle will halt your gains.

So the plan is:

(Always count the lead leg)

- Step up with the right leg
- Step up with the left leg
- Step down with the right leg
- Step down with the left leg

Do as much as you are able, on the very first occasion and then once you have a base starting point add 5 minutes per week to the session until you reach 45 minutes. Increase the tempo up and down as you wish, stepping along to your favorite music.

Follow the exact same plan of building up your endurance/fitness levels. This is the same process you will use for gaining strength where the weight sessions are concerned, do as much as you can and gradually build up week by week.

One of the most important things to do is to keep a journal. In this way you can see the improvements yourself. Above all, remember to have