



KEEPING A HEAD



GET IN SHAPE
***STRONG
AND FIT***

INCLUDED

- Core
- Full Body
- Free Weights
- Example Meal Plan

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Understanding Fitness

What is Fitness?

Fitness is a state of health and well-being that allows individuals to perform daily activities with vigour, reduces the risk of chronic diseases, and promotes overall quality of life. It encompasses various components, including cardiovascular endurance, muscular strength, flexibility, and mental well-being.

Why is Fitness Important?

Enhanced Physical Health: Regular exercise strengthens the heart, improves blood circulation, and aids in maintaining a healthy weight.

Mental Well-being: Physical activity releases endorphins, which act as natural painkillers and mood elevators.

Disease Prevention:

It reduces the risk of chronic diseases like heart disease, diabetes, and hypertension.

Improved Sleep and Energy Levels: Regular exercise can help regulate sleep patterns and boost energy.

The Role of Nutrition in Fitness

Fuelling Your Body: Just as a car needs the right fuel to run efficiently, our bodies require the right nutrients to function optimally. Proper nutrition ensures that the body has enough energy to perform exercises and recover post-workout.

Macronutrients:

- **Proteins:** Essential for muscle repair and growth.
- **Carbohydrates:** The body's primary source of energy.
- **Fats:** Necessary for hormone production and energy.
- **Micronutrients:** Vitamins and minerals that support various bodily functions, from bone health to immune function.

Hydration: Water plays a crucial role in almost every bodily function, including regulating temperature and transporting nutrients.

Post-Workout Nutrition: Consuming a combination of proteins and carbohydrates post-workout can aid in muscle recovery and energy replenishment.



The Importance of Proper Form

Avoiding Injuries: Proper form ensures that you're targeting the right muscle groups without putting undue strain on your joints and ligaments.

Efficiency: Correct technique ensures that you get the maximum benefit from each exercise.

Progress: Maintaining good form allows for consistent progress, as it ensures that exercises are performed with the right intensity and focus.

Tips:

- **Start Slow:** Especially if you're new to an exercise, begin with lighter weights.
- **Seek Guidance:** If unsure, consult with a gym instructor or personal trainer.
- **Listen to Your Body:** If something feels off or causes pain, stop and reassess.

Additional Tips for Success

- **Consistency is Key:** Establishing a regular routine and sticking to it is crucial for seeing results.
- **Rest and Recovery:** Muscles grow and repair during rest. Ensure you're getting adequate sleep and incorporating rest days into your routine.
- **Set Realistic Goals:** Whether it's lifting a certain weight, running a particular distance, or achieving a specific body composition, having clear goals can keep you motivated.
- **Stay Hydrated:** Drink plenty of water before, during, and after your workout.
- **Warm-Up and Cool Down:** This helps in preparing the body for exercise and aids in recovery post-workout.



CORE WORKOUT



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Beginner's 5-Day Workout Program:

Day 1: Introduction to Core Strength

Warm-up: 10 minutes of light cardio (treadmill or stationary bike)

Bodyweight Squats: 3 sets of 12 reps.

Push-ups: 3 sets of 8 reps (knee push-ups if needed).

Bent-over Rows (using light dumbbells): 3 sets of 10 reps

Plank: 3 sets, hold for 20 seconds.

Stretching: 5 minutes.

Day 2: Lower Body Focus

Warm-up: 10 minutes of light cardio.

Leg Press: 3 sets of 12 reps.

Lunges: 3 sets of 10 reps per leg

Leg Curls: 3 sets of 12 reps

Plank: 3 sets, hold for 20 seconds

Stretching: 5 minutes

Day 3: Upper Body Focus

Warm-up: 10 minutes of light cardio

Dumbbell Bench Press: 3 sets of 10 reps

Dumbbell Shoulder Press: 3 sets of 10 reps.

Lat Pull-downs: 3 sets of 12 reps.

Side Plank: hold for 15 seconds each side.

Stretching: 5 minutes.

Day 4: Cardio and Core

Warm-up: 10 minutes of light cardio.

Stationary Bike: 20 minutes.

Russian Twists (with light weight): 3 sets of 20 reps.

Leg Raises: 3 sets of 12 reps.

Stretching: 5 minutes.

Day 5: Full Body

Warm-up: 10 minutes of light cardio.

Deadlifts (light weight): 3 sets of 10 reps.

Dumbbell Bicep Curls: 3 sets of 12 reps.

Tricep Dips: 3 sets of 10 reps.

Plank: 3 sets, hold for 30 seconds.

Stretching: 5 minutes.



FULL BODY WORKOUT



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Beginner's 5-Day Full Body Workout Program:

Day 1: Introduction to Full Body Strength

Warm-up: 10 minutes of light cardio (treadmill or stationary bike).

Squats: 3 sets of 12 reps.

Push-ups: 3 sets of 10 reps (or knee push-ups if needed).

Dumbbell Rows: 3 sets of 10 reps.

Dumbbell Shoulder Press: 3 sets of 10 reps.

Plank: 3 sets, hold for 20 seconds.

Stretching: 5 minutes.

Day 2: Cardio and Core

Warm-up: 10 minutes of light cardio.

Stationary Bike: 20 minutes.

Leg Raises: 3 sets of 12 reps.

Russian Twists: 3 sets of 20 reps.

Stretching: 5 minutes.

Day 3: Upper Body Focus

Warm-up: 10 minutes of light cardio.

Bench Press: 3 sets of 10 reps.

Lat Pulldown: 3 sets of 10 reps.

Dumbbell Curls: 3 sets of 12 reps.

Tricep Dips: 3 sets of 10 reps.

Stretching: 5 minutes.

Day 4: Lower Body Focus

Warm-up: 10 minutes of light cardio.

Leg Press: 3 sets of 10 reps.

Lunges: 3 sets of 10 reps per leg.

Calf Raises: 3 sets of 15 reps.

Stretching: 5 minutes.

Day 5: Full Body

Warm-up: 10 minutes of light cardio.

Deadlifts (light weight): 3 sets of 10 reps.

Pull-ups/Assisted Pull-ups: 3 sets of 6 reps.

Dumbbell Side Raises: 3 sets of 12 reps.

Plank: 3 sets, hold for 30 seconds.

Stretching: 5 minutes.



FREE WEIGHT PROGRAM



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5-Day Free Weight Workout Program

Day 1: Chest and Triceps

Warm-up: 10 minutes of light cardio (jump rope or jogging).

Bench Press: 4 sets of 8 reps.

Dumbbell Flies: 3 sets of 10 reps.

Dumbbell Overhead Tricep Extension: 3 sets of 10 reps.

Tricep Dips (using parallel bars or a bench): 3 sets of 10 reps.

Stretching: 5 minutes focusing on chest and triceps.

Day 2: Back and Biceps

Warm-up: 10 minutes of light cardio.

Dumbbell Deadlift: 4 sets of 8 reps.

Single-arm Dumbbell Rows: 3 sets of 10 reps per arm.

Dumbbell Bicep Curls: 3 sets of 12 reps.

Hammer Curls: 3 sets of 12 reps.

Stretching: 5 minutes focusing on back and biceps.

Day 3: Legs and Shoulders

Warm-up: 10 minutes of light cardio.

Dumbbell Squats: 4 sets of 10 reps.

Lunges with Dumbbell: 3 sets of 10 reps per leg.

Dumbbell Shoulder Press: 3 sets of 10 reps.

Dumbbell Lateral Raises: 3 sets of 12 reps.

Stretching: 5 minutes focusing on legs and shoulders.

Day 4: Core and Cardio

Warm-up: 10 minutes of light cardio.

Dumbbell Russian Twists: 3 sets of 20 reps.

Dumbbell Side Bends: 3 sets of 15 reps per side.

Mountain Climbers: 3 sets of 30 seconds.

Cardio: 15 minutes of high-intensity interval training (HIIT) or steady-state cardio.

Stretching: 5 minutes focusing on the core.



MEAL PLAN IDEAS



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Meal Plan for Muscle Strength:

Breakfast:

- Protein: 2 scrambled eggs with spinach and mushrooms.
- Carbohydrates: 1 slice of whole wheat toast.
- Fats: 1 tablespoon of olive oil (for cooking) and 1 tablespoon of chia seeds sprinkled on Greek yogurt.
- Dairy: 1 cup of Greek yogurt with mixed berries.

Mid-Morning Snack:

- Protein: Handful of almonds.
- Carbohydrates: 1 small apple.
- Lunch:
- Protein: Grilled chicken breast.
- Carbohydrates: 1 cup of quinoa.
- Fats: 1 tablespoon of flaxseed oil as a dressing.
- Veggies: Steamed broccoli and carrots.

Afternoon Snack:

- Protein: Protein shake made with almond milk.
- Carbohydrates: Banana blended into the shake.
- Fats: 1 tablespoon of peanut or almond oil blended into the shake.
- Dinner:
- Protein: Salmon filet.
- Carbohydrates: 1 cup of brown rice.
- Fats: Drizzle of olive oil on the salmon.
- Veggies: Roasted zucchini and bell peppers.

Additional Recommendations:

- Stay Hydrated: Drink at least 8-10 glasses of water throughout the day. Hydration is crucial for muscle function and recovery.
- Diverse Nutrients: Ensure you're consuming a variety of fruits and vegetables to get essential vitamins and minerals.
- Lean Proteins: Prioritize lean protein sources such as chicken, fish, tofu, and legumes to support muscle growth.
- Healthy Fats: Incorporate sources of omega-3 and omega-6 fatty acids, such as fish, nuts, seeds, and avocados.
- Post-Workout Nutrition: After a strength training session, consume a combination of proteins and carbohydrates to aid muscle recovery. This could be in the form of a protein shake with a banana or a chicken sandwich.

