

BC  UK



OUTDOOR FITNESS





INTRODUCTION

Congratulations on taking the first step along your path to a leaner, sharper and more capable version of you.

This six-week workout plan is designed to help you handle the daily demands of a life full of seemingly insignificant movements that shape your physical condition. For example, you might not realise it, but when you bend down to pick up that dropped pen, you're actually carrying out a squat - or at least you should be! Knowing how to safely and effectively conduct repeated squats will help you not only stay fit but avoid injury too.

All these workouts are challenging but achievable. With my guidance, we'll get through every one of them, together. But there's no rush. It doesn't matter how long they take you or whether you need to take a step back in the exercise process, just listen to your own body and give it your best shot.

Before you start this programme, it's a good idea to take some measurements across your legs, hips, waist, chest and arms. You can repeat these measurements later in the programme if you wish or, better still, wait until the end of six weeks. Remember to take them across the same place each time. Feel free to weigh yourself before you start, too, but please don't rely on this to indicate your progress - weight fluctuates easily due to all sorts of variables such as hormones, water retention, stress and muscle mass. Don't weigh yourself again until the end of the plan. You may also choose to take photos of yourself in your sports underwear - front, side and rear - so that you have some confidence-building images to look at in six weeks' time!

Of course, I'll be on hand to help motivate you with regular hints and tips on the group Facebook page, so be sure to keep checking in.

Here's to the new, improved you!

Andreas

Basic movement safety

Whether you're an exercise first-timer or a gym class regular, I ask you to carefully study every move in this workout plan. I'm not trying to be difficult or precious, I just want you to train safely. Nobody wants you to injure yourself during this six-week plan.

For every featured exercise, I break down the required movements, step-by-step. Be patient and gentle - soon enough you'll be mastering your way to a better you. But please, listen to your body and follow the instructions seriously. If something doesn't feel right, it's likely you aren't doing it right.

Take everything slowly first time round and don't forget you have your very own support network on hand - be sure to ask the Facebook group if you're unsure or struggling. No question is a stupid question.

Pictures of each exercise

Each exercise is broken down for you via pictures and a step-by-step guide. Read all the tips and pay attention to which body parts and muscle groups you're using. Often, you'll be using multiple muscle groups and it can be difficult to activate the right ones. It may help to take a 'mind to muscle' approach by squeezing the specific muscle as you contract. This can take some practice, particularly under fatigue and if you otherwise lead quite a sedentary lifestyle, but I promise you that practice does make perfect!

The group

Remember that we're all in this together and are here to support each other, so make use of the Facebook group to ask for help, share your insights and offer encouragement to others. I'll be online every day to run through any workout specifics and to help you understand the process.

The walks and runs

Don't build these up in your mind as anything to worry about, just do the best you can. It's important to keep track of your runs, so that you can see how you're improving. As such, I recommend downloading MyFitnessPal or Strava - both of which can be used for free - to your phone and using them whenever you're active.

If you find that you need to walk rather than run, then that's fine. Please don't worry that you're failing. We're doing this is to make sure you're burning calories so that you remain in a deficit. As long as you're moving, you're burning some calories and if you're in a calorific deficit, you'll soon start shifting the pounds.

Regressions

There's absolutely no point pushing beyond your limit and hurting yourself. Listen to your body. If you struggle with some of the exercises, please be sensible and take a step back. If jump squats are tough on the knees, for example, then be sensible and do regular squats instead. To get help with any regressions such as this, head to the Facebook support group each day for advice and tips. Nobody needs to take unnecessary risks or be a hero.

Consistency

Please don't forget that consistency is key, though. What do I mean by consistency? I mean showing up to make the effort day-after-day, even if you'd rather stay a bit longer in bed or go home and drink wine. Studies show that skipping exercise days can have a big, negative impact on motivation and results. So even if you think you can only manage a small workout, turn up and do what you can. Rome wasn't built in a day, but you can make huge strides in your fitness and body composition if just keep going - aches or no aches.

What to do if you ache

Don't worry, your legs aren't going to fall off. You just have a little Delayed Onset Muscle Soreness, or DOMS. This is inevitable, so you'll just have to suck it up - the human body is an incredible creation and will heal itself quickly. As long as you maintain consistency, the aching gets less as you repeat exercises and your body adjusts to the demands of your new routine.

I do, however, recommend increasing the protein in your diet to help rebuild torn muscle fibres. Stretching is also very important - to improve your flexibility, try holding each stretch for around 60 seconds. Using a foam roller before and after exercise is another great idea. Foam rolling straightens out your collagen fibres to boost performance, reduce pain and lessen the risk of injury. You can find lots of helpful videos about protein, stretching and foam rolling on YouTube.

DAY 1

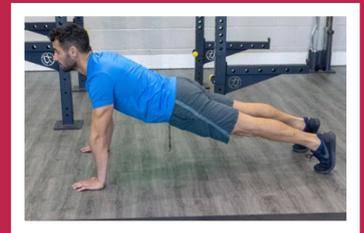
15 minutes: As many rounds as possible of the sequence below

Exercises

- 5 Hand Release Press-ups
- 10 Sit-ups
- 15 Squats
- 20 Jumping Jacks

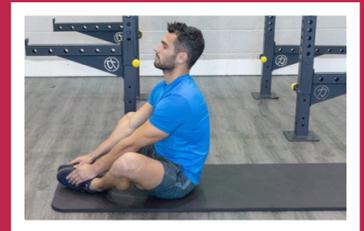
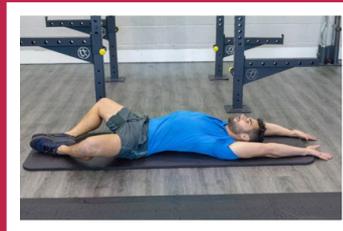
Hand Release Press-ups

Start with your chest, thighs and palms on the floor, as pictured. Lift your hands from the floor so that your elbows rise slightly and then drive down through your chest and arms to raise your body and lock your arms straight (as shown). Lower yourself into the starting position and repeat.



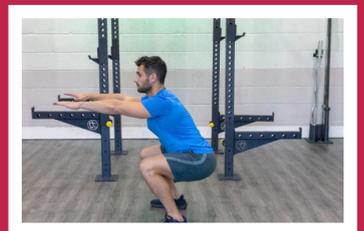
Sit-ups

Start by lying with your back on the floor, arms extended above your head, with legs spread and the soles of your feet touching each other (don't worry if your knees don't reach the floor!). Lift your torso and head up, using your arms as momentum, until you touch your toes. Keep the soles of your feet together as pictured.



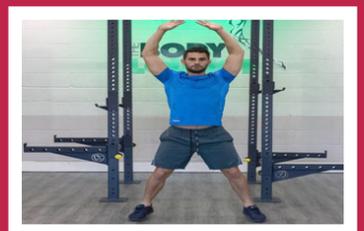
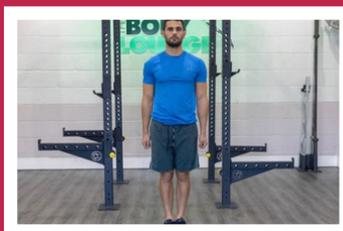
Squats

Set your feet shoulder-width apart, toes slightly turned out. Keeping your shoulders back (so you don't hunch your back), raise your arms out directly in front of you. Pull in your lower abs and keep your eyes forward. Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor. At the bottom of the exercise, pause for a moment and strongly push back up to the starting position, mirroring the descent.



Jumping Jacks

Start in a standing position, feet together and arms by your side. Jump out sideways and swing your arms out and over your head as you do so. Jump back in and lower your arms to complete one jumping jack.. Repeat.



DAY 2

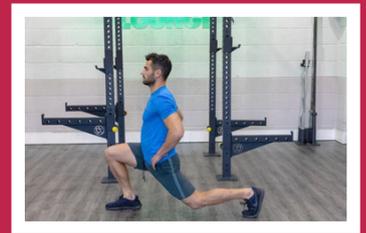
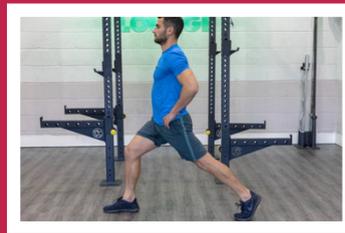
Complete the below sequence 5 times. The number of reps changing each time:
5 - 10 - 15 - 20 - 15 - 10 - 5

Exercises

- Squats
- Split Squats
- Jump Squats
- Jumping Jacks

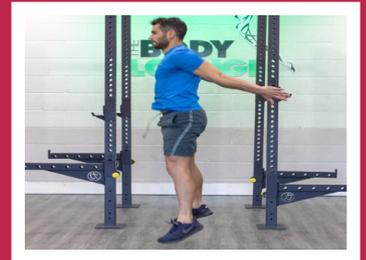
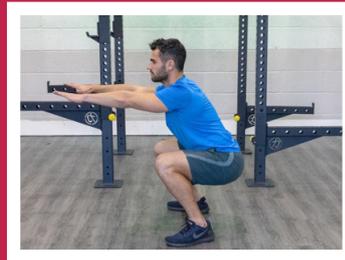
Split Squats

Put your hands on your hips and keep one foot ahead of you with your weight mostly forward. Slowly lower your back leg down until the knee is one inch from the floor. Raise back up until you're back where you started. Repeat.



Jump Squats

Follow the standard squat instructions to begin. When you reach the bottom of the move, explode upwards, lifting both feet off the ground while thrusting your arms out and back. Land in the parallel position you jumped from, as shown in the first picture. Don't land with your knees straight.



DAY 3

Rest

DAY 4

3k Run or Walk (Record time taken)

DAY 5

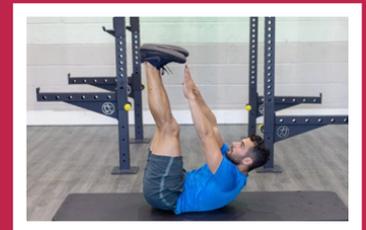
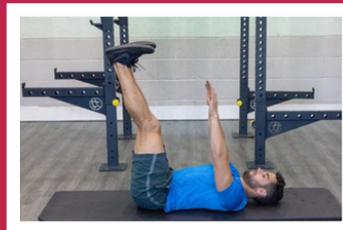
5 Rounds of the sequence below

Exercises

- 10 Sit-ups
- 10 Toe Touches
- 10 Twist Sits
- 10 Shoulder Taps
- 10 Russian Twists

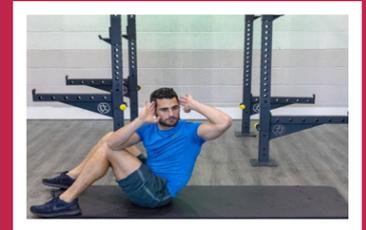
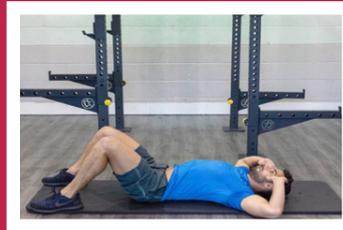
Toe Touches

Lie down on your back and bring your feet up high. Reach for your toes with your fingertips, lifting your back without straining your neck.



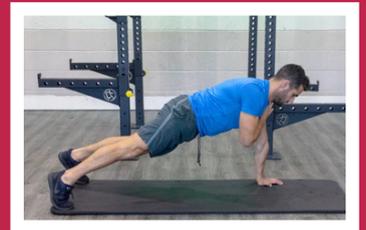
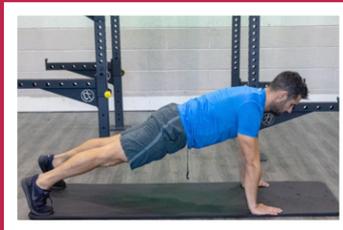
Twist Sits

Lie on your back with the soles of your feet planted on the ground and your hands by the sides of your head. Raise your head, arms and torso up together while twisting, so that you push your right elbow past your left knee. Fully twist your torso to look 90 degrees sideways. Repeat both sides for one repetition.



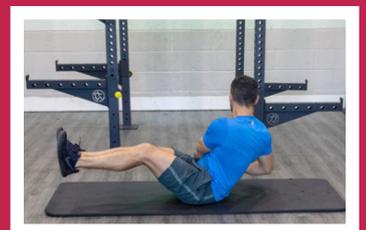
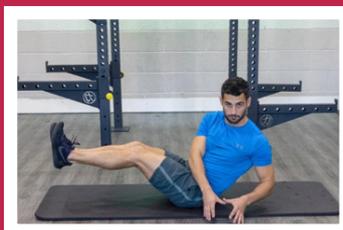
Shoulder Taps

Start in the high plank position (the locked-out top of a press-up). Place your right hand on your left shoulder and repeat both sides for one repetition.



Russian Twists

Sit on the floor with your legs elevated if you can (If you're a beginner, you can keep your feet on the floor). Twist your torso and place your hands on each side as shown. Use a kettlebell for a real challenge!



DAY 6

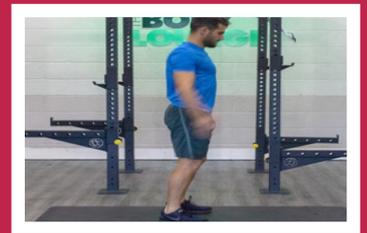
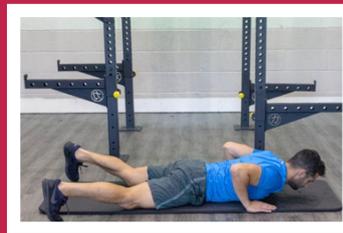
Complete the below sequence 5 times. The number of reps changing each time:
2 - 4 - 6 - 8 - 10 - 12 - 14 - 16

Exercises

- Burpees
- Star Jumps
- Squat Thrusts

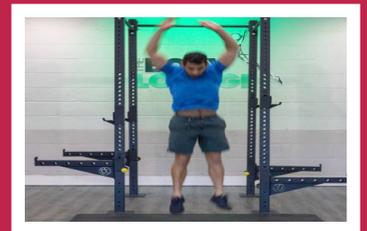
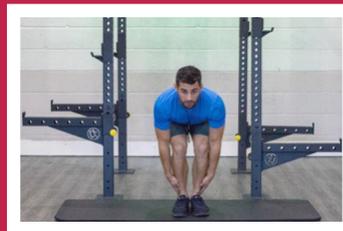
Burpees

My favourite! Start standing up, then jump down onto the floor with your chest, hands and thighs touching the ground. Stand and jump up. Repeat!



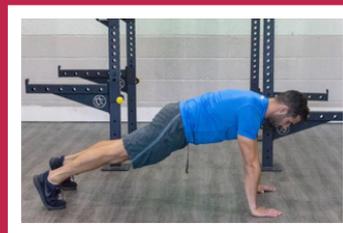
Star Jumps

Start by crouching down to touch both ankles and then explode up, clapping your hands above your head. Don't compose yourself - get straight back into it!



Squat Thrusts

Start in the high plank position and explode both legs forward, aiming for your knees to get close to your elbows. Push your legs back to the starting position and go again.



DAY 7

Rest

DAY 8

3k Run or Walk (Record time taken)

DAY 9

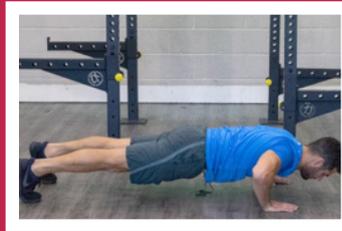
On the minute every minute for 8 mins (Repeat every minute)

Exercises

- 5 Burpees
 - 10 Squats
- Then another 8 mins of
- 5 Press-ups
 - 10 Walkaways

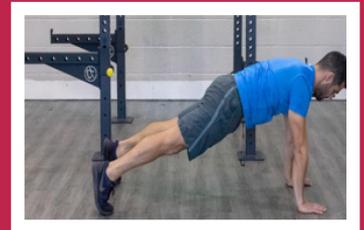
Press-ups

If you're a beginner, allow your knees to also touch the ground instead of the pictured, high starting position. Slowly lower yourself down, bringing your elbows out and keeping your hips in line with your chest. Then drive through the chest and arms to raise yourself up, locking out at the elbow.



Walkaways

From the standing position, let your hands fall to the floor and take your weight. 'Walk' them forward to the press-up position and then use your arms to reverse the move and 'walk' back to the standing position. Your feet should stay in the same place through the move.



DAY 10

Cash in - 1k run / 4 Rounds / Cash out - 50 Squats

Exercises

- 30 Jumping Jacks
- 25 Mountain Climbers
- 20 Laying Scissors
- 15 Squat Thrusts
- 10 Up-down Planks
- 5 Burpees

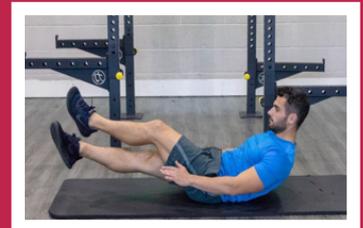
Mountain Climbers

From the high plank position, drive one leg forward and then swap over with the opposite leg.



Lying Scissors

Lie on your back with your shoulders off the floor and legs elevated. Criss-cross your legs in a scissor movement, keeping your abs engaged.



Up-down Planks

Start in the low plank position shown, with your elbows on the ground and tight glutes and core. Then raise one hand directly underneath your shoulder so that your arm is straight down. Do the same with the other arm so that you're in the high plank position. Reverse the move, coming down one at a time.



DAY 11

4K Run

DAY 12

Rest

DAY 13

Russian Pyramid - Don't stop working for 5 minutes then 2 minutes rest
50 seconds of exercise and then 10 seconds of rest / 40-20 / 30-30 / 20-40 / 10-50

Exercises

- Squats
- Jump Squats

Then

- Sit-ups
- Toe Touches

Then

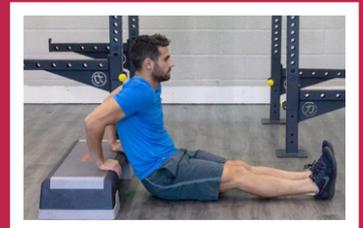
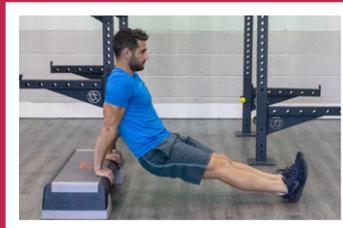
- Hand Release Press-ups
- Dips

Then

- Shoulder Taps
- Alternate V-sits

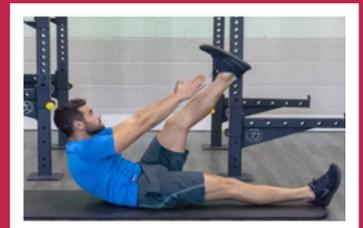
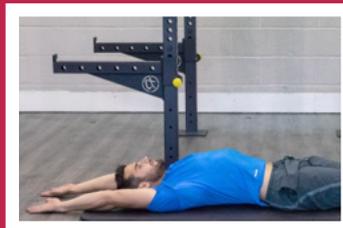
Dips

Beginners can keep your soles on the floor. Keep your bum fairly close to the box (chair, anything you find), raised and with your arms straight, as in the first picture. Then bend your arms at a ninety degree angle to lower yourself to the floor, before driving up and again locking at the elbow. Be sure to use your triceps and not your hips to push you up.



Alternate V-sits

Lie flat with your back on the floor and arms extended as shown, rise up from the top half of your body as you also lift one leg. Touch your leg with both hands before coming back down and repeating the move with the other leg. Be sure to meet your leg halfway to get full activation in your abs.



DAY 14

Tabata - 20 seconds on 10 off 8 rounds totalling 4 minutes

Exercises

- Lunges
- Split Squats
- Sumo Squats
- Glute Bridges
- Jump Squats

Lunges

Stand upright with your feet hip-width apart, chest out and shoulders back, maintaining the natural curvature of your spine. Your knees should be unlocked and your hand on your hips. This is your starting position. Take a large stride forward with one foot, descending to a point at which your rear knee approaches the floor without touching. Be sure to maintain your body's upright posture. Your front knee should bend about 90 degrees, but for knee health it should be roughly on the same vertical plane that extends straight up from your toes - not too far forward. If it is, take a slightly longer step. Repeat on opposite side.



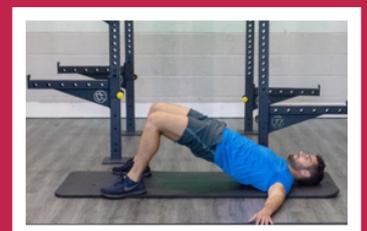
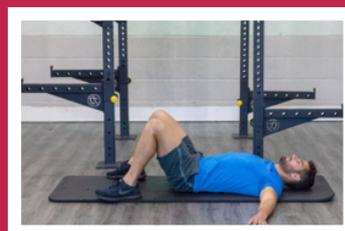
Sumo Squats

Follow the squat rule but bring your feet wide as shown to recruit abductor muscles and achieve better glute activation. Squat down pushing the hips out. Aim to get your back to 90 degrees from your thighs, keeping the back flat with your soles grounded on the floor.



Glute Bridges

Start by lying on the floor with your hands out flat at right angles to your body. Keep your soles grounded and thrust up from the hips, engaging your glute muscles and forming a bridge. Release the muscles slowly as you come down, then repeat.



DAY 15

4k Run or Walk

DAY 16

Rest

DAY 17

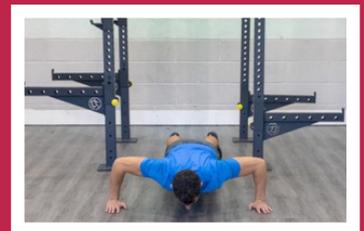
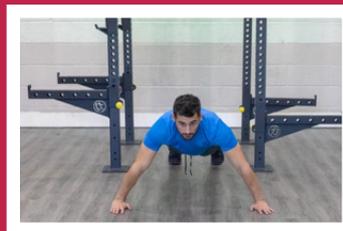
5 Rounds of the sequence below

Exercises

- 10 Press-ups
- 10 Dips
- 10 Wide Arm Press-ups
- 10 Decline Shoulder Taps
- 10 Aztec Press-ups

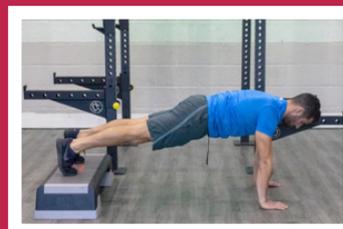
Wide Arm Press-ups

Wide arm press-ups hit your pectoral muscles more. Perform them exactly as you would a conventional press-up, but bring your arms wider to create better activation. They should be a little more than shoulder width apart.



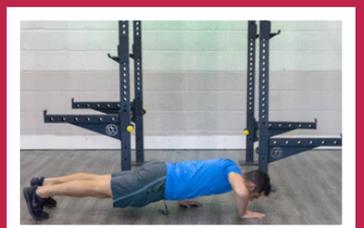
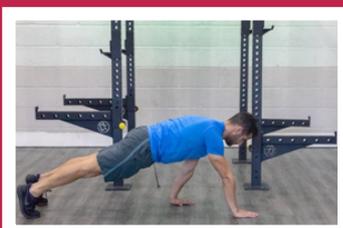
Decline Shoulder Taps

Elevate your feet onto a step, box or chair and support your weight between your feet and your arms, straightened vertically below you. It's important to keep your hips high and don't let your lower back drop. Then touch each shoulder with the opposite hand.



Aztec Press-ups

Go onto your knees if you struggle with press ups. Place your hands on the floor in an offset position, with one further forward than the other, as shown. As you descend, bend your elbows, then drive up with your chest and shoulders. Repeat, with the other arm forward.



DAY 18

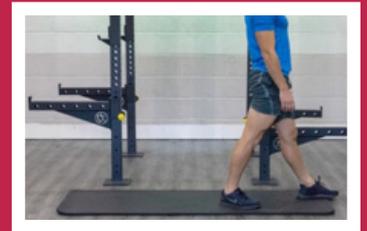
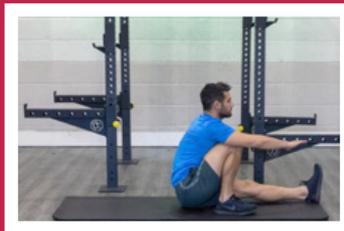
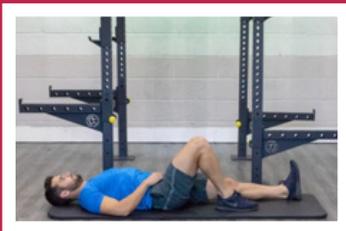
Complete the below sequence 5 times. The number of reps changing each time:
10 - 10 - 20 - 30 - 20 - 10 - 10

Exercises

- Walkaways
- Star Jumps
- Burpees
- Get-ups

Get-ups

Start by lying with your back on the floor, with one leg flat and the other bent so that your sole is grounded. Sit up, using one hand on the floor to help propel you, and then keep driving up to the standing position. You may use one hand to help you stand up, but once you've mastered that, try without using your hands at all. Tip: use the momentum you gain by rolling onto your back as you sit up to continue the move to the upright position.



DAY 19

5k Run or Walk

DAY 20

Rest

DAY 21

Cash in 1k Run / 1 minute best effort x 5 Rounds

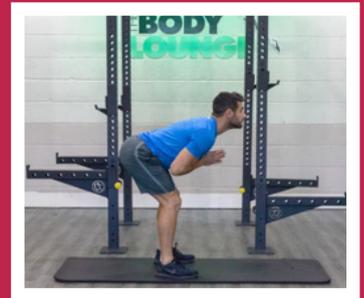
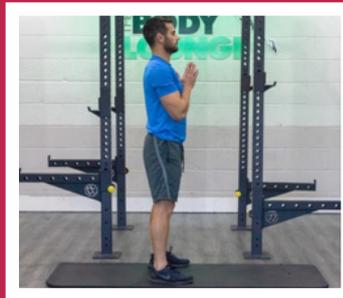
Exercises

- Sumo Squats
- Good Mornings
- Sit-ups

Write down your rep count and try to beat.

Good Mornings

Stand with your feet just past shoulder-width apart with a slight bend at your knee. Place your hands to the front in a prayer position. Keep your backside stationary and rotate at your hips to bring your shoulders towards the floor. Stop when your chest is just past parallel with the floor. Maintaining a strong core, return back to a standing position. Keep your abs and back muscles tight during this exercise. Don't arch your back.



DAY 22

Cash in - 100 squats / 5 rounds in total

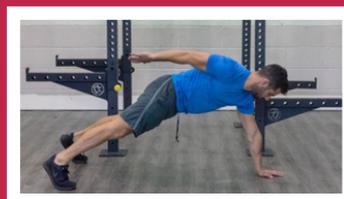
Exercises

- 20 Mountain Climbers
- 20 Get-ups
- 20 One-handed Squat Thrusts
- 20 Burpees
- 20 Hand Release Press-ups

Repeat for the next round but take away the bottom exercise until you're finished with Mountain Climbers.

One-handed Squat Thrusts

Start in the high plank position but using just one hand to support you (the other arm should be extended straight out behind you). Explode both legs forward, aiming for your knees to get close to your elbows. Change arms half way through the round.



DAY 23

Interval training - 20 Rounds of running
70% effort for 30 seconds then 30% effort for 30 seconds

DAY 24

Rest

DAY 25

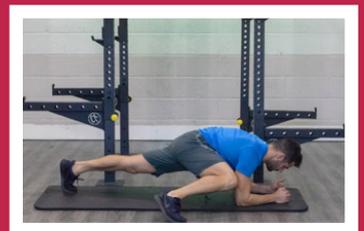
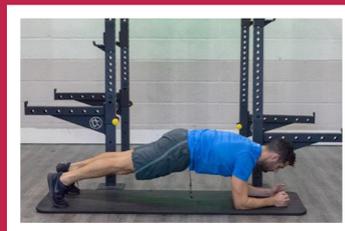
Plank session - 6 Rounds

Exercises

- Plank for 30 Seconds
- 10 Up Down Plank
- 10 Lizard Plank
- 10 Plank Squat Thrusts
- 10 Plank Side Legs

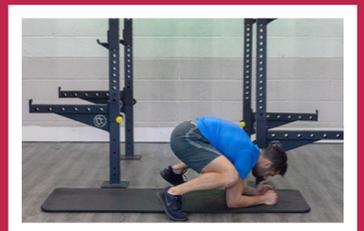
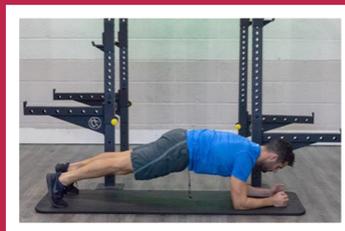
Lizard Planks

Start in the low plank position. Bring your right knee towards your elbow, engaging your obliques, and then bring it back to the start. Swap legs.



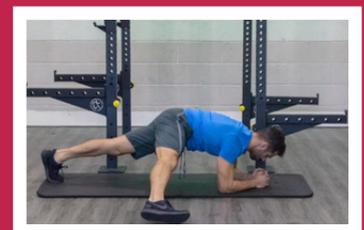
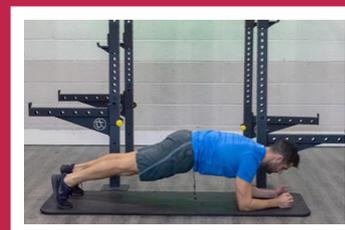
Plank Squat Thrusts

Start in the low plank position. Explode both legs forward, aiming for your knees to get close to your elbows. Drive back and repeat.



Plank Side Legs

Start in the low plank position. Extend your right leg laterally, keeping it locked out, and open your hips up. You should feel this in your glutes. Bring the leg back to the original position and swap over legs.



DAY 26

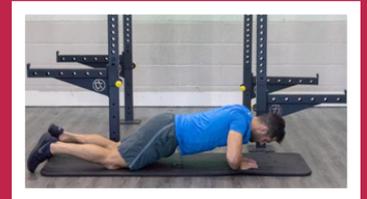
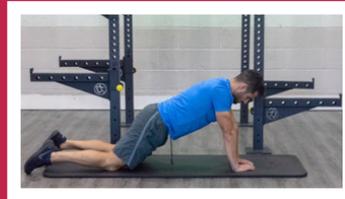
Complete the below sequence 5 times. The number of reps changing each time:
5 - 7 - 9 - 11 - 13

Exercises

- Press-ups
- Hand Release Press-ups
- Wide Arm Press-ups
- Aztec Press-ups
- Diamond Press-ups

Diamond Press-ups

Staying on your knees, bring your hands together in a diamond formation (forefingers and thumbs touching to create the diamond inbetween) directly underneath your chest. Bend your elbows and lower yourself down before exploding back up. You should feel this in your arms.



DAY 27

5k run or walk

DAY 28

Rest

DAY 29

10 Reps per round. Start with the first exercise listed, then repeat and add another exercise. Go back to the top of the list and add an extra exercise every round.

Exercises

- Squats
- Sumo Squats
- Jump Squats
- Glute Bridges
- Pulse Squats
- Close Squats
- Split Squats
- Overhead Squats
- Side Lunges
- In-and-Out Squats

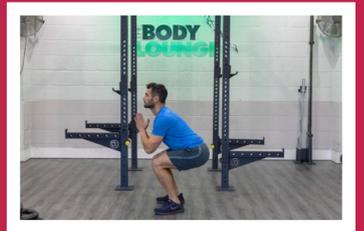
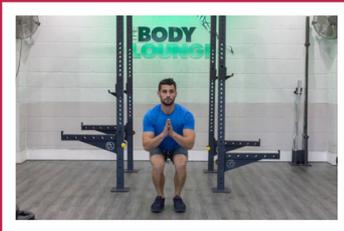
Pulse Squats

From the normal squat start position, push out at the hips to lower your bum at right angles to your lower legs. Rise up 45 degrees, before lowering back down to 90. Repeat this movement until the reps are completed. Keep the legs activated at all times.



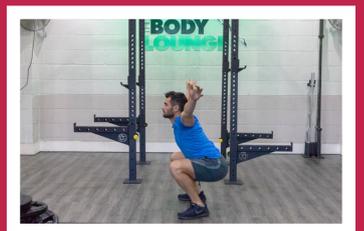
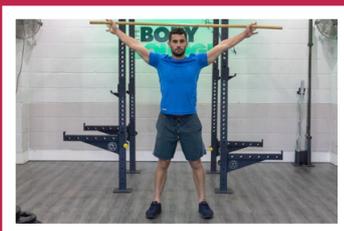
Close Squats

Adopt the normal squat start position but bring your legs closer in – just a little less than shoulder-width apart. Squat down, pushing the hips out. Aim for a 90 degree knee bend and keep your back flat with your soles grounded to the floor.



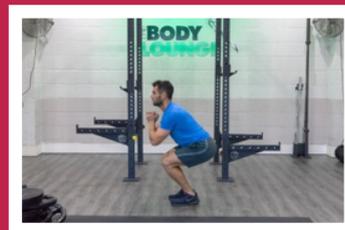
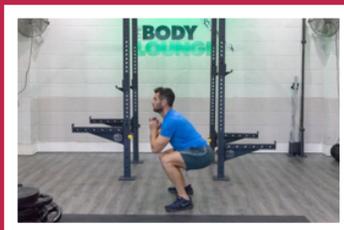
Overhead Squats

Find a stick, broom handle or anything similar to that pictured. Hold it above your head with your hands nice and wide and arms locked out. Push the hips out and keep your feet flat as you lower yourself to 90 degrees at the knees and then stand back up. Your elbows shouldn't bend and you shouldn't lean far forward. Make sure you keep the stick behind your head as you squat down.



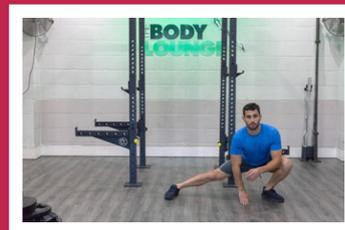
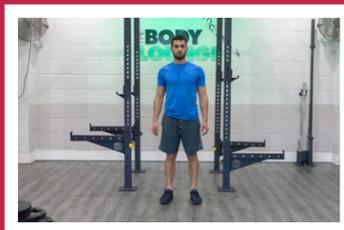
In-and-Out Squats

Start with your legs in the close squat position. Squat down and then explode up into the wide stance position as you land the squat. From there, repeat as before but land in the close squat position. That's one rep. Always land the squat with bent knees to absorb the impact.



Side Lunges

Start from a standing position and move down laterally to the left, bending your left knee and keeping it facing forwards. Your right leg should stay straight with both soles planted on the floor. Come back up to the original standing starting position before swapping over sides.



DAY 30

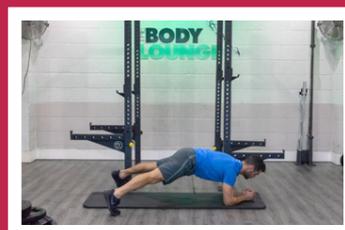
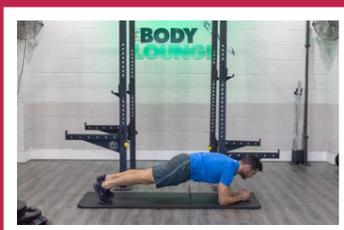
Cash in - 50 Sit ups / 4 Rounds / Cash out - 50 Alternate V-sits

Exercises

- 25 Jumping Jacks
- 25 Scissor Planks
- 25 Mountain Climbers
- 25 Side Squat Thrusts
- 25 Russian Kicks

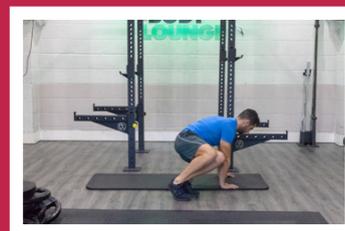
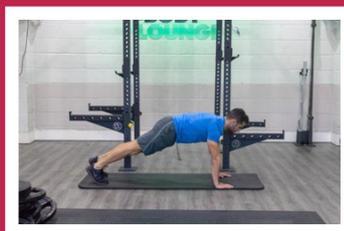
Scissor Planks

Start in the low plank position. Keep both legs straight and move them laterally at the same time into an open-scissor formation, about a metre-width apart. Ramp up the intensity once you get the hang of it. Don't drop your hips.



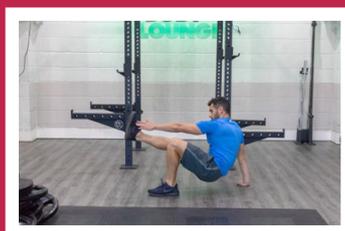
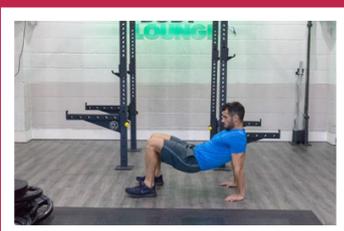
Side Squat Thrusts

Start in the high plank position. Move both legs forward to the right elbow, keeping your core engaged. Bring them back to the start position before exploding them to the left elbow this time.



Russian Kicks

Start with your legs bent, feet grounded, hips raised and your hands on the ground facing forward, with your torso upright. Use your left hand to reach out and touch your right toes as you raise them. Repeat with your opposite arm and leg. Keep core engaged and don't drop your hips too low.



DAY 31

6k Run or Walk

DAY 32

Rest

DAY 33

3 x 10 second rounds, 3 x 20 second rounds, 3 x 30 second rounds
10 seconds rest in-between rounds

Exercises

- Plank Hold
- Squat Hold
- High Plank Hold
- Lunge Hold Each Side
- Press-up Hold (Halfway Down)

Then 100 Reps for time

- Jumping Jacks
- Squat Thrusts
- Shoulder Taps
- Reverse Lunges

High Plank Hold

Keep your abs and glutes tensed. Have your hands directly underneath your shoulders and don't drop your hips. Keep your head facing down towards the floor. Feet shoulder-width apart.



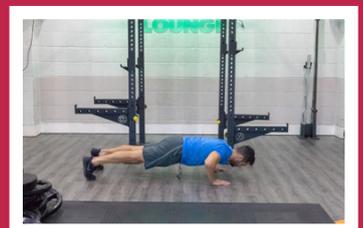
Lunge Hold

Statically hold the lunge position. Keep your torso upright, your hands on your hips for balance and your back knee one inch off the floor. Swap legs halfway through the exercise period.



Press-up Hold

Tighten your glutes, core and arms. Keep your body nice and straight and don't let your hips or lower back drop. Hold the pose halfway between the high and low positions.



DAY 34

10 Rounds for time

Exercises

- 10 Dips
- 10 Press-ups To Shoulder Press
- 10 Hand Release Press Ups

Press-up to Shoulder Press

Do one press-up and then adopt the kneeling position shown. Stretch your hands above your head 10 times and then do another press-up.



DAY 35

7k Run or Walk

DAY 36

Rest

DAY 37

Exercises

- 100 Jumping Jacks
- 90 Mountain Climbers
- 80 Squats
- 70 Russian Twists
- 60 Sit-ups
- 50 Lunges
- 40 Press-ups
- 30 Burpees
- 20 Walkaways
- 1km Run

DAY 38

6 Mins on each section. As many rounds as possible within that time

Exercises

- 15 Press-ups
- 15 Dips
- 15 Russian Kicks

- 15 Squats
- 15 Sumo Squats
- 15 Jump Squats

- 6 Burpees
- 10 Get-ups
- 16 Front and Back Lunges

Front and Back Lunges

Do one reverse lunge with your left leg then, without letting it touch the floor, do a forward lunge with the same leg. Repeat until reps are completed and then swap over legs.



DAY 39

8k Run or Walk

DAY 40

Rest

DAY 41

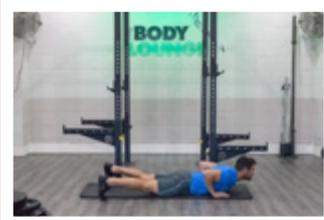
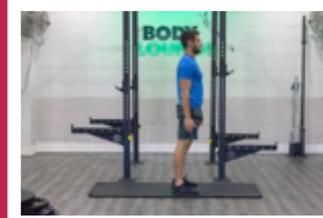
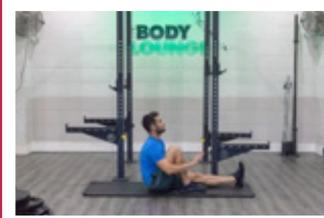
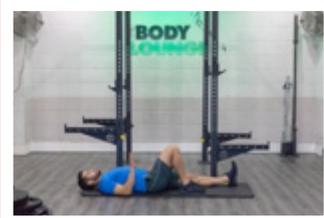
5 Rounds

Exercises

- 30 Russian Kicks
- 20 In-and-Out Squats
- 10 Up-and-Downs

Up-and-Downs

Start with your back on the floor and stand up using one hand, exactly as you would with a Get-up, but then keep moving into a burpee exercise.



DAY 42

For Time

Exercises

- 100 Squats
- 30 Burpees
- 100 Step-ups
- 20 Burpees
- 100 Jump Squats
- 10 Burpees
- 3k Run

