

**WARM UP! Do the following as a circuit for warm up.
30 seconds of each and repeat 3x**

1. Stair walk 05507



sec	30
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2. Deep squat 01211



sec	30
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3. TRX Horizontal row 10038



sec	30
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THE BEGINNER FAT LOSS / TONE program. Complete the program as a circuit with 1-2 minutes rest after each round. Start with only 2 rounds and increase weekly if possible to up to 5 rounds

4. Squat- TRX 10112



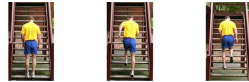
15sec	Med	
3 x	15	
Mon	B-Wgt	
01/03		

5. TRX Chest Press 10125



15sec	Med	
3 x	15	
Mon	B-Wgt	
01/03		

6. Forward backward stair running 05494



15sec	Med	
3 x	40sec	
Mon	B-Wgt	
01/03		

7. TRX Horizontal row 10038



15sec	Med	
3 x	15	
Mon	B-Wgt	
01/03		

8. Swing roll out 05662



15sec	Med	
3 x	10	
Mon	B-Wgt	
01/03		

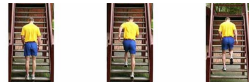
9. Battle Rope Variations 10045



15sec	Med	
3 x	40sec	
Mon	B-Wgt	
01/03		

Alternate waves

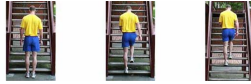
10. Forward backward stair running 05494



15sec	Med	
3 x	40sec	
Mon	B-Wgt	
01/03		

**WARM UP! Do the following as a circuit for warm up.
30 seconds of each and repeat 3x**

1. Stair walk 05507



sec 30

2. Deep squat 01211



sec 30

3. TRX Horizontal row 10038



sec 30

THE BEGINNER FAT LOSS / TONE program. Complete the program as a circuit with 1-2 minutes rest after each round. Start with only 2 rounds and increase weekly if possible to up to 5 rounds

4. TRX Single leg Squat 10162



15sec	Med	
3 x	15	EL
Wed	B-Wgt	
03/03		

5. Stair split squat 05503



15sec	Med	
3 x	15	EL
Wed	B-Wgt	
03/03		

6. Forward backward stair running 05494



15sec	Med	
3 x	40sec	
Wed	B-Wgt	
03/03		

7. Bench bridging 03682



15sec	Med	
3 x	15	EL
Wed	B-Wgt	
03/03		

8. Battle Rope Variations 10045



15sec	Med	
3 x	40sec	
Wed	B-Wgt	
03/03		

Alternate waves

9. Side stair walk 05520



15sec	Med	
3 x	15	EL
Wed	B-Wgt	
03/03		

10. Single Leg Glute Bridge - March 10053



15sec	Med	
3 x	15	EL
Wed	B-Wgt	
03/03		

11. Forward backward stair running 05494

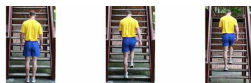


15sec	Med	
3 x	40sec	
Wed	B-Wgt	
03/03		

Fri 05/03
Workout 1

WARM UP! Do the following as a circuit for warm up. 30 seconds of each and repeat 3x

1. Stair walk 05507



sec 30

2. Deep squat 01211



sec 30

3. TRX Horizontal row 10038



sec 30

THE BEGINNER FAT LOSS / TONE program. Complete the program as a circuit with 1-2 minutes rest after each round. Start with only 2 rounds and increase weekly if possible to up to 5 rounds

4. Forward backward stair running 05494



15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

5. Battle Rope Variations 10045



Alternate waves

15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

6. Side stair walk 05520



15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

7. Forward backward stair running 05494



15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

8. Friction rope climber 10205



15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

9. Battle Rope Variations 10045



DOUBLE waves

15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

10. Floor to ceiling 00868



15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

11. Punching bag 00881

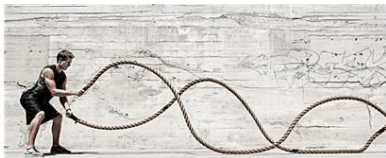


15sec	Med	
3 x	40sec	
Fri	B-Wgt	
05/03		

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Battle Rope Variations 10045



Alternate waves DOUBLE waves

Tips:

Cautions:

Bench bridging 03682



Tips: The position of the hands on the floor can vary depending on how much balance is required. Place the hands wider on the floor to increase the stability. Starting with the feet hip width apart on the bench, raise the hips off the floor until the thighs are in line with the torso. Return the hips to the floor then continue the exercise or keep the hips off the floor throughout the exercise.

Cautions: Do not allow the spine to extend & do not raise the hips too high.

Deep squat 01211



Tips: Start with the elbows wide, the feet slightly wider than shoulder width & facing out. Perform a deep squat while maintaining an erect torso & keeping the feet flat on the ground. The knees should track in line with the centre of the feet. The range of motion for the squat may vary depending on strength & flexibility.

Cautions: Maintain neutral curves in the spine & do not pull the neck forward as the hands remain positioned behind the head.

Floor to ceiling 00868



Tips: Assume a boxing stance & for more advanced boxers it is advised that wrist wraps are used for additional support for when the ball is punched harder & faster. The height of the ball may vary based on personal preference & depending on the requirements of the drill. Punch the ball with the left & right hands in an alternating fashion. Apply the correct punching technique when using the floor to ceiling bag.

Cautions: If the surface of the ball is not smooth, consider using gloves to avoid cutting the knuckles.

Forward backward stair running 05494



Tips: Run up two steps then down for one step. Keep the body weight forward & watch the feet onto the steps by tilting the head slightly forward. As the trail leg recovers, dorsiflex the foot in preparation for the foot strike. Minimize the contact time with each step. Lift the knees straight up & swing the arms to assist with balance.

Cautions: Ensure that the trail leg clears the step & that the steps have adequate grip. Keep the shoulders slightly forward of the hips & do not lean backwards.

Friction rope climber 10205



Tips:

Cautions:

Punching bag 00881



Tips: Wrist wraps & gloves should be used when punching the bag. Assume the correct boxing stance with the gloves in front of the face & punch with the left hand. Repeat this combination for the prescribed set or period of time or incorporate it with other combinations. Move the around the bag between each of the combinations.

Cautions: Warm up adequately prior to punching the bag.

Side stair walk 05520



Tips: Walk sideways up two steps at a time by crossing one leg in front of the other, keeping the hips & shoulders square. Maintain an erect posture with a slight forward lean at the hips. Watch the foot onto the steps by tilting the head slightly forward.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip.

Single Leg Glute Bridge - March 10053



Tips:

Cautions:

Squat- TRX 10112



Tips:

Cautions:

Stair split squat 05503



Tips: Start with the hands behind the head, the elbows wide & the front foot on the second or third step. Keeping the hips & shoulders square, squat straight up & down. Maintain an erect posture, ensuring the knees track in line with the centre of the feet.

Cautions: Do not allow the knees to twist or buckle in.

Stair walk 05507



Tips: Walk up one step at a time with a natural stepping gait & continue to swing the arms as required. Maintain an erect posture with a slight forward lean at the hips. The knees should track in line with the centre of the feet with each stride.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip. Do not allow the knees to buckle in.

Swing roll out 05662



Tips: Place the hands securely on the seat, starting with the hands under the shoulders with the arms straight. Maintaining a rigid & straight body, press the seat away while keeping the arm straight then pull back to the start position.

Cautions: Control both phases of the exercise & ensure that you have a secure grip on the seat.

TRX Chest Press 10125



Tips:

Cautions:

TRX Horizontal row 10038



Tips:

Cautions:

TRX Single leg Squat 10162



Tips:

Cautions: