

Work-Out

General

Working out is in general **important** that you implement it in your daily life. We all have a lot to do in our lives working, parenting, studying, household, etc and it takes a lot of our energy. However, you should always try to at least implement **3 workouts** during the week or **30min** each day.

"I'm not trying to lose or gain weight so I don't think workout is necessary for me." In the contrary, it is important for everyone.

It is a wrong inception made by many people. I often get to hear of many people that I shouldn't do gym or do cardio as I don't have to lose any further weight. I'm not doing gym for losing weight, I do it because it keeps your **muscles** strong, makes my body **lean** and **firm** and it keeps my heart rate and lungs **trained**.

Many people have a desk job or more sedentary job. For them it is even more important to have some exercise at the end of the day.

I used to have an active job, during the 8-9h per day that I worked I maybe sat still for max 30min and that was during my lunch time. Now, I'm having a desk job and sit still for the whole 8-9h. My **back and neck** started paining, being **more tired** then with my active job, **appetite** that decreased, being **short breathed** easily, etc. Soon I figured out that it was because I wasn't having any active life style anymore. That is why it is very important to work out every day at least 30min.

It is also proven that people who have an active lifestyle (whether it having a very active job or doing gym), they are healthier. They become **less sick**, have **less muscle & joint** pain, have **healthier lungs and heart** and tend to **live longer**.



Wake Up.
Work Out.
Look Hot.
Kick Ass.

How/Which/When?What?

It is yet again important to set a **goal** so that you have your motivation. When you know why you want to workout you can start planning.

Your workout schedule should be fitting in your **daily life**. We all have different lives and different routines, that is why it is important to find a workout suiting your routine. Also find a workout that you like.

- **Eg.:** You don't like running on a treadmill but running outdoors.

Nobody is pushing you to run on a treadmill and vice versa. If it is the outdoors you like then go to the outdoors. You don't like the outdoors? Then go indoors. Remember, there is never a valid excuse for not doing your exercise, but you also have to find your motivation.

- **E.g:** You don't have money for going to a gym.

Yet again no problem. You can do so many things at home, in your garden, outdoors, on your rooftop, etc. Once again, there is never a valid excuse for not doing your exercise.

Weight loss

So you want to lose weight and want to workout to speedup the process. Good! Though, always have a second reason as well. Once you have achieved your weight loss goal you need a new motivation to keep working out.

They say the best time to do your workout is in the morning. This because you are the freshest at that time. Unfortunately, not everyone has that freedom to have a workout session in the morning. Conclusion is: Your workout should be **according to your lifestyle** not as that of a textbook person.

If you need to lose a lot of weight (more than 10kg), you should start with implementing cardio first. Your cardio should make your heart, lungs and muscles ready for more intensive exercises. As mentioned in the "Losing Weight" file, when you are in the level of "**obese**", your cardio shouldn't be to intense as it will bring your heart and lungs in danger.

1. Work-Out session

Whether you have your workout planned in the morning, afternoon or evening, you can always do this routine session.

It is suitable for men and women of all ages BUT you have to ***listen to your body!!*** It is very important to push yourself a little further than your level but never too far.

Eg.: A muscle getting tired? Keep going a few min/repetition longer. A severe pain? STOP IMMEDIATELY

2. Severe Weight Loss

You have a BMI of ***over 35***? Take it slow, there is no need of bringing your vital organs in danger. Have a cardio session everyday of:

- 15min running (min speed 5km/h)
- or
- 30min cycling (min speed 10km/h, without resistance)

During the day choose the stairs instead of the elevator, walk to the supermarket if it is less than 1km away, go to work by cycle, etc.

When you are at a BMI of ***35 or below*** you can start having a more intense cardio. Such cardio session should be as following:

- stretch and warm up
- 15min running (min speed 6-7km/h)
- stretching
- 2min rest
- 30min cycling (min speed 12-15km/h without resistance)
- stretching

3. Weight loss

You have reached a BMI of **30 or below**? Great! We can go to the more intensive workout then.

The chart that you'll find below comes from <http://www.muscleandfitness.com>

Why did I choose a chart from the internet? There are so many combinations and good schedules, with routines we already know ourselves. As I don't want to give you something that you already know, you want to know something new and motivating, that is why I chose this schedule. It is something known but with a different edge.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Full Body Workout A	Cardio Workout 1	Full Body Workout B	Rest	Full Body Workout A	Cardio Workout 2	Rest
2	Full Body Workout B	Cardio Workout 1	Full Body Workout A	Rest	Full Body Workout B	Cardio Workout 2	Rest
3	Full Body Workout A	Cardio Workout 1	Full Body Workout B	Rest	Full Body Workout A	Cardio Workout 2	Rest
4	Full Body Workout B	Cardio Workout 1	Full Body Workout A	Rest	Full Body Workout B	Cardio Workout 2	Rest
5	Full Body Workout A	Cardio Workout 1	Full Body Workout B	Rest	Full Body Workout A	Cardio Workout 2	Rest
6	Full Body Workout B	Cardio Workout 1	Full Body Workout A	Rest	Full Body Workout B	Cardio Workout 2	Rest

3.1. Workout A:

[illegible]

3.2. Workout B:

[illegible]

3.3. Cardio 1:

- 30sec hill sprint (if you use treadmill step off it carefully and keep it running)
- 30sec Elbow Plank
- 30sec hill sprint
- 30 reverse crunches while holding the dumbbell
- 30sec hill sprint
- 30 crunches

3.4. Cardio 2:

- 60sec hill sprint
- 20 kneeling high cable crunches.
- farmer's carry with the heaviest dumbbells you can find (about 50m)
- 60sec hill sprint
- 20 lateral medicine ball wall tosses per side
- farmer's carry

4. During & End of Workout

Be sure that you always **hydrate** yourself enough. Keep a bottle of water (1L) with you and sip of it every now and then. Don't drink too much during as you don't have a heavy stomach during your exercises.

Take a sip before you **start** your workout and take sips **after** every exercise and **end** your workout with finishing the rest of the water.

What else is important? **Stretching and warmup!** Don't start your workout before you have warmed up and stretched your muscles. Many don't take this step as they see it as a time waste and non-effective. You will feel the effectiveness the day after your workout. If you didn't do your stretching and warmup all your muscles will be **sore**, muscles will **cramp** easily and you increase the chance of getting a muscle **tear**.

5. Where to find examples of all the exercises?

“Dumbbell knee high bench press lift.. What???” Don’t freak out if you don’t know all those terms, you don’t have to know the term to be honest. As long as you know how the exercise has to be performed then you’re good to go.

You can find all the exercises that are mentioned in this schedule on our blog. You’ll also find other exercises. Be creative if you’re bored to do the same again and again.