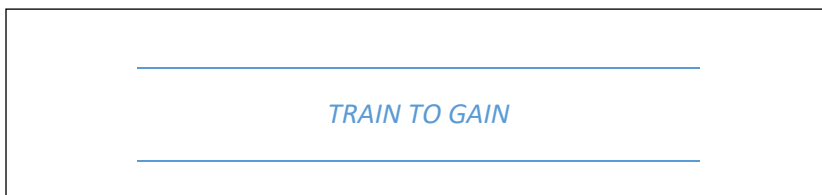


Challenge your Coach

	Strength		Fitness
Week 1		×	
Monday	Push ups 10 × 3 Dips 10 × 3 Lateral raises 10 × 3		10 min warm up jog 30 seconds sprint followed by 30 seconds jog. Repeat 5 times.
Tuesday	Lunges 10 × 3 Squat 10 × 3 Calf raises 10 × 3		10 to 15 min slow jog
Wednesday	Crunches 10 × 3 Leg raises 10 × 3 Superman 30 sec × 3		Suicide: Sprint 10 meters, fall flat on stomach, jump up and sprint back, this is 1 rep. Repeat 10 times, and do two sets. Rest 5 minutes between sets.
Thursday	Pull ups 10 × 3 Diamond Push ups 10 × 3 Squat 10 × 3 Abs 10 × 3		10 to 15 min slow jog
Friday	Crunches 10 × 3 Leg raises 10 × 3 Superman 10 × 3		Fun in the sun: Burpees × 5 Squat jump × 5 Push ups with a clap × 5 Frog jump × 3 + 3 10 meter sprints
Saturday	Push ups 10 × 3 Dips 10 × 3 Lateral raises 10 × 3		10 to 15 min slow jog
Week 2			
Monday	Push ups 10 × 4 Dips 10 × 4 Lateral raises 10 × 4		10 min warm up jog 30 seconds sprint followed by 30 seconds jog. Repeat 6 times.
Tuesday	Lunges 10 × 4 Squat 10 × 4 Calf raises 10 × 4		10 to 15 min slow jog
Wednesday	Crunches 10 × 4 Leg raises 10 × 4 Superman 10 × 4		Suicide: Sprint 10 meters, fall flat on stomach, jump up and sprint back, this is 1 rep. Repeat 10 times, and do three sets. Rest 5 minutes between sets.
Thursday	Pull ups 10 × 4 Diamond Push ups 10 × 4 Squat 10 × 4 Abs 10 × 4		10 to 15 min slow jog
Friday	Crunches 10 × 4 Leg raises 10 × 4 Superman 10 × 4		Fun in the sun: Do two sets Burpees × 5 Squat jump × 5 Push ups with a clap × 5 Frog jump × 3 + 3 10 meter sprints
Saturday	Push ups 10 × 4 Dips 10 × 4 Lateral raises 10 × 4		10 to 15 min slow jog

**Diet: To slim down you have to avoid sugar, sweets and starch such as bread, pap and potato.
To gain include meat, potato, rice and pasta**



Challenge your Coach

Week 3		
Monday	Push ups 10 x 5 Dips 10 x 5 Lateral raises 10 x5	10 min warm up jog 30 seconds sprint followed by 30 seconds jog. Repeat 7 times.
Tuesday	Lunges 10 x 5 Squat 10 x 5 Calf raises 10x5	10 to 15 min slow jog
Wednesday	Crunches 10x5 Leg raises 10x5 Superman 10x5	Suicide: Sprint 10 meters, fall flat on stomach, jump up and sprint back, this is 1 rep. Repeat 10 times, and do four sets. Rest 5 minutes between sets.
Thursday	Pull ups10x5 Diamond Push ups 10x5 Squat 10x5 Abs 10x5	10 to 15 min slow jog
Friday	Crunches 10x5 Leg raises 10x5 Superman 10x5	Fun in the sun: Do Four sets Burpees x 5 Squat jump x 5 Push ups with a clap x 5 Frog jump x 3 + 3 10 meter sprints
Saturday	Push ups 10 x 5 Dips 10 x 5 Lateral raises 10 x5	10 to 15 min slow jog
Week 4		
Monday	Push ups 10 x 6 Dips 10 x 6 Lateral raises 10 x6	10 min warm up jog 30 seconds sprint followed by 30 seconds jog. Repeat 8 times.
Tuesday	Lunges 10 x 6 Squat 10 x 6 Calf raises 10 x 6	10 to 15 min slow jog
Wednesday	Crunches 10x6 Leg raises 10x6 Superman 10x6	Suicide: Sprint 10 meters, fall flat on stomach, jump up and sprint back, this is 1 rep. Repeat 11 times, and do two sets. Rest 5 minutes between sets.
Thursday	Pull ups10x6 Diamond Push ups 10x6 Squat 10x6 Abs 10x6	10 to 15 min slow jog
Friday	Crunches 10x6 Leg raises 10x6 Superman 10x6	Fun in the sun: Do 5 sets Burpees x 5 Squat jump x 5 Push ups with a clap x 5 Frog jump x 3 + 3 10 meter sprints
Saturday	Push ups 10 x 6 Dips 10 x 6 Lateral raises 10 x6	10 to 15 min slow jog
Sunday	Rest	

Instructions:

- Follow the programme
- Follow our FB page to see YOUR coach "Train to Gain" in progress
- Mark every exercise as you complete it.

Remember a fitness test will be compulsory after the completion of this programme.

