

15 min - 30 min

BEGINNER EXERCISE PROGRAM



WEEK 1 - WEEK 2
ALL BODYWEIGHT
WEEK 3 -
BAND REQUIRED

INTRODUCTION

WHO IS TONE IT UP PERSONAL FITNESS?

TONE IT UP BOOTCAMP was born over a Thai dinner with Matt, Steve & Kate, because Steve and my other half Matt wanted a Bootcamp to attend that was close to home and be able to get there several times a week- and well a week later we had our first class, and I remember it like it was yesterday. It was about 40 degrees at 6pm, but I had about 15 people and I think they all just about passed out, but with a smile on their dial! Tone It Up has been around since 2000, when I trained from my home studio in Sydney. I also spent my time as a PT working for Fernwood Women's Fitness for several years before heading to the UK where I lived for 10 years. Aerobics Oz Style was my saviour as a teenager, so was running - believe it or not I loved cardio back then. I went on to discover weights through pump class - and that's when I wanted to learn more about PT and Resistance Training. Since 2000 I have completed several courses & continue to study and learn as much as I can regarding movement, strength and nutrition.

My passion is helping others – and it just happens to be with Health & Fitness. For me exercise has helped me through some rough times including a divorce in my mid 20's. It's my 'go to' to get to my happy place. Challenging & pushing my body is where I find my strength. Having a strong and healthy body keeps my mental health in check.

In 2019 I competed in my first Fitness Model Competition with ICN Victoria. I entered 4 categories and placed 4th Ms Sports Model +40. It was an intense year of training and life. I learnt a lot about myself and those that were around me. It was a year I had to be selfish and put my goals first – I had wanted to compete for years and now I had my chance. Not sure there will be a next time for competing, but there is always a next time to achieve some goals. I will always support and guide my clients with a healthy dose of a reality check. I believe having a strong, like minded supportive group around you will help you achieve your goals – and that's the team at Tone It Up Bootcamp.

My aim over the next 12 months is to build a bigger community of orange Kettlebells – if you are reading this and you want to train with us, fill out the contact form and I'll be in touch.

Fe xo

Courses Completed

Personal Trainer Course - 2 different companies

Spartan SGX Training -

Mum's & Bub's Strollercise

METAFIT

Physiology of Nutrition

NLP (Neuro Linguistics Programming) - Coaching

Training the Physique Athlete

Science of Nutrition

Kettlebell Training Level 1

Program Mastery

.... and a load more!



WHY YOU SHOULD STOP THE EXCUSES & START TRAINING

Most people train to lose weight and change their body shape or to help reduce pain and injuries and to introduce healthy lifestyle changes. Motivation to train. “I need motivation” that’s something I can’t give to you in a shiny box, it has to come from you. Motivation is driven through emotions such as fear, fear of being overweight, injuries, pain and dislike of what we visually see in the mirror, or feel in our clothes. This is known as ‘away from’ we are driving away from FEAR. We are working to escape (or get away from) our fear. This leads to a negative mindset around why we are training in the first place. When you begin training it is important to set goals and goals are most effective if they are emotive and drive towards something positive. Goals should be EMOTIVE AND DRIVE TOWARDS SOMETHING POSITIVE too. Let’s get to that amazing destination. Let’s drive towards strength, healthy, free moving joints. The positive mindset will be more motivating as you’re moving towards your positive goal, than your negative mindset where you’re trying to ‘get away from’ your fears So why do you train? Why do you want to train? Time to get really clear on your goals! Your GOALS should be: INSPIRED, SPECIFIC, MEASURABLE, ATTAINABLE, REACHABLE, TIMELY

I’ve worked in gyms and trained people who just like to load the bar/ body weight and lift heavy. If you're trying to be pain free this isn’t the way to train. Before we load a muscle/ joint we need to activate the muscles we are aiming to train.

Imagine doing a squat straight away with 100kg - if we haven’t activated and mobilised through the ankle/ knee/hips/glutes/core/back/shoulders/wrists be may be in a world of pain.... yes that’s just for squats!



LET'S GET STARTED...

ACTIVATION

For a while now I've been taking our team through an activation warm up - Glutes/ Core/ Back and mobility through joints to ensure we wake up our muscles and achieve the best results & an injury free session.

Now you may think this is a waste of time - but I could bet you the majority of people don't activate their glutes enough, which leads to a tight lower back (it over compensates for the glutes not working), tight hip flexor (front of leg from sitting all day & glutes not working) and a weak core - not knowing how to activate and engaging when you should.

A tight muscle usually means it's been working too hard. It's not a solution just to stretch it, we need to look at what's not actually working. Let's start with this simple warm up before you do your work.

Video Link [here](#)

Laying Side Clams: 20 Reps each side

Front Plank: 30 sec

Side Plank: 15 -30 sec

Right Plank: 15-30 sec

Prone Single Hip Extension: 12-15 reps each side

Prone Sky Diver: 12-15 reps

Back Activation: 12-15 reps each movement

- **Clams.** 20 reps each side. Completely relax the body and supported by one arm. Start with your left leg full extended, bend your right leg and tuck your right ankle behind your left Achilles. The top hip should face the ground, then a small movement of moving knee towards the ceiling. The movement is just through your hip and targets.
- **Front Plank.** Hold for 15-30 secs. Either on knees or toes. 'Brace the mid section' – A pelvic tilt, lift up and in. The key is not to stop breathing. Shoulders back and down towards your pelvis & hands separated.
- **Side Plank.** Hold for 30 sec. Either on knees or side of foot. Lift up, lower hip off the ground, shoulder back and your aim is to have your shoulder, hip, knee (if on toes) and ankle joints in a straight line. Elbow should be under shoulder joint. Think 'tall' & 'straight'
- **Lying Prone Hip Extension.** 12-15 reps each side. Laying face down – upper body should not move off the ground, Like the clams we only want to focus on the glutes so the rest of the body should be relaxed not 'tensed'. Place finger tips under your hip bones, and push your hips to squash your fingers! (takes away use of lower back). Bend your knee at 90 degrees. Lift the knee off the floor and hold , then repeat. You may feel this in your hamstrings - this would possibly because they are stronger than your glutes, keep performing repetitions until your feel your glutes.
- **Sky Diver - Band optional.** 12-15 reps each side. Same position as above, except this time knees are apart and the sides of your feet pushed together. As you push your heels towards the ceiling, push your knees out at the same time. You should really feel this in the sides of your glutes.
- **Back Activation.** 12-15 reps each round. Lay on your stomach, hands by your side, (1) Palms facing down. Relax the rest of your body. Raising your arms off the ground - think tight triceps, gently lower your arms back down - pretend there are egg shells on the ground. Gentle, slow and controlled. (2) Palms face up. Repeat. (3) Take your arms out to form a T. Raise arms up and lower- gently & slowly.

How was that?

Let's now just mobilise the ankle, knee joint and hips.

Ankle mobility

Bench squat/ banded squat

Glute bridge

- **Ankle Mobility** .Hold for 2 sec and repeat 5 times. You can do this with or without a band. Following the video, go into a deep lunge (no shoes is best to get full range) pushing the knee over the ankle joint. Repeat each ankle.
- **Banded Squat to bench.** 20 reps. Place a small booty band around your legs- above your knees or below. Stand in a comfortable foot position for a squat. Screw your feet into the ground, push your knees against the band and squat to the bench, just tapping the bench. with your butt. Whilst still pushing your knees out stand back up.
- **Glute Bridge.** 20 reps. If you have the booty band, place this around your legs, above your knee. Lying on your back on the ground, feet shoulder width apart, arms beside body, ribs down, push hips up and bring knees out, even pressure through feet. Push up with your hips and NOT your ribs, this will ensure the movement is through the hips and not your back.

LET'S GET STARTED...

THE WORK OUT



This workout will start at 15 mins then each week we will increase by 10 mins.

Perform this work out 2-3 times a week (minimum)

This is all body weight - except for a band if you have one!

Warm Up/ Activate

[Work out link here](#)

Round 1 x 4 times

Shoulder taps - 10 each side

Squat 10 reps

Push ups 10 reps

Lunges 10 each side

Plank 30 sec.

Rest 1 min

Round 2 x 4 times

Shoulder taps - 10 each side

Squat 10 reps

Push ups 10 reps

Lunges 10 each side

Side plank L 15 sec

Side plank R 15 sec

LET'S GET STARTED...

THE WORK OUT

Shoulder Taps

Start in a plank position- knees or toes, palms on ground and pressed into the ground so you can activate triceps & create stability. Push your body weight over your shoulders. Without moving your hips, lift one hand & tap your opposite shoulder. You can continue to do one side for the whole 10 , or alternate. Keep your hips still. We are teaching your body to stabilise.

Squat

Use a low bench if you have one to sit down, tap your butt and stand back up, this will help with form. With your feet planted on the ground at a comfortable distance - hip width or wider. Screw your feet into the ground, toes and heels firmly pressed down, as you screw your feet (toes out and heels in) this will create a STABLE base, it will also drive your knees out. We don't want knees to cave in/roll in - (note: if you have weak glutes your knees will cave in as the glute muscles on the side of your hips are not strong enough to externally rotate your hip) This is where the clams really help!

Feet screwed to ground, push your knees out, brace your core - think like you are doing a plank. Shoulders pull them down towards your hips (we are activating your back & the core is not just the 6 pack - the secondary muscles are your lats) and drive your hips back as you sit on your bench (a toilet is perfect height!)

Keep your core braced as you don't want your chest bending forward too much (imagine if you had a bar on your back, you'd topple over!) Once form is on point speed up the reps, or you can make it harder by slowing down, hold for 2 counts then power up. When you drive up, keep both feet planted, drive knees out and stand up. No need to thrust your hips forward- a squat is not a primarily glute exercise. Check your ankle mobility here too.. do you feel a pinch? You might to work on your ankle mobility a little more.

If you are tight it will limit your range of movement in a squat- same if you're a tight through your hips!

Foot - stable

Ankle - mobile

Knee - stable

Hips - mobile

Back - stable

Push up

No need to be all tough and manly & do these on your toes, we are after form. If you do a push up on your knees and you get full movement through the shoulder joints working your pecs (chest muscles) versus a half arsed toe push up- I'll pull you aside and let you know your form needs improving- I'm here to help prevent injury not cause it! A push up is a plank with movement through the shoulder and elbow joint. It's not a worm. The body should be stable - core engaged. Strength comes from your chest and secondly triceps. In a plank position (core braced, shoulders pulled back and down towards hips = stability) on your knees or toes, lower your chest to ground, your chest should get low to the ground, whilst maintaining a stable and strong core. A beginner version is performing a push up off the kitchen bench or table/ couch. Whatever you find you can keep great form with. Harder version can be feet elevated or even a ball under one hand to create an unstable surface and to increase the range through the shoulder joints. Check out the YouTube video on deficit push ups.

LET'S GET STARTED...

THE WORK OUT

The Lunge

Single leg work is great for improving balance and stability as well as working on weaknesses. This exercise can be regressed for beginners and progressed for advancement. In your squat position, take one leg and step forward- not too far! This is a Standard lunge. From here, pretend to kneel on the ground. - for full range some like to tap their knee on the ground. Keep your hand in front or on your hips to help with balance (progressions is to have weights in your hands). You want to create 90degrees on each knee joint. And then push back up through your front heel. Your back toe should be on the ground and heel off the ground, front foot it's screwed down! Alternatively, you can step back and perform the same movement. Whilst in the lunge position perform the number of reps programmed. Switch legs. If you have good stability and range and you can alternate each leg. If you struggle with stability - grab a broom and use that as support. Progression could be walking lunge or even a jump lunge! Beginners start at the beginning and get the foundations right!

Curl Up

I'm not a fan of a 'sit up' as there are too many other muscles that do the hard work rather than the core. These include the hip flexors, lower back and neck. Our aim is to focus on what most people refer to as 'abs'. Our 6 pack! Which we all have, but unless we get lean through a calorie-controlled way of eating they can be difficult to see. This is called the McGill Curl up - designed by Dr Stuart McGill. Laying on the ground, keep one leg bent, foot on ground & the other leg straight out. With your back on the ground, tuck your fingers under the lower back and press them to the floor, tuck your chin into your neck. Lifting your shoulders off the ground, and back down. It's a small movement, but all you use is your abs/ core. You can switch legs each set.

Glute Bridge

My favourite! One of the under used muscle groups- and biggest. Responsible for the hip hinge- which is A deadlift, kettlebell swing & hip thrust. If you sit all day these guys don't get used - and then after time forget how to work properly. We warmed them up in the warm up, but let's do more work on these. If you like to run & walk these guys are responsible for the power in your stride, strong glutes also mean your lower back will not take the full load and be less painful. Bad knees? They usually roll in? Then work on the glutes to get your knees to be back in alignment. Laying on your back. Feet on the floor. Your aim is to push your hips up using your butt - you do not want an arched back at the top or the bottom. So we need to activate the core (think plank, including lats - shoulders back and head up). Push through your feet and drive your hips up. Hold and reverse the movement. If you feel this in your quads, re adjust your feet until it's more in the glutes/ hamstrings. Also by lifting your toes up and really driving through your heels you can activate hamstrings more