

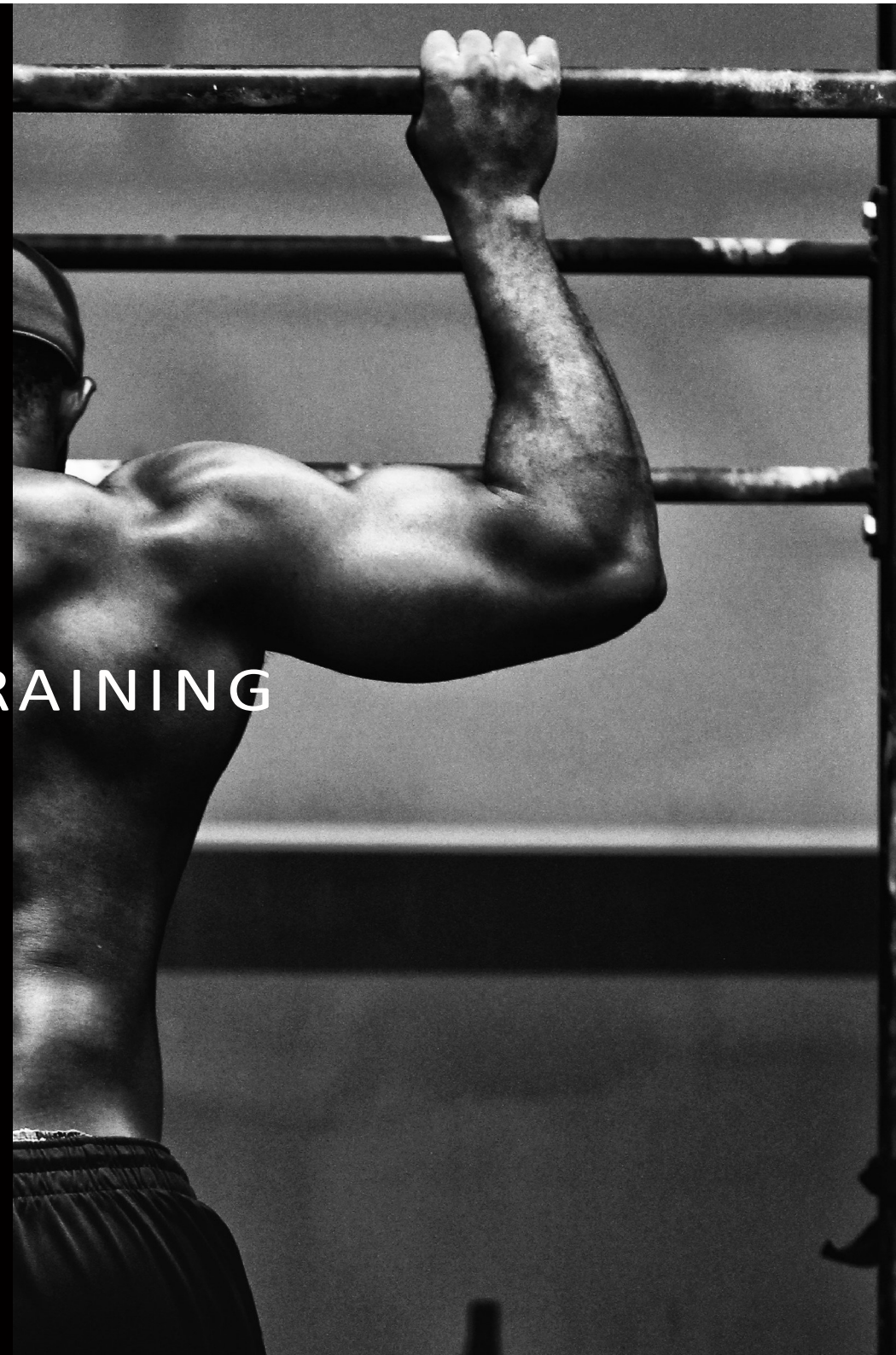


THE GYM ACADEMY

PRESENTS

TGA LEAN BODY HOME TRAINING BEGINNER VERSION WORKOUT B

WEEKS 1-4





LEGAL

DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of TGA, there are risks of injury or illness which can occur because of your use of the aforementioned information, and you expressly assume such risks and waive, relinquish and release any claim which you may have against TGA, or its affiliates, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program. www.thegym.academy



LEAN BODY HOME TRAINING BEGINNER VERSION. WORKOUT B WEEKS 1-4

SCHEDULE

WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6
ANEREROR LOWER SQUAT	UPPER PUSH	POSTERIOR LOWER HINGE	UPPER PULL	ABS & CORE	CORRECTIVE

CHOOSE AS MANY WORKOUTS AS YOU LIKE TO DO WITHIN ONE
SESSION DEPENDENT ON TIME

LEAN BODY HOME TRAINING BEGINNER VERSION
 WORKOUT B WEEKS 1-4
 ANTERIOR LOWER SQUAT

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 –Slick floor hamstring curls (socks needed)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B2 –Bent leg plank marching	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – High glute bridge	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNER VERSION						
WORKOUT B WEEKS 1-4						
UPPER PUSH						
EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 – Knee decline to flat push ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B2 - BW side lateral raises	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – Bent knees BW triceps extension	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNER VERSION
 WORKOUT B WEEKS 1-4
POSTERIOR LOWER HINGE

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 – Alternate crossover step ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B1 – Alternate reverse lunges	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 –Split squats (5 each leg keep alternating)	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNER VERSION						
WORKOUT B WEEKS 1-4						
UPPER PULL						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B1 –Seated Chin ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B1 – Inverted rows (chairs & a Broomstick needed)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – Reverse elbow push ups (two chairs needed)	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNER VERSION
 WORKOUT B WEEKS 1-4
 CORE & ABS

EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B1 – Ab Halos	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B1 –V-sit ups to tuck	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 - Sit up with elbow thrusts	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING BEGINNER VERSION						
WORKOUT B WEEKS 1-4						
CORRECTION						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B – Reverse hyper (chair needed)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	

\

Filename: TGA LEAN BODY BEGINNERS VERSION WORKOUT B.docx
Directory: /Users/chrisbirch/Desktop/TGA TRAINING PROGRAMME
Template: /Users/chrisbirch/Library/Group
Containers/UBF8T346G9.Office/User
Content.localized/Templates.localized/Normal.dotm

Title:

Subject:

Author: chris birch

Keywords:

Comments:

Creation Date: 13/05/2020 15:09:00

Change Number: 2

Last Saved On: 13/05/2020 15:09:00

Last Saved By: chris birch

Total Editing Time: 2 Minutes

Last Printed On: 13/05/2020 18:53:00

As of Last Complete Printing

Number of Pages: 9

Number of Words: 654 (approx.)

Number of Characters: 3,730 (approx.)