

The exercise programmes can be performed as a timed circuit or a rep-based workout.

Rep-based: Use a weight where you reach failure between 15-20 reps. Perform body-weight exercises until failure.

Circuit: 45 seconds work, 15 seconds rest.

For circuit training use a stopwatch or an interval training app. For 3 sets, program the app timer to (45s work, 15s rest) x12. That is one giant set. Take a minute or two of rest then proceed on to giant set 2, then 3.

A giant set when you superset multiple exercises. Do all the “1” exercises in sequence and then do them all again 1-2 times. Then move on to the “2” exercises and so on...

Complete 2 – 3 total sets of each exercise.

Perform exercises in a controlled and deliberate manner. Focus on full extension of the muscles on the lengthening phase and full contraction and squeeze of the muscles on the shortening phase.

Dumbbell workout: Because of the high volume/high rep range of working to failure or 45s circuit, use a moderately lightweight set of dumbbells.

Kettlebell workout: Ideally you would use a heavy kettlebell for such exercises as swings and squats, and a lighter kettlebell for the weaker movements.

Band workout: Use a medium band for you band exercises.

Click on the name of an exercise to find demonstration videos to help you perform the technique correctly.

Alternate between the 3 different programs and have a rest day in between to let your body recover and adapt to the exercises.

On your “rest days” from the workouts, do cardio exercise, sports, or walking. This is for general wellbeing, weight maintenance and active recovery from the resistance training days. When your body is feeling sluggish or very sore then take a complete day off.

I have included a sample month of exercise. I recommend planning your exercise regimen week by week or month by month. Logging your workouts helps you become more accountable.

Increase the weight of the exercises, or the intensity of your effort (more deliberate reps) over time for progressive overload. You need to keep pushing yourself to continue to shock the body to force it to adapt and progress.

Feel free to email if you have any questions, or if you want a specific customised program.

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*Please perform the exercises safely. Consult your doctor before starting any exercise program. Mark Andrew takes no responsibility for any injuries caused as a result of following this program.*