



**GOALS & RESULTS**

[WWW.ABOXR.CO.UK](http://WWW.ABOXR.CO.UK)



## CORE PERIODISATION PHASE

**1-4 WEEKS**

FOUNDATION PHASE

...achieve your goals in 4 weeks



**4-12 WEEKS**

INTERMEDIATE PHASE

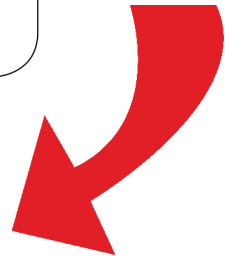
only 12 weeks and your goals will edge closer and closer to you!



**12 MONTHS**

ADVANCED PHASE

goals and results achieved, 12 months of leisure at my pleasure





**My aim is to ensure you reach the level of fitness YOU desire without compromising your lifestyle**



## Welcome

My name is Ali, I am a personal trainer, and I run a network of qualified personal trainers who will come and train you. In the past years I have worked with over 100 clients, and the majority of my clients have achieved their goals based on knowledge, hard work and goal planning. I am based in Camden Town, and run a private company.

ABOXR was established in 2021, my aim was to deliver quality and successful goals and results programmes for clients around London. ABOXR's personal trainers are committed to providing the most effective personal training service for our clients. We promise to follow the SFL conduct code.

Ali Mohammed, BSc Sports Science

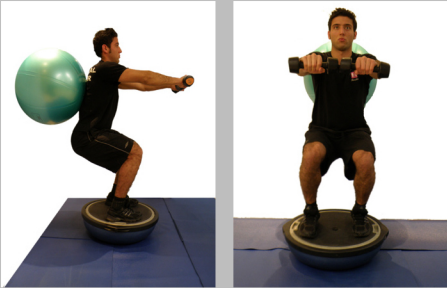
### We will make sure you achieve the following:

- Improved body shape and posture
- Weight loss and fat reduction
- Reduced stress and fatigue
- Boosted energy levels
- Increased confidence and wellbeing
- Lowered risk of future health problems



This stability ball core workout is a bodyweight and a stability ball workout that will strengthen your core, improve balance and stability while burning calories and building a strong foundation that will transfer to all your other workouts. Perform 12-15 reps of each exercise without resting in between exercises. Take a 1 minute water break then repeat the entire circuit twice.

FOUNDATION PHASE



**WALL SQUAT**

- 1 Place flexaball against wall approximately lower back height.
- 2 Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3 Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe.
- 4 Return to start position.
- 5 Remember to keep back and head straight in a neutral position.
- 6 Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.

Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	



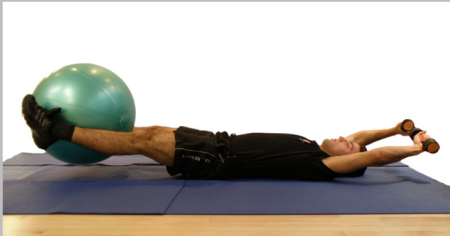
**PUSHUPS WITH FEET ON STABILITY BALL**

- 1 Lie face down with chest on flexaball.
- 2 Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball.
- 3 Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball.
- 4 Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5 Return to the start position by extending at the elbows and pushing the body up.



Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	PRESS UP	SLOW	
2	30	PRESS UP	SLOW	
3	30	PRESS UP	SLOW	

FOUNDATION PHASE



**BALL TRANSFER CRUNCH**

- 1 Start by lying on your back with a stability ball held between your legs and your arms directly above your head.
- 2 Simultaneously raise your legs with the ball and your shoulders up towards the ceiling.
- 3 At the top grab the ball with your arms and return to the starting position with the ball in your hands.
- 4 Repeat this movement and transfer the ball back to your feet.
- 5 Repeat for the required repetitions.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	

**PRONE REVERSE FLYE ON BALL**

- 1 Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability.
- 2 Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3 With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4 Return to start position.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	MEDIUM	SLOW	
2	30	MEDIUM	SLOW	
3	30	MEDIUM	SLOW	

FOUNDATION PHASE



**SEATED SHOULDER PRESS ON 1 LEG**

- 1 Sit in upright position with feet shoulder width apart and knees slightly bent. Raise one leg up off the floor and maintain your balance.
- 2 Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3 Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4 Return to start position.
- 5 Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.



**SUPINE BICEP CURL**

- 1 Sit in upright position on flexaball with feet flat on floor.
- 2 Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a "table top" position parallel to floor.
- 3 Start Position: Extend arms so that the dumbbells are towards the ground in front of the ball.
- 4 Curl dumbbells up to the top position. Avoid flexing the arm forward using the shoulder.
- 5 Return to the starting position and repeat.



Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	MEDIUM	SLOW	
2	30	MEDIUM	SLOW	
3	30	MEDIUM	SLOW	

FOUNDATION PHASE



**INCLINE OVERHEAD TRICEP EXTENSION**

- 1 Lie on your back on the ball and drop your hips towards the floor.
- 2 Hold the dumbbells above your chest with your arms extended.
- 3 Proceed to bend your arms at the elbows until your elbow is bent to around 90 degrees.
- 4 Return to the starting position and repeat.
- 5 Try not to move your elbows or upper arm during this movement.

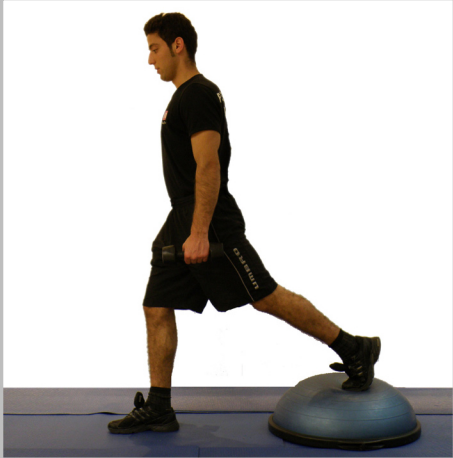
Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	MEDIUM		
2	30	MEDIUM		
3	30	MEDIUM		

**PECTORAL FLYES**

- 1 Roll out onto ball in a supine position. The ball should be on your upper back.
- 2 Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right with your arms extended.
- 3 Remember to keep your trunk parallel with the floor.
- 4 Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.

Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	HIGH	SLOW	
2	30	HIGH	SLOW	
3	30	HIGH	SLOW	

INTERMEDIATE PHASE



**STABILITY BALL SQUAT**

- 1 Stand straight on the stability ball and squat down 90 degrees.
- 2 Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe and Return to start position.
- 3 Repeat the sets until the practice gets perfected.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	
4	30	LOW	SLOW	

**LUNGE ON STABILITY BALL**

- 1 Put one leg on the stability ball, keep both legs facing forward in a line, back leg on its toes.
- 2 Lounge down keeping knees parallel to your toes and back leg bending near to the ground.
- 3 Repeat the sets until the practice gets perfected.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	
4	30	LOW	SLOW	



INTERMEDIATE PHASE



**STANDING PRONE BACK**

- 1 In one single movement, put one leg on the stability ball, squat down allowing your knees to be parallel to your toes, making sure the back forms a straight angle of 180 degrees.
- 2 Squat down keeping the ball in balance and using core strength to retain balance.
- 3 Repeat the sets until the practice gets perfected.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	
4	30	LOW	SLOW	



**PRONE REVERSE FLYE ON BALL**

- 1 Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability.
- 2 Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3 With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4 Return to start position.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	
4	30	LOW	SLOW	



ADVANCED PHASE



**DYNAMIC PLANK**

- 1 Lie facing frontwards on the stability ball, with legs on top of the switch ball.
- 2 Using core strength, move the ball inwards and outwards whilst keeping the centre of the body of the ground.
- 3 Repeat the sets until the practice gets perfected.

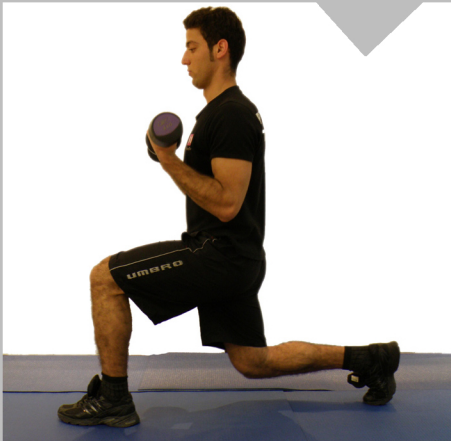
Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	MEDIUM	SLOW	
2	30	MEDIUM	SLOW	
3	30	MEDIUM	SLOW	
4	30	MEDIUM	SLOW	

**STABILITY ABDOMINAL CRUNCH**

- 1 Using core stability, sit on the ball keeping back straight and legs slightly in a bend position.
- 2 Crunch in using core strength making sure legs co-ordinate with the upper body.
- 3 Repeat the sets until the practice gets perfected

Sets	Seconds	Weight/Resistance	Tempo	Time
1	30	MEDIUM	SLOW	
2	30	MEDIUM	SLOW	
3	30	MEDIUM	SLOW	
4	30	MEDIUM	SLOW	

ADVANCED PHASE



**SIDE LOUNGES**

- 1 Alternate sides by jumping from one side to the other, keeping back straight, and with a slight bend to the knee whilst landing.
- 2 Using all core balance, allow movement to flow from left to right.
- 3 Repeat the sets until the practice gets perfected.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	MEDIUM	SLOW	
2	30	MEDIUM	SLOW	
3	30	MEDIUM	SLOW	
4	30	MEDIUM	SLOW	

**STABILITY BALL PRESS UPS**

- 1 Using the swithball and the stability, perform a press up, with legs on the sithball and hands on the stability ball.
- 2 Using core strength, bring the ball inwards, not passing waist line, and making sure the centre body remains of the ground.
- 3 Repeat the sets until the practice gets perfected.

Sets	Seconds	Weight/ Resistance	Tempo	Time
1	30	LOW	SLOW	
2	30	LOW	SLOW	
3	30	LOW	SLOW	
4	30	LOW	SLOW	

RESULTS

HEIGHT (CM) .....

WEIGHT (KG) .....

BODY FAT PERCENTAGE .....

TARGET BODY FAT PERCENTAGE RANGE (%) ..... TO .....

IDEAL WEIGHT (KG) ..... TO .....

BLOOD PRESSURE .....

SYSTOLIC .....

DIASTOLIC .....

HEART RATE (BEATS PER MINUTE) .....

BODY MEASUREMENTS .....

WAIST ..... SHOULDERS ..... HIPS ..... ABDOMINALS .....

PLANKS = PRESS UPS = SIT UPS= S/J SQUATS =

12 MINUTE RUN (COOPERS RUN) STRENGTH TEST (3 REP MAX) BIKE (RPM)

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ADDITIONAL TESTING'S

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**DIET PROGRAMME**

<b>FOOD DIARY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>			
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>			