



WEIGHT LOSS

WWW.ABOXR.CO.UK



CORE PERIODISATION PHASE

1-4 WEEKS

FOUNDATION PHASE

...achieve your goals in 4 weeks



4-12 WEEKS

INTERMEDIATE PHASE

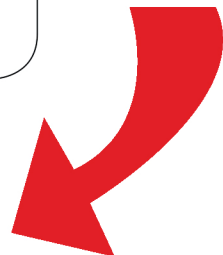
only 12 weeks and your goals will edge closer and closer to you!



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



WEIGHT LOSS PROGRAMME INTRODUCTION

These 30 second weight loss exercises are extremely good for beginners who are looking to embark on a training regime.

1. SQUAT BICEP CURL | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Use a suitable weight to perform the bicep curl and squat down 90 degrees keeping the knees and toes in line

2. BARBELL SQUAT CHEST PRESS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Keep the barbell close to the chest, whilst performing the squat, press the barbell up and repeat the move

3. FULL SEATED SIT UP | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Sit up and reach your fingers towards your toes in opposite directions.

4. BOSU BALL SIT UP SPIDER PRESS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Using the Bosu ball, perform a sit up and stand up all the way up and get down into a spider position, roll back up and repeat the movement

5. SLAM BAG BURPEE PASS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Start in a squat position and jump out and in and stand up lifting the slam bag.

6. STEP UP AND SQUAT | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Step upon the stepper and squat down 90 degrees. Step off and repeat the move for 30 seconds.

7. PECTORAL FLYES SINGLE LEG RAISE | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Lying flat on your back, bring both arms together using two dumbbells, and raise the leg up coordinating with the arms.

8. STEPPER PRESS UPS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Using the stepper, perform press ups and bring one leg in and out.

9. STEPPER HAMSTRING CURL | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Lying flat on your back, lift the hips up and lift the legs up and down alternatively.

10. BARBELL LUNGES | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



IMAGE 3



Keeping the barbell between the legs, lunge down slowly down and up in a single move and change legs after 30 seconds

End of Section 1

**FLEXIBILITY EXERCISES FOR 30 SECONDS
(SECTION 2)**

1. HIP STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



2 . HAMSTRING STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



3 . QUAD STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



4. HAMSTRING STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



5 . ADDUCTOR STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



6 . QUADRICEP STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



7. TRICEP STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



8 . CALF STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



9 . LATISSIMUS DORSI | 1x30 Seconds

IMAGE 1



IMAGE 2



10. DELTOID STRETCH | 1x30 Seconds

IMAGE 1



IMAGE 2



END OF PROGRAMME