



HOME EXERCISES

WWW.ABOXR.CO.UK



CORE PERIODISATION PHASE

1-4 WEEKS

FOUNDATION PHASE

...achieve your goals in 4 weeks



4-12 WEEKS

INTERMEDIATE PHASE

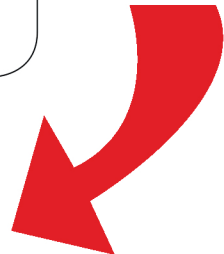
only 12 weeks and your goals will edge closer and closer to you!



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



HOME EXERCISES INTRODUCTION

Working out at home will help your energy levels to perform more daily activities in the day. Our 30 second exercises will help you do it in the right way. With no equipment you can get all the exercises you need without leaving the house.

SECTION 1**LOWER BODY**

These simple and effective lower body 30 second exercises are performed in the morning to wake up the muscles and prepare you for the rest of the day. Our 30 second exercises are for beginner to advanced, helping you get energised and lose weight from home.

1. LUNGE KNEE LIFT | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



2. NARROW SQUATS | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



3. BUTT LIFT | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



4. WIDE SQUATS | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



5. HAMSTRING CURL | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



END OF SECTION 1

SECTION 2

UPPER BODY EXERCISES

Get working out at home with upper body 30 second exercises in the end of the day. These 30 second exercises help you to tone up and lose weight allowing your body to rest and get results during sleep.

1. PRESS UPS | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



2. FULL ARM BACK EXTENSION | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



3. TRICEP DIPS ON FOREARM | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



4. FULL SEATED SIT UPS | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



5. WIDE ARM PRESS PLANK | Perform exercise for 30 Seconds

IMAGE 1



IMAGE 2



FULL BODY HOME EXERCISES IN 30 SECONDS

As well as the upper and lower body exercises we have set out in this programme there's many regular exercises throughout the site that you can adapt for home use. Whether you are a house wife, retired, working from home, resting at home or just being at home. Our 30 second exercises can help you in many forms and will help you achieve the results in a gradual process.

SUMMARY

Increasing muscular strength, will depend upon a number of factors including the exercise you do, your diet and resting time. Always give sufficient time for your home workouts to include a warm-up with suitable stretches and likewise a cool down with stretching to finish. This section of exercises gives you a mass of information to reshape and rebuild your life.

END OF PROGRAMME