

ESTABLISHED IN 1910

GET STARTED GET LEAN

TRAINING PLAN



GREATNESS WITHIN

OBJECTIVE

This workout is for those wishing to lose excess body fat mass and start the process of growing lean muscle. The function of any fat loss goal is to move more and expend more energy than you consume in calories over a sustained amount of time. This workout will help you establish habits within your first 30 days that enable you to burn more calories during sessions as well as a few lifestyle tips to help that consistent energy demand.

FACTS

Weight loss goals often refer to the participants desire to lose unwanted bodyfat that makes us feel out of shape and heavier on the scales. Here's the thing, weight isn't the issue. Instead track both body fat mass and lean muscle. Although lean muscle will add weight on the scales it's a huge benefit to overall health, immunity, movement efficiency AND...the reduction of fat!

Muscle requires more energy to operate to starting to use more muscles in movements and doing longer, less intense workouts will definitely aid the fat loss goal. Remember though, food plays a huge part.

Stick to having a balanced and nutritious diet that works alongside your Basal Metabolic Rate (BMR) and ideal calorie intake and macro breakdown. Check out your InBody device and latest scan data for more details. Use your Nutrition Tracker* in your Everlast Gyms app to help track your daily intake.

*Available with a Champion membership

FOOD & DIET

Do you know your estimated daily calorie intake? Why not take a look at our Nutrition Tracker to set up the ideal calories for your goal. Typically the advice is to eat less than your estimated calorie expenditure but being mindful to not go under your BMR. Speak to one of our Fitness Coaches to find out more.

THE PLAN

TRAINING FREQUENCY

+ 3x per week minimum

STEP COUNT

+ 7,000–10,000

SLEEP

+ A minimum of 6hrs sleep

HYDRATION

+ Roughly 6–8 glasses per day

WARMUP

MOBILITY

AIR SQUAT, WALK OUTS, PUSH UP, LUNGE & TWIST / 30sec per move

HEART RATE RAMP

Bike, low resistance and build up heart rate to 70% max heart rate or a 7 out of 10 effort within 3min

TRAINING

EXERCISE	SETS & REPS	RECOVERY
Chest Press	3x15	45 sec
Seated Row	3x15	45 sec
Leg Press/Squat	3x15	45 sec
Lat Pulldown	3x15	45 sec
Shoulder Press	3x15	45 sec
Lunges	3x15	45 sec
Plank Holds	3x30secs	45 sec

CARDIO

EXERCISE	SETS & REPS	EFFORT
Machine of choice	20–30mins	7/10 (70–80% HEAR RATE)

COOLDOWN

TIME	EXCERCISE/STRETCH
5 MINS	Hipflexor stretch Glute stretch Hamstring stretch Quad stretch

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TRACK YOUR EFFORTS

Using a Myzone Belt & the Everlast Gyms App

TRACK YOUR PROGRESS

By having an InBody Scan and using Myzone apps.



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