



GOALS & RESULTS

CORE PROGRAMME WEEK 1-6





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 I run a private company.

Simply Fitness was established in 2006, my aim was to deliver quality and successful goals and results programmes for clients around London. Simply Fitness London 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



WEEK 1



ABDOMINAL MUSCLE CONTRACTION (KNEELING OR LYING)

3x30 Seconds

TIP – Abdominal hollowing technique must be learnt. Suck in the navel (bellybutton) and maintain breathing pattern.



MODIFIED PLANK

3x30 Seconds

TIP – Modify by resting knees on the floor, increase intensity by raising one leg off the floor.



SIDE PLANK

3x30 Seconds

TIP – Modify by resting on knees, do not allow lower back to sag at any point.



ABDOMINAL CRUNCH

3x30 Seconds

TIP – Use the mat and perform the exercise by adjusting your body in an incline position, reverse back and repeat action.

WEEK 2



DYING BUG

3x30 Seconds

TIP – Modify by straightening the legs to act as a longer lever. Increase intensity by lowering legs to the floor (Advanced).



SUPERMAN/BIRDDOG

3x30 Seconds

TIP – Imagine a pole running the length of the back. Increase intensity with two-point Bridge, (outstretching standing supporting leg).



SIT AND TWIST (LYING BICYCLE)

3x30 Seconds

TIP – Maintain neutral spine, hollowing.



LYING WINDSCREEN WIPER

3x30 Seconds

TIP – Maintain a good steady pace.

WEEK 3



SEATED ON A SWISS BALL
3x30 Seconds

TIP – Seated pelvic tilt can be incorporated, advance by walking the ball out.



SQUAT ON SWISS BALL
3x30 Seconds

TIP – Try with a partner for added intensity; do not excessively bend knees beyond 90°.



BACK HYPEREXTENSION
3x30 Seconds

TIP – Do not overextend back (arching), do not twist spine. Increase adaptation by bringing feet closer together. Alternate hand position.



SUPINE BRIDGE BALL ROLLS
3x30 Seconds

TIP – Arms can be used for maintaining balance, crossing arms increases difficulty. One leg for advanced.

WEEK 4



MULTIDIRECTIONAL LUNGE
3x30 Seconds

TIP – Lunge as far as possible maintaining upright posture. Keep feet pointing forward.



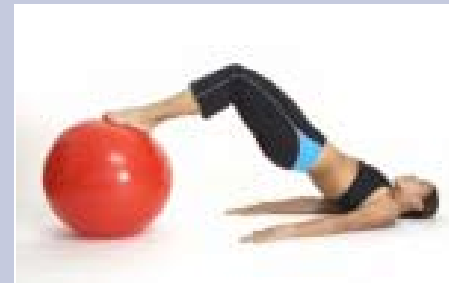
NORMAL PLANK ON SWISS BALL
3x30 Seconds

TIP – Keep abdominals contracted, focus on keeping ball steady.



AB ROLL
3x30 Seconds

TIP – Do not allow your head or lower back to drop, advanced can be from a standing position.



HIP EXTENSION (BRIDGE POSE)
3x30 Seconds

TIP – Alternate legs, and hollow the abdominals.

WEEK 5



SWISS BALL CRUNCH
3x30 Seconds

TIP – Try a fuller range, to increase intensity try crossing arms, position hands behind ears, hands outstretched in a 'V' position. Try bringing the feet together for added stabilisation difficulty.



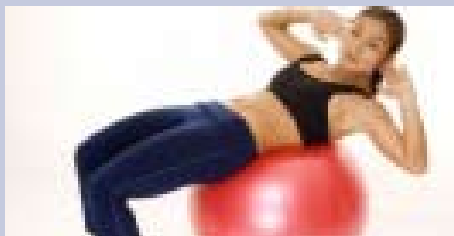
PRESS UPS ON SWISS BALL
3x30 Seconds

TIP – This is quite advanced so practice, use the toes to grip the ball and figure out how far you can twist the torso and lower limbs.



BALL ROTATION
3x30 Seconds

TIP – Keep rotations small until confidence is built, to increase difficulty bring feet and knees together closing base of support.



OBLIQUE CURL ON SWISS BALL
3x30 Seconds

TIP – Keep controlled movement, avoid twisting too far.



KNEELING TWIST PASS
3x30 Seconds

TIP – perform the abdominal crunch, lift all your body in close to your body and return back, lying back all the way, like a butterfly.

WEEK 6 (PART A)



GLUTEAL BRIDGE ON SWISS BALL
3x30 Seconds

TIP – Do not allow your bum to sag, keep good posture and maintain balance. Increase intensity by ????



HIP ROLLS
3x30 Seconds

TIP – Control the movement repeat on both sides, keep abdominals tight.



BUTT LIFT
3x30 Seconds

TIP – Hold when you reach the upright pose and slow pace. Increase duration of hold

WEEK 6 (PART B)



SCISSOR LEG REVERSE CURL

3x30 Seconds (Hold for 3 seconds in between movements)

TIP – Once again with the reverse curls, do not allow movement to be carried by momentum.



MEDICINE BALL OBLIQUE TWIST

3x30 Seconds

TIP – Control the ball, increase intensity with heavier ball and longer arm reach and range of motion.



WEIGHTED V SIT

3x30 Seconds

TIP – Slow controlled raises of the arms and legs simultaneously, increase intensity with heavier ball, hold at the highest point of movement and return just above the floor and hold again for high intensity.