

Virgin active

BE MORE IN 2024

YOUR COMPLETE GUIDE TO BECOMING YOUR BEST YOU. EVER!

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FOR THE RESULTS YOU WANT

Belly-Off Blaster

Here's a HIIT (High Intensity Interval Training) workout that will engage multiple muscle groups, keep your heart rate up and burn plenty of calories. This is a tough workout but for those wanting to do more, feel free to do a second round of **everything**.

Frequency: **3 days per week**

WORKOUT 1

Warm up (5-10 mins)

**Dynamic stretches/
Jumping jacks,
walking lunges etc.**

Cool down (5 mins)

**Static stretches/
Tricep stretch, toe touch,
butterfly stretch etc.**



Kettlebell Squats: 40 sec work / 20 sec rest x 3 rounds



Kettlebell Swings: 40 sec work / 20 sec rest x 3 rounds



Burpees: 40 sec work / 20 sec rest x 3 rounds

For best results, make sure you're in a calorie-deficit. Stick to real foods and avoid sugar and alcohol.



Plank: 40 sec work / 20 sec rest x 3 rounds

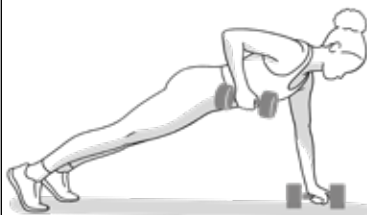
Drop your knees onto the floor to make the movement easier.



Push-Ups: 30 sec work / 30 sec rest x 3 rounds

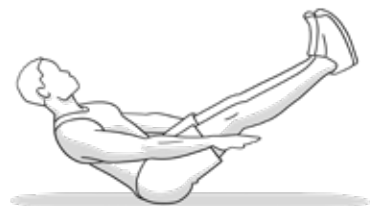


Dumbbell Thrusters: 30 sec work / 30 sec rest x 3 rounds



Renegade Rows: 30 sec work / 30 sec rest x 3 rounds

Target the "six-pack" muscles while engaging hip flexors and lower back.



V-Ups: 30 sec work / 30 sec rest x 3 rounds

Beast Mode Plan

Here's a muscle-building workout that uses free weights to focus on building strength and muscle mass. Adjust the weight and repetitions as you progress.

Frequency: 4 days per week

Instructions: Perform 3-4 sets of each exercise with 1-2 minutes of rest between sets. Adjust the weight and repetitions based on your fitness level.

WORKOUT 2

Warm up

Start with a 5-10 minute warm-up that includes light cardio, dynamic stretching and mobility exercises.

Cool down

Finish with 5-10 minutes of static stretching for the major muscle groups worked.



Day 1 and 3/ Bench Press (chest): 4 sets of 8-10 reps. Use a barbell or dumbbells and a bench.



For optimal muscle gain, ensure you're in a calorie surplus and prioritise protein.

Day 1 and 3/ Bent-Over Rows (back): 4 sets of 8-10 reps. Use dumbbells or a barbell.



Day 1 and 3/ Incline Flys (chest): 4 sets of 8-10 reps. Use dumbbells.



Day 1 and 3/ Deadlifts (full body): 4 sets of 6-8 reps. Use a barbell.



Day 1 and 3/ Pull-Ups (back and biceps): 3 sets of as many reps as possible.



Day 2 and 4/ Squats (legs): 4 sets of 8-10 reps. Use a barbell, dumbbells or a squat rack.

Failure to re-rack your weights will minimise your gains. Put away your gear for maximum results.



Day 2 and 4/ Dumbbell Lunges (legs): 3 sets of 10-12 reps per leg. Hold a dumbbell in each hand.



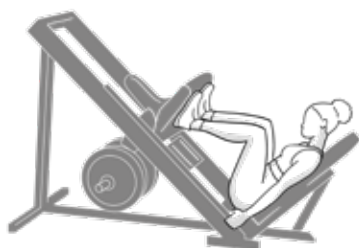
Day 2 and 4/ Overhead Press (shoulders): 3 sets of 8-10 reps. Use a barbell or dumbbells.



Day 2 and 4/ Biceps Curls: 3 sets of 10-12 reps. Use dumbbells or an EZ-curl bar.



Day 2 and 4/ Triceps Extensions: 3 sets of 10-12 reps. Use dumbbells or an EZ-curl bar.



Day 2 and 4/ Leg Press: 3 sets of 10-12 reps. Use a leg press machine.

Cardio Challenge

These nine pieces of gear are designed to enhance your overall wellness. Incorporate them into your workout routine based on your specific goals.

Mix and match different machines to keep your workouts varied and enjoyable while working on your overall fitness.



Treadmill: Great for cardiovascular workouts and improving endurance. You can vary speed, incline and duration for different workouts.



Stationary Bike: Excellent for low-impact cardio workouts that strengthen leg muscles and improve endurance.



Elliptical Trainer: Provides a full-body workout, combining cardio and resistance training for improved fitness.

This low-impact workout is gentle on the joints.



Rowing Machine: Engages multiple muscle groups and enhances cardio fitness while improving strength and endurance.



Stair Climber/Stepper: Mimicking stair climbing, it's great for lower-body conditioning and cardiovascular endurance.



Skill Mill: A low-impact machine that combines elements of a treadmill, elliptical and stepper for a full-body workout.



Ski Ergometer: Engages upper and lower body muscles, perfect for improving endurance.

Fuel up on complex carbohydrates, which provide sustained energy for longer workouts.



Versa Climber: Provides a challenging total-body workout that simulates climbing.



Air Bike/Assault Bike: Offers intense cardiovascular workouts and incorporates arm movement for a full-body challenge.

Supple Body Stretches

Enhance overall mobility and prevent injury by incorporating these stretches into your routine. Remember to perform each stretch slowly and gently, and never force your body into a position that causes pain or discomfort. Hold each stretch for 30–60 seconds and perform in a slow and controlled manner.

Frequency: **Daily**

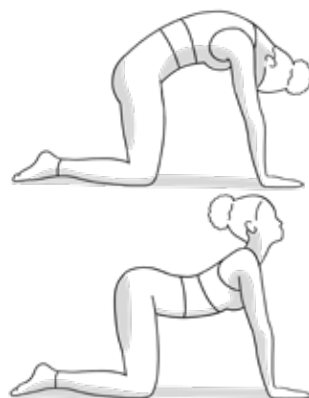
WORKOUT 4



Triceps Stretch: Raise one arm overhead and bend your elbow, reaching your hand down your back. Use your other hand to gently push on your bent elbow. Hold, then switch to other arm.



Chest Opener: Clasp your hands behind your back and straighten your arms, lifting your chest and opening your shoulders.



Cat-Cow: On your hands and knees, arch your back up like a cat, head down, then drop your belly and lift your head to look up.

Stretching not only increases flexibility but can also boost your mood. It releases endorphins, the body's natural feel-good chemical.



Child's Pose: Kneel on the floor and sit back on your heels. Reach your arms forward along the floor and lower your chest to the ground.



Butterfly Stretch: Sit with the soles of your feet together and gently press your knees towards the floor.

Support joint health with foods like fatty fish, which can help reduce inflammation.



Hip Flexor Stretch: Kneel with one leg forward and the other extended back. Gently push your hips forward to stretch the hip flexor of the extended leg.



Hamstring Stretch: Sit with one leg extended and the other bent, with the sole of your foot against the inner thigh of your extended leg. Reach for your toes.



Calf Stretch: Stand facing a wall with one leg extended behind you, heel on the ground. Lean forward, keeping your back leg straight.

Deep, slow breaths can help relax your muscles and improve the effectiveness of your stretch.



Pigeon Pose: Start in a plank position, then bring one knee forward to the outside of your wrist. Extend the other leg behind you, and lower your upper body to the ground.

No days off

START DATE

END DATE

It takes 21 days to start a habit, 90 days to change your lifestyle.
Commit to getting fit and track your progress here.

Month 1

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Workout 1																														
Workout 2																														
Workout 3																														
Workout 4																														

Month 2

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Workout 1																														
Workout 2																														
Workout 3																														
Workout 4																														

Month 3

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Workout 1																														
Workout 2																														
Workout 3																														
Workout 4																														



Check out your app for workout videos, your club's class schedule and more.



Scan in and out of your club whenever working out. Two visits a week earns you Biogen and Kauai rewards.

Notes

These workouts may not be suitable for individuals with certain medical conditions or specific fitness goals. Use your best judgement, start at your own pace, and prioritise safety at all times during your fitness journey. Remember to maintain proper form during each exercise, and always listen to your body.

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