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NEWS



**WEIGHT
GROUP LOSS**

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Tel: 023 8077 0730 www.frankfitnesstrainer.co.uk

2-10 | Park Street | Shirley | Southampton | Hampshire | SO16 4RJ

The fitvent calendar

'a 24 day weight loss/ Fitness plan by Frank the motivator'.



The frank fitness trainer guarantee "Whether you are an experienced gym user or a beginner these simple 15 minute, 15 repetition interval exercises will help you lose weight, get fitter and toned if repeated daily!"

Warm up & Stretching

ALWAYS warm up for 3-5 minutes before you start exercises by jogging on the same spot or doing jumping jacks and stretch all your muscles after the exercises.

REPEAT EXERCISE 1 & 2 FOR 15 MINUTES EACH DAY AND COMPLETE THE FULL 15 REPS OF EACH EXERCISE.

Day 1

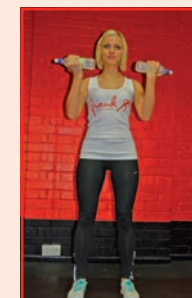
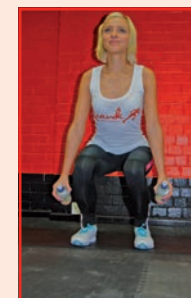
1) THE 'STOMP': Walk up and down the stairs for 15 steps or simply use a single step to do 15 step ups.

2) SQUATS, CURL & PRESS: Stand upright, put your feet hip distance apart and hold a full 500 ml bottle in each hand. Rest the back of your hands on your thighs. Keeping your back straight, lower yourself

into the 'squat' position (make sure that your knees don't overlap your feet). As you stand up, 'curl' your fists towards your shoulders. 'Press' extend your arms over your head until they are straight. Return to the start position by lowering your arms slowly and bending your knees into the squat position. This is 1

repetition. Complete 15 times then return to the first exercise.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 2

1) SPOTTY DOGS/ BOXING: Stand upright with one foot behind the other (about hip distance apart) and the opposite arm extended in front at shoulder level with your fist clenched. Keep the other fist clenched but drawn back with elbow bent facing backwards in line with your shoulders. To perform this exercise punch

alternate hands whilst switching foot positions. 15 repetitions.

2) PUSH UPS: Place your hands (shoulder width apart) on the floor, keep your back straight and put your toes on the floor. To perform the push ups, lower your chest towards the floor bending your elbows sideways and then push yourself up. – Simple! OR

ALTERNATIVE PUSH UP: Place your hands (shoulder width apart) on the floor, keep your back straight and put your knees on the floor. Complete 15 reps and then return to exercise 1.

Alternate exercises 1 and 2, with a 10 second break in between each set of 15 repetitions, until 15 minutes is up.



Day 3

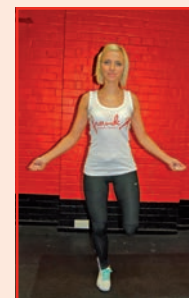
1) SKIPPING: Rotate your wrists whilst jogging on the same spot as if you're skipping but without a skipping rope. 15 reps.

2) SIT UPS: Lie on your back with your knees together and bent (facing upwards). Keep your feet on the floor and your thumbs behind your ears! Begin by crunching yourself to make

your elbows meet your knees! OR

HALF CRUNCH: Lie on your back with your knees together and bent (facing upwards). Keep your feet on the floor and put your thumbs behind your ears! Begin crunching. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 4

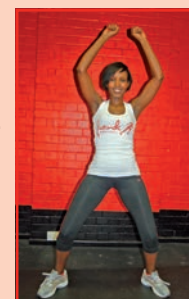
1) JUMPING JACKS: Stand with your feet together but not touching, keep your back upright. Make a fist with each hand and start with both hands in front of your thighs. Keep your arms straight and swing them out to the sides until your fists meet above your head at the same time, jump your feet outwards (sideways). Return to

the starting position- this is 1 repetition. Repeat this exercise for 15 reps.

2) PRISONER SQUATS & KICK BACKS: Stand upright with your feet hip distance apart. With your hands on your head, maintain a straight back and get into a squat position. Kick one leg backwards as you return to the standing position. Repeat the

exercise kicking back the opposite leg. This is 1 repetition. Alternate the legs as you perform the squats. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 5

1) SHOULDER PRESS & SKI STEPS: These are short steps similar to spotty dogs. Shoulder press: Stand upright with one foot behind the other (about hip distance apart), push your arms up above your head until they are straight and then bend your elbows downwards to bring your fists down to shoulder level. At the same time,

perform Ski steps by alternating the position of your feet in a forward and backward motion. Each shoulder press is 1 repetition, continue 15 times.

2) TRICEP DIPS WITH ALTERNATING LEGS: This exercise can be done on a step or a bench. Hold on to a bench or step behind you with your hands facing forward. Place your feet at hip distance apart, back straight and bend the knees at 90 degrees. Extend

one leg out forward as you lower your arms down to 90 degrees. Bring yourself back up to the starting position making sure that you don't lock your elbows. This is 1 repetition. Complete the other repetitions alternating the legs. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 6

1) STANDING TRUNK ROTATION KNEE

LIFTS: Stand upright with your feet hip distance apart, place your hands on your head. Rotate your trunk towards the opposite side as you lift your knee towards the opposite elbow. Repeat the exercise on the other side to count as 1 repetition. Complete 15 reps.

2) BICYCLE CRUNCH: Lie down on the floor or a mat, hands either side of your head with your elbows pointing upwards. Lift your knees towards your chest and raise your upper back off the floor and squeeze your stomach muscles. Straighten one of your legs and twist your torso to allow the opposite elbow to touch the knee closest to your chest. Repeat by twisting your torso to the opposite

side and straightening or bending the other leg. This counts as 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 7

1) STEP UP'S: Stand upright with one foot up a step. Go up and down the step to count as 1 repetition. Alternate your 'starting' foot. Try to swing your arms while in motion in order to encourage upper body movement. Perform this exercise 15 times.

2) THE REVERSE CRUNCH: This will target your lower abdominals! Lie

down on your back placing your thumbs behind your ears. Keep your legs straight and vertically off the floor. The 'crunch': Slowly raise your shoulders and upper back off the floor and at the same time bring your knees towards your forehead squeezing your lower abdominals and then release to start again.

Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 8

1) JOGGING ON THE SPOT: Maintain an upright posture and complete 15 reps.

2) SIDE LUNGE: Face forwards throughout this exercise and stand upright with feet hip-width apart. Take a step out to one side and bend your knee to a 90° angle to lunge down to a comfortable

position. Keep the other leg straight. Return to the start position then repeat on the opposite side- this will count as one repetition. Keep your back straight throughout the movement. Increase the challenge by holding a full 1litre bottle of water. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 9

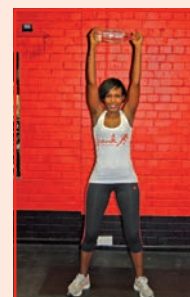
1) SUMO SQUAT SWING: Stand upright hold a water bottle with both hands above your head, keep your feet facing slightly outwards but in line with your knees, squat down bending at the knees and hips, keep your arms straight and lower them towards the floor in between your feet. Swing your

arms/bottle back to the starting position. This counts as 1 repetition. Complete 15 reps.

2) SIDE BENDS CRUNCH: Lie down sideways on the floor with knees slightly bent and kept together, place your 'top' hand towards the back of your head with your 'bottom' arm flat on the floor. Gently raise your head and shoulders off the floor with

slow exhalation. Tense your side (oblique) abdominals and crunch with your 'top' elbow moving towards your hip. Repeat on the other side to count as 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 10

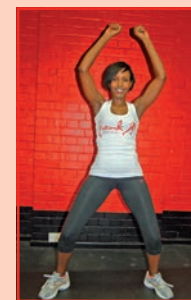
1) JUMPING JACKS: Stand with your feet together but not touching, keep your back upright. Make a fist with each hand and start with both hands in front of your thighs. Keep your arms straight and swing them out to the sides until your fists meet above your head at the same time, jump your feet outwards (sideways). Return to the starting position- this is 1 repetition.

Repeat this exercise for 15 reps.

2) INCLINE / WALL PUSH UPS: Assume the usual push up position but place your hands on a raised surface (step or a bench). Ensure that your body forms a straight line from your ankles to your head. Keeping your body straight, lower your chest towards the raised surface (keep your elbows facing outwards) and push back up to the original position. The higher the surface

on which you place your hands on, the easier the exercise becomes. Beginners, may I suggest that you start placing your hands against the wall and as the push ups get easier, increase the intensity by placing your hands on lower surfaces. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 11

1) SPOTTY DOGS/ BOXING: Stand upright with one foot behind the other (about hip distance apart) and the opposite arm extended in front at shoulder level with your fist clenched. Keep the other fist clenched but drawn back with elbow bent facing backwards in line with your shoulders. To perform this exercise punch

alternate hands whilst switching foot positions. 15 repetitions.

2) TRUNK ROTATION KNEE LIFTS: Stand upright with your feet hip distance apart, place your hands towards the back of your head. Squat down, stand up and rotate your trunk (torso) sideways. Whilst your trunk is twisted sideways, raise one knee to meet the opposite elbow (the elbow that is forwards). Lower the leg to original

position whilst rotating your torso to the original forwards facing position. Always keep your hands behind your head. Repeat in the opposite direction with the other knee and other elbow to count as 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 12

1) THE 'STOMP': Walk up and down the stairs for 15 steps or simply use a single step to do 15 step ups.

2) CHEST FLY CRUNCH: Lie on your back with your feet flat on the floor, knees bent and pointing upwards, and squeeze (tighten) your abdominal muscles and draw them towards your spine. Hold a full

500ml water bottle in each hand; stretch your arms out sideways (on the floor) level with your shoulders. Raise your straight arms upwards and touch the bottles together and at the same time, gently lift your upper back off the floor. Keep your lower back flat and in contact with the floor. Gently lower yourself

down back to the starting position ensuring that your abdominal muscles remain tensed. This is 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 13

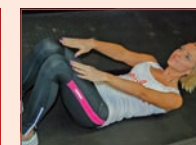
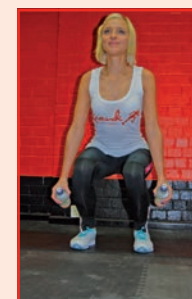
1) SQUATS & BICEP SCOOPS: Stand upright and keep your feet at hip distance apart with a full 500ml bottle in each hand either side of you. With your back straight, lower yourself into the squat position making sure that your knees don't 'overlap' your feet. Start this exercise in the squat position and as you stand up curl your arms

towards your shoulders bending at the elbows - squeeze those biceps. Return to the squat position lowering your arms at the same time. This is 1 repetition. Repeat 15 reps.

2) CRUNCH: Lie on your back with your feet flat on the floor, knees bent and pointing upwards, Squeeze your abdominal muscles and draw

them towards your spine, place your hands on your thighs and gently lift your upper back sliding your hands towards the top of your knees, keep your lower back flat and in contact with the floor. Gently lower yourself down ensuring that your abdominal muscles remain tensed. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 14

1) SHOULDER PRESS & SKI STEPS: These are short steps similar to spotty dogs. Shoulder press: Stand upright with one foot behind the other (about hip distance apart), push your arms up above your head until they are straight and then bend your elbows downwards to bring your fists down to shoulder level. At

the same time, perform Ski steps by alternating the position of your feet in a forward and backward motion. Each shoulder press is 1 repetition. Complete 15 times.

2) SIT & STAND: This exercise can be performed on steps or a bench. Keep your feet hip-distance apart, back straight and arms stretched

out in front at shoulder level. Keeping your arms in position, sit down and stand up – this is 1 repetition. Complete 15 reps and then return to exercise 1

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 15

1) SKIPPING: Rotate your wrists whilst jogging on the same spot as if you're skipping but without a skipping rope. 15 reps.

2) LATERAL LUNGE: Strengthens and tones the outer thighs. Stand upright with your feet hip-distance apart, take a step forwards bending the front knee and lunge into position.

Keep the other (back) knee straight. With the opposite hand to the foot in front, reach to touch the front foot whilst lunging forwards. Return to the starting position and then repeat with the opposite leg to count as 1 repetition. Always keep your back straight. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 16

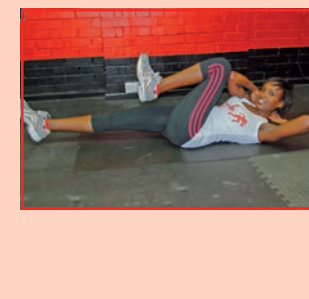
1) STEP UP'S: Stand upright with one foot up a step. Go up and down the step to count as 1 repetition. Alternate your 'starting' foot. Try to swing your arms while in motion in order to encourage upper body movement. Perform this exercise 15 times.

2) BICYCLE CRUNCH: Lie down on the floor or a mat, hands either

side of your head with your elbows pointing upwards. Lift your knees towards your chest and raise your upper back off the floor and squeeze your stomach muscles. Straighten one of your legs and twist your torso to allow the opposite elbow to touch the knee closest to your chest. Repeat by twisting

your torso to the opposite side and straightening or bending the other leg. This counts as 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 17

1) SQUAT AND KNEE LIFTS: Stand upright with your feet hip distance apart, place your hands on your head. Squat down keeping your back straight. As you stand up lift one knee towards your chest, put that leg down then lift the other knee to the chest. Squat down again but when you stand back up, lift the 'second' knee

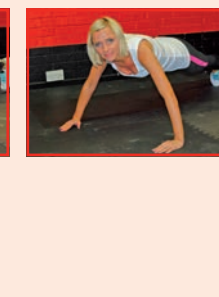
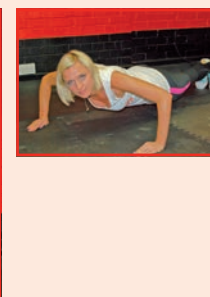
first then the opposite knee second. This is 1 repetition. Repeat 15 times.

2) PUSH UPS: Place your hands (shoulder width apart) on the floor, keep your back straight and put your toes on the floor. To perform the push ups, lower your chest towards the floor bending your elbows sideways and then push yourself up. – Simple! OR

ALTERNATIVE PUSH UP: Place your

hands (shoulder width apart) on the floor, keep your back straight and put your knees on the floor. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 18

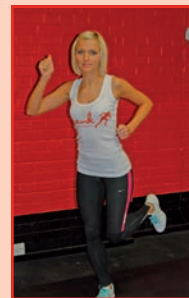
1) JOGGING ON THE SPOT: Maintain an upright posture and complete 15 reps.

2) THE REVERSE CRUNCH: This will target your lower abdominals! Lie down on your back placing your thumbs behind your ears. Keep your legs straight and vertically off the floor. The 'crunch': Slowly raise your

shoulders and upper back off the floor and at the same time bring your knees towards your forehead squeezing your lower abdominals and then release to start again. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN

EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 19

1) PRISONER SQUATS & KICK BACKS: Stand upright with your feet hip distance apart. With your hands on your head, maintain a straight back and get into a squat position. Kick one leg backwards as you return to the standing position. Repeat the exercise kicking back the opposite leg. This is 1 repetition.

Alternate the legs as you perform the squats. Complete 15 reps and then return to exercise 1.

2) HALF CRUNCH: Lie on your back with your knees together and bent (facing upwards). Keep your feet on the floor and put your arms across your chest.

Begin crunching. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 20

1) STANDING TRUNK ROTATION

KNEE LIFTS: Stand upright with your feet hip distance apart, place your hands on your head. Rotate your trunk towards the opposite side as you lift your knee towards the opposite elbow. Repeat the exercise on the other side to count as 1 repetition. Complete 15 reps.

2) TRICEP DIPS WITH ALTERNATING LEGS:

This exercise can be done on a step or a bench. Hold on to a bench or step behind you with your hands facing forward. Place your feet at hip distance apart, back straight and bend the knees at 90 degrees. Extend one leg out forward as you lower your arms down to 90 degrees. Bring yourself back up to the starting position

making sure that you don't lock your elbows. This is 1 repetition. Complete the other repetitions alternating the legs. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 21

1) SUMO SQUAT SWING: Stand upright hold a water bottle with both hands above your head, keep your feet facing slightly outwards but in line with your knees, squat down bending at the knees and hips, keep your arms straight and lower them towards the floor in between your feet. Swing your arms/bottle back to the starting

position. This counts as 1 repetition. Complete 15 reps.

2) SIDE BENDS CRUNCH: Lie down sideways on the floor with knees slightly bent and kept together, place your 'top' hand towards the back of your head with your 'bottom' arm flat on the floor. Gently raise your head and shoulders off the floor with slow exhalation. Tense your side (oblique) abdominals and crunch with your

'top' elbow moving towards your hip. Repeat on the other side to count as 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 22

1) JUMPING JACKS: Stand with your feet together but not touching, keep your back upright. Make a fist with each hand and start with both hands in front of your thighs. Keep your arms straight and swing them out to the sides until your fists meet above your head at the same time, jump your feet outwards (sideways). Return to the starting position- this is 1 repetition. Repeat this exercise for 15 reps.

2) CHEST FLY CRUNCH: Lie on your back with your feet flat on the floor, knees bent and pointing upwards, and squeeze (tighten) your abdominal muscles and draw them towards your spine. Hold a full 500ml water bottle in each hand; stretch your arms out sideways (on the floor) level with your shoulders. Raise your straight arms upwards and touch the bottles together and at the same time, gently lift your upper back off the floor. Keep your lower back flat

and in contact with the floor. Gently lower yourself down back to the starting position ensuring that your abdominal muscles remain tensed. This is 1 repetition. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 23

1) SPOTTY DOGS/ BOXING: Stand upright with one foot behind the other (about hip distance apart) and the opposite arm extended in front at shoulder level with your fist clenched. Keep the other fist clenched but drawn back with elbow bent facing backwards in line with your shoulders. To perform this exercise punch

alternate hands whilst switching foot positions. 15 repetitions.

2) SIT UPS: Lie on your back with your knees together and bent (facing upwards). Keep your feet on the floor and your thumbs behind your ears! Begin by crunching yourself to make your elbows and your knees meet! OR

HALF CRUNCH: Lie on your back with

your knees together and bent (facing upwards). Keep your feet on the floor and put your arms across your chest. Begin crunching. Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.



Day 24

1) SQUATS, CURL & PRESS: Stand upright, put your feet hip distance apart and hold a full 500 ml bottle in each hand. Rest the back of your hands on your thighs. Keeping your back straight, lower yourself into the 'squat' position (make sure that your knees don't overlap your feet). As you stand up, 'curl' your fists towards your shoulders. Press: extend your arms over your head until they are straight. Return to the start position by lowering your arms slowly and bending your knees into the squat position. This is 1 repetition. Complete 15 times.

2) INCLINE OR WALL PUSH UPS: Assume the usual push up position but place your hands on a raised surface (step or a bench). Ensure that your body forms a straight line from your ankles to your head. Keeping your body straight, lower your chest towards the raised surface (keep your elbows facing outwards) and push back up to the original position.

The higher the surface on which you place your hands on, the easier the exercise becomes. Beginners, may I suggest that you start placing your hands against the wall and as the push ups get easier, increase the intensity by placing your hands on lower surfaces.

Complete 15 reps and then return to exercise 1.

ALTERNATE EXERCISES 1 AND 2, WITH A 10 SECOND BREAK IN BETWEEN EACH SET OF 15 REPETITIONS, UNTIL 15 MINUTES IS UP.

