

# WELCOME PACK



**10 DAY  
THROWDOWN  
DAYS 1-5**

# INTRODUCTION

Welcome and thank you for joining me for the next 10 days in what I hope you will find to be a worth while use of your time.

I am going to look at the 3 aspects that people come to me about.

1. Weight loss and how to eat for your body goals
2. Toning - most PTs HATE that word, but for me it is a great starting point. Most people want more shape or to be less WOBBLY. To achieve that we need to develop some muscle TONE, so TONING is a good way to describe our objective - which is to build some muscle and to get stronger. DONT PANIC - muscle is HARD to build so you will not wake up on day 2 looking like Arnold Schwarzenegger
3. Improved fitness, this covers both your cardio vascular system (how well your heart works and distributes blood around your body) and improvements in your strength.

You will be given a series of HIIT workouts and more muscular strength workouts - some of these type maybe new to you, but this is the type of workout I would advocate for BEST results along with a sound nutrition plan.

In terms of nutrition I will explain how to establish your calorie goal and monitor that and explain why certain things you have been lead to believe may not always be the case.

**The bands mentioned can be purchased from Argos or Amazon. Click on ANY picture or UNDERLINED word to be shown a video of the exercise**

# THE FUNDAMENTALS

## THE WARM-UP

A good warm up is imperative prior to working out. This will prepare your muscles and heart for the workout to come. You will be using THE SAME workout everyday, so you should become quite familiar with it. Take to watch it through once and then start to perform it. It should only take a few minutes, but get into the HABIT as we are looking at building good, sustainable habits over the 10 days

[CLICK ON THE VIDEO TO WATCH](#)

## WARM UP



## CALORIES



## CALORIE GOAL

Your body is a reflection of what you eat in terms of nutrients and calories. To lose, gain or maintain weight, you need to know how many calories to eat every day. In this video I will explain how to work that number out and how to track it

[CLICK ON THE VIDEO TO WATCH](#)

# DAY 1

## STANDARD DAILY WARM UP

## THE WORKOUT - HIIT BASED

### HIIT NUMBER 1



TEAM\_T\_CHARLES



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Today's workout

CLICK ON THE  
VIDEO TO WATCH

### THE WORKOUT

Click on the underlined exercises to see a more in depth description or alternatives

**Squats - 30 seconds**

**REST - 15 seconds**

**Push ups 30 seconds**

**Rest 15 seconds**

**Shoulder taps - 30 seconds**

**REST - 15 seconds**

**Jumping Jacks - 60 Seconds**

**Rest - 60 seconds**

**COMPLETE 5 TIMES**

## TODAYS TASK

AIM TO HIT 10,000 STEPS TODAY AND EVERY DAY DURING THE CHALLENGE

# DAY 2 - BANDED

## STANDARD DAILY WARM UP

### THE WORKOUT - BODYWEIGHT

#### WORKOUT 1 INTRO

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### TABATA FINISHER 1

#### TABATA 1

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SETS	REPS	REST
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#### BANDED SQUATS

4	15	45 SEC
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#### SPLIT SQUATS

3	10	30 SEC
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#### BAND PULL THROUGH

3	12	30 SEC
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#### 2 HANDED ROW

4	10	45 SEC
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#### FACE PULL

3	20	30 SEC
---	----	--------

#### PUSH UP

4	8	45 SEC
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#### TRICEP DIP

3	10	45 SEC
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#### PALOFF PRESS

3	30 SEC	10 SEC
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Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 1 workout

### TODAYS TASK

EVERY MEAL TODAY MUST CONTAIN A PORTION OF VEGETABLES OR FRUIT

# DAY 2 - NO BAND

## STANDARD DAILY WARM UP

### THE WORKOUT - BODYWEIGHT

#### WORKOUT 1 INTRO

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SETS	REPS	REST
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#### SQUATS

4	15	45 SEC
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#### SPLIT SQUATS

3	10	30 SEC
---	----	--------

#### ONE LEG HIP THRUST

3	12	30 SEC
---	----	--------

#### SIDE RAISES

3	15	30 SEC
---	----	--------

#### PUSH UP

4	8	45 SEC
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#### TRICEP DIP

3	10	45 SEC
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#### V SIT

3	10	45 SEC
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#### HOLLOW HOLD

3	10 SEC	30 SEC
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Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 1 workout

### TODAYS TASK

EVERY MEAL TODAY MUST CONTAIN A PORTION OF VEGETABLES OR FRUIT

# DAY 3

## STANDARD DAILY WARM UP

## THE WORKOUT - HIIT BASED

### HIIT NUMBER 2



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Today's workout

**CLICK ON THE  
VIDEO TO WATCH**

### THE WORKOUT

Click on the underlined exercises to see a more in depth description or alternatives

**Laterals - 30 seconds**

**REST - 15 seconds**

**Pulse Squats 30 seconds**

**Rest 15 seconds**

**Plank - 30 seconds**

**REST - 15 seconds**

**Lateral Bound - 60 Seconds**

**Rest - 60 seconds**

**COMPLETE 5 TIMES**

## TODAYS TASK

**EVERY MEAL TODAY MUST CONTAIN A PORTION OF PROTEIN**

# DAY 4 - BANDED

## STANDARD DAILY WARM UP

### THE WORKOUT - BODYWEIGHT

## WORKOUT 2 INTRO

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### TABATA FINISHER 2

#### TABATA 2

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SETS	REPS	REST
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<b>BANDED DEADLIFTS</b>	4	15	30 SEC
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<b>FORWARD LUNGE</b>	4	10	30 SEC
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<b>BAND PULL THROUGH</b>	3	12	45 SEC
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<b>STRAIGHT ARM PULL</b>	4	10	45 SEC
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<b>SINGLE ARM ROW</b>	3	12	30 SEC
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<b>BANDED CHEST PRESS</b>	4	10	45 SEC
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<b>BICEP CURLS</b>	3	10	30 SEC
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<b>CORE ROTATIONS</b>	3	10	30 SEC
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Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 2 workout

## TODAYS TASK

ELIMINATE ANY BREAD, PASTA OR RICE FROM TODAYS MEALS



# DAY 4 - NO BAND

## STANDARD DAILY WARM UP

### THE WORKOUT - BODYWEIGHT

## WORKOUT 2 INTRO



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### TABATA FINISHER 2

#### TABATA 2



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SETS	REPS	REST
------	------	------

<b>SQUATS</b>	4	17	45 SEC
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<b>STEP UPS</b>	3	10	30 SEC
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<b>FOOT UP HIP THRUST</b>	3	12	30 SEC
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<b>FRONT RAISES</b>	3	15	30 SEC
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<b>PUSH UP</b>	4	9	45 SEC
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<b>TRICEP DIP</b>	3	11	45 SEC
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<b>CROSS OVERS</b>	3	10	45 SEC
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<b>SIDE PLANK</b>	3	15 SEC	15 SEC
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Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 2 workout

## TODAYS TASK

ELIMINATE ANY BREAD, PASTA OR RICE FROM TODAYS MEALS

# DAY 5

## STANDARD DAILY WARM UP

## THE WORKOUT - 15 MINS HIIT

**HIIT**  
NUMBER 3



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Today's workout

**CLICK ON THE  
VIDEO TO WATCH**

### THE WORKOUT

Click on the underlined exercises to see a more in depth description or alternatives

**10 Mountain Climbers - each leg**

**10 Up 'n' Downs**

**10 Reverse Lunges - each leg**

**10 Squats**

Set a timer for 15 minutes and perform in a circuit as many times as possible in that time. Take as many breaks as you need but complete all 15 minutes

## TODAYS TASK

**DO NOT CONSUME ANY CAFFEINE AFTER 12PM**

# WELCOME PACK




**10 DAY  
THROWDOWN  
DAYS 6-10**

# DAY 6 - BANDED


## STANDARD DAILY WARM UP

## THE WORKOUT - BODYWEIGHT

### WORKOUT 3 INTRO

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## TABATA FINISHER 1

### TABATA 1

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### SETS REPS REST

<b>BANDED SQUATS</b>	4	20	45 SEC
<b>SPLIT SQUATS</b>	3	12	30 SEC
<b>BAND PULL THROUGH</b>	3	15	30 SEC
<b>2 HANDED ROW</b>	4	12	30SEC
<b>FACE PULL</b>	4	20	30 SEC
<b>PUSH UP</b>	4	10	30SEC
<b>TRICEP DIP</b>	4	10	30 SEC
<b>PALOFF PRESS</b>	3	30 SEC	10 SEC

Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 1 workout

## TODAYS TASK

EAT PROTEIN AND VEGETABLES WITH EVERY MEAL TODAY

# DAY 6 - NO BAND


## STANDARD DAILY WARM UP

## THE WORKOUT - BODYWEIGHT

### WORKOUT 3 INTRO

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## TABATA FINISHER 1

### TABATA 1

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### SETS REPS REST

<u>SQUATS</u>	4	20	45 SEC
<u>SPLIT SQUATS</u>	3	12	30 SEC
<u>ONE LEG HIP THRUST</u>	3	15	30 SEC
<u>SIDE RAISES</u>	4	12	30 SEC
<u>PUSH UP</u>	4	8	45 SEC
<u>TRICEP DIP</u>	4	10	45 SEC
<u>V SIT</u>	3	12	45 SEC
<u>HOLLOW HOLD</u>	3	15 SEC	30 SEC

Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 1 workout

## TODAYS TASK

EAT PROTEIN AND VEGETABLES WITH EVERY MEAL TODAY

# DAY 7

## STANDARD DAILY WARM UP

## THE WORKOUT - EMOM

### HIIT NUMBER 4



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### THE WORKOUT

Click on the underlined exercises to see a more in depth description or alternatives

**20 Jumping Jacks**

**15 Tricep Dips**

**20 Up 'n' Downs**

**15 Ab sit up/crunches**

**20 Mountain Climbers**

Set a clock for 15 minutes. Each exercise starts on the minute. 3 total rounds

## TODAYS TASK

TAKE 10 MINUTES TO SIT AND RELAX OR MEDITATE

# DAY 8 - BANDED

## STANDARD DAILY WARM UP

## THE WORKOUT - BODYWEIGHT

### WORKOUT 4 INTRO

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## TABATA FINISHER 2

### TABATA 2

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### SETS REPS REST

<b>BANDED DEADLIFTS</b>	4	20	30 SEC
<b>FORWARD LUNGE</b>	4	12	30 SEC
<b>BAND PULL THROUGH</b>	3	15	30 SEC
<b>STRAIGHT ARM PULL</b>	3	12	30 SEC
<b>SINGLE ARM ROW</b>	4	12	30 SEC
<b>BANDED CHEST PRESS</b>	4	12	30 SEC
<b>BICEP CURLS</b>	3	12	30 SEC
<b>CORE ROTATIONS</b>	3	12	30 SEC

Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 2 workout

## TODAYS TASK

GO TO BED AT A TIME THAT WOULD GUARANTEE YOU 8 HOURS SLEEP

# DAY 8 - NO BAND

## STANDARD DAILY WARM UP

## THE WORKOUT - BODYWEIGHT

### WORKOUT 4 INTRO

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## TABATA FINISHER 2

### TABATA 2

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### SETS REPS REST

<u>SQUATS</u>	4	17	45 SEC
<u>STEP UPS</u>	3	12	30 SEC
<u>FOOT UP HIP THRUST</u>	4	12	30 SEC
<u>FRONT RAISES</u>	4	12	30 SEC
<u>PUSH UP</u>	3	12	30 SEC
<u>TRICEP DIP</u>	4	12	30 SEC
<u>CROSS OVERS</u>	3	12	30 SEC
<u>SIDE PLANK</u>	3	30 SEC	15 SEC

Complete the exercises in the order written, Complete all sets of the exercise before moving to the next.

Once all exercise have been completed, perform the Tabata 2 workout

## TODAYS TASK

GO TO BED AT A TIME THAT WOULD GUARANTEE YOU 8 HOURS SLEEP



# DAY 9

## STANDARD DAILY WARM UP

## THE WORKOUT - HIIT BASED MONSTER

### HIIT NUMBER 5



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Today's workout

CLICK ON THE  
VIDEO TO WATCH

### THE WORKOUT

Click on the underlined exercises to see a more in depth description or alternatives

Burpees - 30 secs 10 sec rest	R E S T	Hi Knees - 30 secs 10 sec rest	R E S T	<u>Push Up</u> - 30 secs 10 sec rest
<u>Plank push up</u> - 30 secs 30 sec rest		<u>Reverse Lunge</u> - 30 secs 30 sec rest		<u>Jump Squat</u> - 30 secs 30 sec rest
Burpees - 30 secs 10 sec rest		Hi Knees - 30 secs 10 sec rest		<u>Push Up</u> - 30 secs 10 sec rest
<u>Plank push up</u> - 30 secs	3 0	<u>Reverse Lunge</u> - 30 secs	3 0	<u>Jump Squat</u> - 30 secs

2 MINUTES REST AFTER GROUP 3 - REPEAT FOR 2 TO 3 TOTAL ROUNDS

## TODAYS TASK

TELL THE GROUP WHAT YOU HAVE LEARNED FROM THIS CHALLENGE

# DAY 10

## STANDARD DAILY WARM UP

## THE WORKOUT - HIIT BASED YOUR CHOICE

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### HIIT NUMBER 2

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### HIIT NUMBER 3

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### HIIT NUMBER 4

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Choose your favourite HIIT workout from the last 10 days. Once completed rest for 3 minutes and then perform TABATA WORKOUT 1

## TODAYS TASK

MAKE A LIST OF HOW YOU WILL BUILD ON THIS FOR NEXT WEEK

# **THIS IS JUST THE START**

**IF YOU ENJOYED THIS THEN PLEASE CONSIDER MY 8  
WEEK HOME COURSE**

**MORE IN DEPTH - MORE DEMANDING - MORE RESULTS**

**OVER 80 EXERCISE VIDEOS**

**OVER 120 RECIPES**

**FACEBOOK GROUP**

**PROGRESS UPDATES**

**EMAIL - CHARLES@TEAMT.UK**