LIFESTYLE. presents

BURN

7 DAY ACTION PLAN

DESIGNED FOR SLIMMINNG WORLD MEMBERS

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FORMER PRO FOOTBALLER & LV3 PERSONAL TRAINER

Slimming World Community

Slimming World has an amazing community of dedicated individuals. There are so many success stories, lot's of personal triumphs. However, this doesn't happen for everyone. We don't hear about the people who fall off the grid and go back to old habits. Once of the main reasons is they just focus on nutrition. In order to have real sustainable results we have to take nutrition and fitness hand and hand. Once we build up these habits it becomes our **LIFESTYLE.**

The challenge

The majority of us work 9-5. It's really hard to add in hours of exercise a day. This is why we need to start completing workouts. However, slimming world members struggle to make the jump from walking to workouts. I'm here to fix that.

We are going to be doing 'High Intensity Interval Training (HIIT). This type of training is perfect for any Slimming World member. It doesn't require equipment, you burn twice as much from a long walk. and the beauty of it is...it takes 10-20 minutes.

Let me take you through these 7 days and I will get you going !

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YOUR BURN WEEK

DAY 1

AN INTRODUCTION

Before we jump right into it. We are going to introduce our body to the new intensity of working.

GAINING MOMENTUM

As we push through each day we will begin to build momentum and get used to working a bit differently.

ENDORPHIN FLOW

You will find that the more stuff you do the better you feel. Your brain will produce more endorphins, the feel good factor in your head.

DAY 7

CHECKING OUT YOUR PROGRESS

After day 7. You will have noticed a difference in yourself. After this day. It's now up to you to go and make this a habit.

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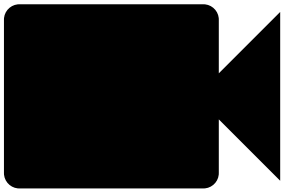
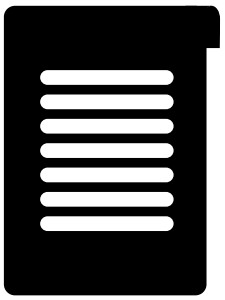
HOW THE GUIDE WORKS

Programme Card, Video Tutorial, Workout Guide

Watch the 'BURN' introduction video



Use the video tutorials to understand how the exercises are completed.



Make sure you fill out your programme card each day.

Use the main guide to read what workout to do each day. Make sure you share your progress on the socials.

My Programme Card

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	Weight (lbs)	Happiness (1-10)
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____
Day 6	_____	_____
Day 7	_____	_____

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DAY 1

INTRODUCTION

Workout 3

Work for 30s
Rest for 30s

3 Rounds
1.30m Break

1.High Knees

2.Low Crunch

3.Burpee

4.Jumping Jacks

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DAY 2

INTRODUCTION

Workout 2

Work for 30s
Rest for 30s

3 Rounds
1.30m Break

1.Sides

2.Slides

3.Plank

4.Lady Press Up

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DAY 3

GAINING MOMENTUM

Workout 1

Work for 30s
Rest for 30s

3 Rounds
1.30m Break

1.Burpee

2.High Knees

3.Squat

4.Lunges

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DAY 4

GAINING MOMENTUM

Workout 1

Work for 30s
Rest for 30s

3 Rounds
1.30m Break

1.Burpee

2.High Knees

3.Squat

4.Lunges

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DAY 5

ENDORPHIN FLOW

Workout 2

Work for 30s
Rest for 20s

3 Rounds
1.30m Break

1.Sides

2.Slides

3.Plank

4.Lady Press Up

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DAY 6

ENDORPHIN FLOW

Workout 3

Work for 30s
Rest for 20s

3 Rounds
1.30m Break

1.High Knees

2.Low Crunch

3.Burpee

4.Jumping Jacks

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DAY 7

RESULTS DAY

Workout 3

Work for 30s
Rest for 30s

3 Rounds
1.30m Break

1.High Knees

2.Burpee

3.Jumping Jacks

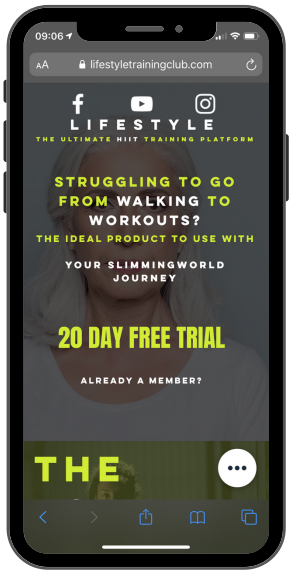
4.Moutain Climbers

THIS IS JUST THE START OF THE JOURNEY.

enjoyed the programme?
want more stuff for free ?

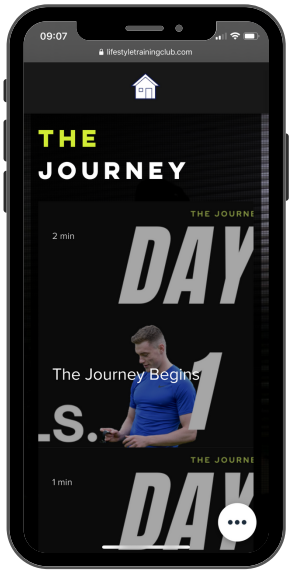
STEP 1

GO TO WWW.LIFESTYLETRAININGCLUB.COM



STEP 2

GRAB A 20 DAY FREE TRIAL AND
START 'THE JOURNEY'



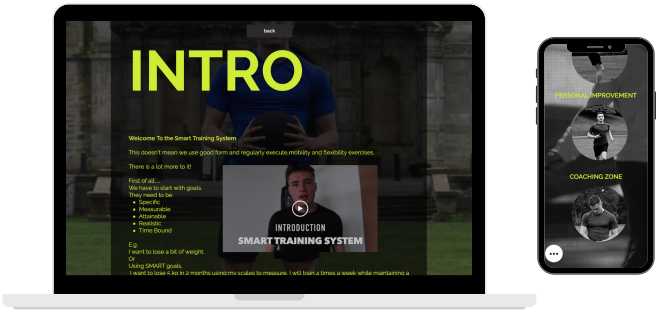
LIFSTYLE. TRAINING CLUB

FOUNDER Aaron Reid

The fundamentals of a Personal Trainer on your phone or laptop for the price of a Starbucks coffee per month.

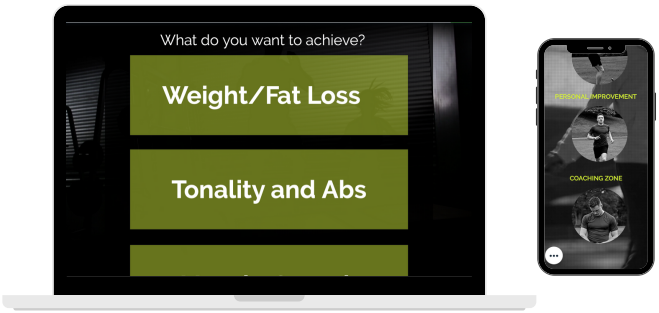
Coaching Zone

Learn how to make your own SMART training programme and change the way you train.



Mindful Cafe

Feeling low? Need a boost? Take a look at some of the motivation features I've included to keep you on the ball.

Specialised Workouts

We are all different and we all want different outcomes. I've included a way you can specialise your programme even more. Never run out of workouts.