

AIMEE VICTORIA LONG

WORKOUT ONE

Warm Up

5 Minute Jog or Bike

15 minute Cardio

Incline 6, Speed 10

30 -60 seconds work, 30-60 seconds rest

MOVE



MODIFICATION

Increase/ Decrease the speed/incline

Glute Activation

Fire Hydrants & Donkey Kicks

15-20 reps each (with band)

Repeat twice

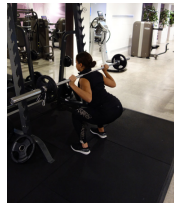


Remove the band
Note: Keep your core engagement and ensure you stay in a neutral spine

Barbell Squats

15, 12, 10, 8, 6 reps

90 seconds rest in-between each set (Increase the weight each set)

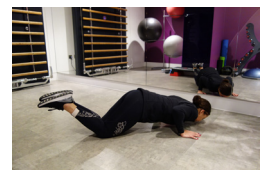


Increase or Decrease weight, still to much move to bodyweight squates.
Note: Maintain strict form

Push Ups

12 reps x 4 sets

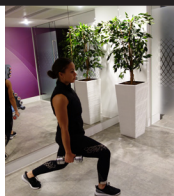
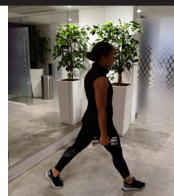
90 seconds rest in-between each set



SUPERSETS

Walking Lunges

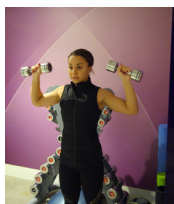
24 reps ideally weighted



Increase/ decrease the weight accordingly.

Dumbbell Shoulder Press

12 reps, 60 seconds rest - 4 sets



Note: ensure your weight is correct and knees aren't going over your toes in the lunges

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#TrainWithAim