

Our philosophy is to train the whole body, through all its needs for strength, physique and health. This includes strength, cardio and mobility.

Our training plans can be done anywhere with a small amount of equipment in either a home gym or commercial gym environment.

With strength sessions, low and high impact cardio and yoga or active mobility sessions you will improve all aspects of your physique simultaneously.

If you haven't trained with weights before we aim to take the fear away with a comprehensive video library with good demonstrations and clear instructions that you can watch from your phone or device while you're working out.

Have a look at a one week sample plan and try it for yourself. You will train every aspect of your body for health and physique.

The workouts are designed to last 30 - 45 minutes so you can easily fit it into your busy lifestyle.

Most of the exercises are clickable links to videos from our video library to help you do the movements right

Day 1:

Warmup: 3 sets of 10 of each, in a circuit

[pushups](#)

[Bear Crawls](#)

jumping jacks

Strength:

[Split Squats](#) 3 sets of 5 to 7 reps each leg

[Bench Press](#) 3 sets of 5 to 7 reps

[Overhead Press](#) 3 sets of 5 to 7 reps

Core:

[Headlift](#) 3 sets of 10

Day 2:

Warmup:

5 minute walking at a moderate intensity

HIIT:

20 seconds [Jump Squats](#), 10 seconds rest for 8 sets

- 2 minute rest

20 seconds [Bear Crawls](#), 10 seconds rest for 8 sets

- 2 minute rest

20 seconds burpees, 10 seconds rest for 8 sets

- 2 minute rest

Cooldown:

5 minute walk at a low intensity

Day 3:

Warmup (no weights): 3 sets of 10 each in a circuit

[Squats](#)

[Bear Crawls](#)

jumping jacks

Strength:

[Walking Lunge](#) 3 sets of 5 to 7 reps,

[Bent Over Row](#) 3 sets of 5 to 7 reps,

[Snatch Shrugs](#) 3 sets of 5 to 7 reps

Core/mobility:

[Windmills](#) 3 sets of 5 each arm (can be done with or without a weight)

Day 4: [session 1]

Warmup:

5 minute walking at a moderate intensity

HIIT:

30 seconds [Power Lunges](#), 15 seconds rest for 8 sets,

30 seconds [Step Squats](#), 15 seconds rest for 8 sets,

30 seconds jumping jacks, 15 seconds rest for 8 sets

Cooldown:

5 minute walk at a low intensity

Day 4: [session 2]

30 minutes walk at a moderate - high intensity

Day 5: [session 1]

Warmup (no weights): 3 sets of 10 each in a circuit

Squats

Burpees

jumping jacks

Strength:

Dumbbell Chest Press, 3 sets of 8 to 10 reps,

Dumbbell Curls, 3 sets of 8 to 10 reps,

Step Lunge, 3 sets of 8 to 10 reps each leg,

Kettlebell Squats, 3 sets of 8 to 10 reps

Day 5: [session 2]

30 minutes yoga or active mobility

Day 6: [session 1]

30 minutes yoga or active mobility

Day 6: [session 2]

30 minutes walk at a moderate intensity