THE METABOLIC REPAIR PROGRAM

The new dieting formula for a great body and optimal health.

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ABOUT ME

"As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones"

Do you lack energy? Are the challenges of life getting you down? Have you smashed your own weight-loss journey, only to find that you've put it all back on, and then some? Do you feel like you're stuck in a rut? Are your values, goals and actions misaligned with the direction of your current life trajectory?

If you're ready to make the best decision yet to level up your life, it is no coincidence that you're reading this right now! My name is Loz and I have once been where you currently are. Overweight, under-energised and generally feeling lost within the chaos of my life, I struggled to create abundance despite being surrounded by it. As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones.

INTRODUCTION

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METABOLIC REPAIR

The term 'metabolism' is being used a lot recently by the health and fitness conscious. People are becoming increasingly aware that all their training and nutrition efforts which affect what is happening on the outside, may be having an effect on the inside too.

There also appear to be two 'campuses' when it comes to considering the metabolism in respect to body composition and health. One side strongly believes that the metabolism is the key focal point to a great body and health. The other believes this to be nonsense, and that good body and health is down to calorie control and macronutrient consideration.

Personally, I am in the middle of these two campuses, as anyone that claims calories do not matter is missing the bigger picture, and the same goes for those who claim calories are all that matter. The purpose of this program is to show you an alternative 'diet' to getting you in shape and healthy, and to provide you with the tools to successfully apply it.

Traditional dieting protocols follow the very basic template of: reduce calories > lose weight > balance the metabolism.

In this program, we will look at reversing this process, to create a new dieting formula: balance the metabolism > reduce calories > lose weight.

WHAT IS METABOLISM?

Our metabolisms are a sum of the physical and chemical processes that occur in our cells to produce energy.

Essentially, everything in our bodies make up the metabolism. So when we talk about metabolic repair, what we really mean is fixing our body as a whole unit.

However, when it comes to metabolism with regard to body composition and health, we can focus on a certain number of specific functions or processes that control this. These specific functions and processes are usually hormones related to the thyroid (T3, T4), or leptin, insulin and cortisol.

This is where the two previously mentioned 'camps' divide on opinion.

This is because when we look at the law of thermodynamics, and thus the bodyweight changes as a result, losing or gaining weight is a matter of calories in vs. calories out.

Therefore, for some, hormones need not come into the equation when body composition is of priority.

The counter argument is, if someone is in a 'negative energy' balance and not losing weight, something internally is not quite working properly. This leads us to the key hormones at play.

For the purpose of this program, I will not go into the key hormones at work and how they can be affected via training and nutrition.

The take home point here is that what we do in terms of exercise and food intake is having a hormonal impact on the inside. This is what dictates the state of our metabolism and thus our health.

WHAT IS METABOLIC REPAIR?

Metabolic repair is the 'cool' name given to the mechanical term 'nuroendocrineimmune dysfunction'. You will hear it being referred to as metabolic damage, starvation mode, weight loss resistance and even adrenal fatigue.

If diagnosed in the medical world, it can be given the name of 'hypothyroid', 'hashimoto's thyroiditis' or 'adrenal insufficiency'.

Despite all the various terms and names, they can all be considered to be about the same thing – a dysfunction of the metabolism.

In the health and fitness world, this metabolic imbalance is typically seen from the 'eat less, exercise more' people.

If you eat less and exercise more, you'll easily create a caloric deficit, which can also create an unbalanced metabolism - it essentially slows down.

This is known as 'adaptive thermogenesis', and it's highly variable from one person to the next. For the average dieter, this metabolic downturn is about 300 calories per day, and anywhere up to 800 in some cases.

This means after a period of dieting, the average person will burn 300 calories less per day, without the inclusion of exercise, than they previously did.

This is a result of the body down regulating its 'Basal Metabolic Rate (BMR)' in response to a decrease in available energy on a calorie restricted eating plan.

The lack of available energy going in has forced the body to become less efficient with time.

It's also important to note here that exercise will also require energy to support it, thus creating a higher calorie demand along with it.

So let's look at how this work via numbers.

Your BMR is the amount of energy used when the body is at rest. There are a number of different methods to calculating BMR, such as the Harris Benedict Formula, but a much quicker approach is by multiplying someone's weight (in kgs) by the multiplier 24.

For women it is 0.9 x bodyweight (kg) x 24 (multiplier)

For men it is 1x bodyweight (kg) x 24 (multiplier)

So if we take a female weighing 70kgs. in bodyweight, her BMR would be: -

0.9 x 70 (bodyweight) x 24 (multiplier) = 1512kcals

It must be noted that this is just a starting point and assumes that perfectly functioning hormones and thus metabolic health is present.

We should also include the thermic effect of food (TEF) and all activity levels (NEAT & TEA) to represent this example most efficiently.

Again, there are a number of various methods to calculate these energy demands, but we will use a simple multiplier of 1.3 to reflect this.

So the numbers now look like so: -

1512 kcals (BMR) x 1.3 (Activity Level) = 1965.6kcals

So in this example a female weighing 70kg. will burn approx. 1965 kcals based on her BMR and activity levels.

This female knows she must therefore reduce kcals in order to create a calorie deficit (a negative energy balance) in order to lose weight. So she starts consuming 1500 kcals daily.

Initially progress is great, measurements come down, so far so good.

Usually after some days, once the body realizes it must adapt to this, it will naturally start lowering thyroid production, along with some of the other important hormones previously mentioned.

So after a week or so, our example female may have seen a 10% decrease in daily calorie expenditure, due to the fall in BMR and TEF.

In just a few days, this dieter has gone from a daily, energy expenditure of 1965 kcals to 1769 kcals.

Considering she is consuming 1500 kcals a day, this has reduced the deficit she previously had, slowing progress. As a result, she cracks on and reduces calories further to see continued progress.

This does work, and the measurements keep dropping, but it doesn't last.

This is because the body has once again adapted to the process and we may typically see another 10% decrease in daily calorie expenditure from the further reduced calories.

In just a few weeks, this dieter has gone from a daily energy expenditure of 2015 kcals to 1632 kcals.

By now, to remain in the 500 calorific deficit she once had, she would be eating only 1100 kcals per day.

By this stage hunger is high, energy is low and cravings are through the roof, the body wants to stop. Further progress can be almost impossible at this stage, and this is due to a lot of metabolic resistance – the body doesn't like what she is doing to it.

If she continues on and decreases calories more and increases training too, she will be well on her way to metabolic damage.

At this stage she is feeling beat, tired, hungry, bloated, poor sleep, unwell, anxious, depressed and progress has stalled.

The average person will give up here and return to a normal eating pattern. Sadly, due to the decreased energy expenditure, even if they resort to what is considered an average food intake, they are instantly in a large calorie surplus, so all the weight goes back on. They may even gain more weight than previously, as the body has become sensitive to nutrients and wants to store everything it can in case the same process is repeated.

The hardcore dieter will battle on, their drive for improved body composition is unquestionable but they fall into a trap of binge eating. Their hunger, and craving levels are now at an all time high and every few days they fall of the wagon and binge eat.

This sudden yet unexpected boost in calories offsets any deficit they had created on their 'good' days and little progress is achieved.

They wouldn't dream of increasing their calories again as they already cannot lose weight on such a low calorie plan, so they permanently fall into this – restricted and binge eating cycle.

A metabolic repair protocol is therefore for those people who fall into this category. It is also for those who struggle with lack of motivation, low libido, overtraining, illness, or feel they have done everything 'right' but can no longer respond to diet and training in the same way.

To keep this program simple, effective and easy to use, I've presented the best approach to take below. This 5 phase protocol has been based upon Leigh Peele's 'Metabolic Repair Manual' founded on scientific research and experience.

PHASES OF THE METABOLIC REPAIR PROGRAM

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PHASE 1: TRACK AND RESET

Duration: 2 weeks

Caloric intake: keep as existing

Protein intake: 40% min

Fat intake: 20-25% min

Carb intake: 25-30%

Water intake: 2-3 l

Salt intake: < 3g

Training: none

It's important to note that accurate food tracking software will be required during this process in order to keep detailed records of nutrients. I recommend using **www.MyFitnessPal.com.**

The key goal during this phase is to stop all training and get an understanding of your daily calorie intake. Once you have a detailed food log in place, be sure to average out your caloric intake for the previous 5-7 days, as you will need this for the next phase.

PHASE 2: INCREASE FOOD INTAKE

Duration: 1 week

Caloric intake: increase by 10%

Protein intake: 40%

Fat intake: 20-25%

Carb intake: 25-30%

Water intake: 2-3 l

Salt intake: < 3g

Training: none

Using your previous averaged caloric intake from phase 1, you should now increase your calories by 10% based on this number. Be very consistent to reaching this new number every single day. The importance of this cannot be underestimated. Also note, no training at all should be conducted during this phase.

PHASE 3: PREPARE FOR ACTIVITY AND INCREASE CALORIES

Duration: 1 week

Caloric intake: increase by 5%

Protein intake: 40%

Fat intake: 30%

Carb intake: 30%

Water intake: 2-3 l

Salt intake: < 3g

Training: Stretch, foam rolling and mobility work for < 15 minutes daily.

At this stage some light and short mobility/recovery work should be applied for no more than 15 minutes daily. Some stretching and foam rolling is advisable.

PHASE 4: INCREASE ACTIVITY AND CALORIES

Duration: 1 week

Caloric intake: increase by 15%

Protein intake: 30%

Fat intake: 30%

Carb intake: 40%

Water intake: 2-3 l

Salt intake: 3-5g

Training: 3 x full body workouts per week. Mobility and foam rolling on off days.

Please see below training program for the perfect starting point to your new training routine.

PHASE 5: INCREASE FOOD INTAKE

Duration: 2 weeks

Caloric intake: Increase by 10% then 20%

Protein intake: 25%

Fat intake: 20%

Carb intake: 55%

Water intake: 2-3 l

Salt intake: 3-5g

Training: 3-4 training sessions per week. Mobility and foam rolling on off days.

The last phase of this protocol is to boost calories as high as they can go using some small increments over the coming weeks. Initially, calories should be increased a further 10% in week 1 of the phase and then 20% in week 2.

SUMMARY

Upon completion of the protocol you may need to go through the process again, this time starting with the new caloric intake as the base.

Some people may now be ready to just maintain their newfound lifestyle and body, while others may be ready to reduce calories again and burn more body fat using a healthier approach.

It's also important to keep track of your key measurements throughout all phases of this program. You may also find that you do gain a small amount of weight during this program, and this is usually a good thing. It's also likely not fat, but some muscle mass and general water weight. This is something you will have to deal with and not let deter you from your overall goal.

You now understand that the metabolism can work for and against us when we are seeking body composition and health changes. You also have a detailed protocol that you can apply in order to help boost the metabolism and reduce the effects of heavy dieting and over training.

MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Asian Scrambled Eggs	Sweetcorn Fritters	Sweetcorn Fritters	Grapefruit Smoothie	Spinach Mushroom & Bacon Quiche	Spinach Mushroom & Bacon Quiche	Asian Scrambled Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Sundried Tomato & Tahini Salad	Leftover Sundried Tomato & Tahini Salad	Chicken, Orange & Walnut Salad	Leftover Chicken, Orange & Walnut Salad	Grilled Vegetable Salad with Tuna	Leftover Grilled Vegetable Salad with Tuna	Sweet Potato Paste with Crackers
SNACK (Ideally between lunch and dinner)	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, Coconut Macaroons, Grapefruit Smoothie
WORKOUT NUTRITION (If applicable)	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder
DINNER (Ideally 3-4 hours after dinner or 60-120 minutes post workout)	Baked Sweet Potato with Feta & Pomegranate *+ remaining across as you see fit*	Leftover Baked Sweet Potato with Feta & Pomegranate *+ remaining across as you see fit*	Sweet & Sour Pork Stir-Fry *+ remaining across as you see fit*	Leftover Sweet & Sour Pork Stir-Fry *+ remaining across as you see fit*	Spicy Chicken Pasta *+ remaining across as you see fit*	Meal Out – Enjoy!	Leftover Spicy Chicken Pasta *+ remaining across as you see fit*

BASE SUPPLEMENTS

- **WHEY PROTEIN POWDER – HEALTH, STRENGTH, MASS BUILDER, FAT LOSS**

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-chain amino acids (BCAAs) and its ability to boost blood flows to muscles.

Dosage: As required but limit to 1-2 servings per day.

- **OMEGA 3 FISH OIL - HEALTH, STRENGTH, MASS BUILDER, FAT LOSS**

Fish oil contains the essential omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic aid (DHA), which are known to provide a number of health and performance benefits. Not only do these fatty acids appear to reduce the risk of heart disease and stroke, they also provide other health benefits, such as helping to prevent muscle breakdown, enhancing joint healing, improving brain function and achieving greater fat loss.

Dosage: 1-3 grams with a main meal per day.

- **MULTI –VITAMIN**

Supplementing with a multivitamin will help eliminate the possibility of deficiencies that are often produces by reduced dietary variety or calorie intake and increased loss from exercise. Research shows that intense training can deplete essential vitamins and minerals. This can interfere with muscle growth and strength gains.

Dosage: Take a multivitamin once or twice daily with meals. Choose brands that provide 100% of the daily value of C, D, E and most of the B-complex vitamins, as well as 100% of zinc, copper and chromium.

WORKOUT NUTRITION

Workout drink containing Essential Amino Acids (EAA's) and lactic acid buffers such as beta alanine. Carbohydrates are optional.

Dosage: 1 serving per 30-60 minute workout.

TRAINING PLAN

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WEEK 1-4 TRAINING PLANNER

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	No training	No training	No training	No training	No training	No training	No training
Time & Duration	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEEK 2							
TYPE	No training	No training	No training	No training	No training	No training	No training
Time & Duration	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEEK 3							
TYPE	No training	No training	No training	No training	No training	No training	No training
Time & Duration	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEEK 4							
TYPE	Stretching & mobility work	Stretching & mobility work	Stretching & mobility work	Stretching & mobility work	Stretching & mobility work	Stretching & mobility work	Stretching & mobility work
Time & Duration	Anytime – 15 minutes	Anytime – 15 minutes	Anytime – 15 minutes	Anytime – 15 minutes	Anytime – 15 minutes	Anytime – 15 minutes	Anytime – 15 minutes

WEEK 5-8 TRAINING PLANNER

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
Time & Duration	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	N/A

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
Time & Duration	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	N/A

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	No training
Time & Duration	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	N/A

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE	Weight Training Day 1	Stretching & mobility work	Weight Training Day 2	Stretching & mobility work	Weight Training Day 3	Stretching & mobility work	Stretching & mobility work
Time & Duration	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	Anytime – 60 mins	Anytime – 15 minutes	N/A

TRAINING PROGRAM

1. WARM UP 2. COMPLETE PROGRAM 3. CONDUCT CORE WORKOUT

WEEK 1 – RECORD WEEKS				WEEK 2 – USE SAME WEIGHTS AS LAST WEEK			
WORKOUT 1	**SETS/REPS**	**REST**	**WEIGHT**	**WORKOUT 1**	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Flat Barbell Bench Press	3X10			A1 - Flat Barbell Bench Press	4X10		
A2 - Barbell High Pull	3X10	60 sec.		A2 - Barbell High Pull	4X10	60 sec.	
B1 - Barbell Back Squats	3X10			B1 - Barbell Back Squats	4X10		
B2 - Dumbbell Lunges/split squats	3X10	60 sec.		B2 - Dumbbell Lunges/split squats	4X10	60 sec.	
C1 - Barbell Bicep Curls	3X10			C1 - Barbell Bicep Curls	4X10		
C2 - Dumbbell Side Lateral Raises	3X10	60 sec.		C2 - Dumbbell Side Lateral Raises	4X10	60 sec.	
WORKOUT 2	**SETS/REPS**	**REST**	**WEIGHT**	**WORKOUT 2**	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Seated Leg Press	3X8			A1 - Seated Leg Press	4X8		
A2 - Barbell Walking Lunges	3X10			A2 - Barbell Walking Lunges	4X10		
A3 - Seated Leg Extensions	3X10	60 sec.		A3 - Seated Leg Extensions	4X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8			B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.		B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8			C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.		C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	**SETS/REPS**	**REST**	**WEIGHT**	**WORKOUT 3**	**SETS/REPS**	**REST**	**WEIGHT**
A - Barbell Deadlifts	4X5	60 sec.		A - Barbell Deadlifts	5X5	60 sec.	
B1 - Star Jumps	2X15			B1 - Star Jumps	3X15		
B2 - Bodyweight speed squats	2X15			B2 - Bodyweight speed squats	3X15		
B3 - Burpees	2X15	60 sec.		B3 - Burpees	3X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.		C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	2X15			D1 - Kettlebell Hip Thrusts	3X15		
D2 - Kettlebell Squats	2X15			D2 - Kettlebell Squats	3X15		
D3 - Kettlebell Lunges	2X15	60 sec.		D3 - Kettlebell Lunges	3X15	60 sec.	

TRAINING PROGRAM

1. WARM UP 2. COMPLETE PROGRAM 3. CONDUCT CORE WORKOUT

WEEK 3 – INCREASE WEIGHT FROM LAST WEEK			
WORKOUT 1	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Flat Barbell Bench Press	3X10		
A2 - Barbell High Pull	3X10	60 sec.	
B1 - Barbell Back Squats	3X10		
B2 - Dumbbell Lunges/split squats	3X10	60 sec.	
C1 - Barbell Bicep Curls	3X10		
C2 - Dumbbell Side Lateral Raises	3X10	60 sec.	
WORKOUT 2	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Seated Leg Press	3X8		
A2 - Barbell Walking Lunges	3X10		
A3 - Seated Leg Extensions	3X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	**SETS/REPS**	**REST**	**WEIGHT**
A - Barbell Deadlifts	4X5	60 sec.	
B1 - Star Jumps	2X15		
B2 - Bodyweight speed squats	2X15		
B3 - Burpees	2X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	2X15		
D2 - Kettlebell Squats	2X15		
D3 - Kettlebell Lunges	2X15	60 sec.	

WEEK 4 – USE SAME WEIGHTS AS LAST WEEK			
WORKOUT 1	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Flat Barbell Bench Press	4X10		
A2 - Barbell High Pull	4X10	60 sec.	
B1 - Barbell Back Squats	4X10		
B2 - Dumbbell Lunges/split squats	4X10	60 sec.	
C1 - Barbell Bicep Curls	4X10		
C2 - Dumbbell Side Lateral Raises	4X10	60 sec.	
WORKOUT 2	**SETS/REPS**	**REST**	**WEIGHT**
A1 - Seated Leg Press	4X8		
A2 - Barbell Walking Lunges	4X10		
A3 - Seated Leg Extensions	4X10	60 sec.	
B1 - Bodyweight Pull Ups	3X8		
B2 - Full Press Ups	3X10	60 sec.	
C1 - Bodyweight Dips	3X8		
C2 - Barbell Bicep Curls	3X10	60 sec.	
WORKOUT 3	**SETS/REPS**	**REST**	**WEIGHT**
A - Barbell Deadlifts	5X5	60 sec.	
B1 - Star Jumps	3X15		
B2 - Bodyweight speed squats	3X15		
B3 - Burpees	3X15	60 sec.	
C1 - Incline Barbell Bench Press	3X10	60 sec.	
D1 - Kettlebell Hip Thrusts	3X15		
D2 - Kettlebell Squats	3X15		
D3 - Kettlebell Lunges	3X15	60 sec.	

CORE WORKOUT

A1 MINI CRUNCH

Lie down on your back, draw your navel in, then lift your head and shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement, you should be aiming to produce a large contraction in your abdominals.

Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.

B1 SIDE CRUNCHES

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body.

Repeat 15 times for each side.

C1 HANGING LEG RAISE

Hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in.

Repeat 10 times.

D1 PLANK

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels.

Hold for 60seconds.

Repeat this whole circuit 3 or 4 times