



ADVANCED LEAN

FULL BODY Approx 50 mins

Warm-Up (7 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Ski Erg Intervals:** 3 min (30 sec at RPE 4, 30 sec at RPE 7)
- **Dynamic Leg Swings:** 1 min – How: Hold support, swing each leg forward/back and side-to-side.
- **Arm Circles & Band Pull-Aparts:** 1 min each – How: Swing arms in circles, then pull resistance band apart at chest.

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (36 mins) Rest 60–90 seconds between sets. Structure: Superset exercises. Rest 60 sec between supersets.

1A – Barbell Back Squat – 4 x 6–8reps

- How: Bar on traps, squat below parallel, drive up.
- Why: Builds maximal leg and glute strength, raises metabolism.

1B – Battle Rope Slams – 4 x 30sec

- How: Slam ropes forcefully, engage core.
- Why: Full-body power, high calorie burn, core engagement.

2A – Weighted Pull-Up – 4 x 6–8reps

- How: Overhand grip, pull chin over bar, control descent.
- Why: Lats, back, and biceps; high muscle recruitment and calorie burn.

2B – Slam Ball – 4 x 10–12reps

- How: Lift slam ball overhead, throw forcefully to ground, squat to pick up.
- Why: Develops power, coordination, and full-body.

3A – Dumbbell Bench Press – 4 x 10reps

- How: Lie on bench, press dumbbells up.
- Why: Tones chest, triceps, and shoulders.

3B – Kettlebell Swing – 4 x 20reps

- How: Stand with feet hip-width apart, hinge at hips, swing kettlebell to chest height, using powerful hip extension and core.
- Why: Posterior chain, cardio, and fat-burning.

Stair Climber Sprints

- Time: 5x1 min at RPE 9, 1 min at RPE 4
- How: Sprint (example – at 80+ steps/min), recover (example – at 40).
- Why: Maximal calorie burn, leg endurance, and conditioning.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Hamstring Stretch (30 sec per leg)

- How: Stand, extend one leg, hinge at hips, reach toward toes.

Chest Stretch (Doorway or Wall) (1 min)

- How: Place forearm on wall/doorway, gently lean forward.

Shoulder Stretch (30 sec per arm)

- How: Pull one arm across chest, hold with opposite arm.

Quad Stretch (30 sec per leg)

- How: Stand, pull foot to glutes, keep knees together.

Upper Back Stretch (Hug Yourself) (1 min)

- **How:** Hug yourself, gently pull shoulders forward.

Gentle walking or cycling: 2–3 minutes

Programming Notes

- RPE 8–9: Near maximal effort; last reps should be challenging but controlled.
- Progression: Add weight or reps weekly if form stays solid.
- Rest: 60–75 seconds between sets/supersets.
- Why This Structure?: Compound lifts, explosive functional moves, and intense cardio maximise fat loss, muscle retention, and metabolic rate