

A woman with dark hair tied back is smiling at the camera while performing a body weight exercise. She is wearing a purple tank top and pink leggings. Her hands are clasped together in front of her. The background is blurred, showing other people in a gym setting.

BODY
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FITNESS
fernwood®



LOVE YOUR BODY

it can do amazing things!

Did you know, your body can be the perfect piece of equipment for a killer workout? That's right, our bodies can double as a gym – well, almost. From beginner to advanced, we've pulled together a collection of body weight workouts to make you sweat. Plus, we share nutrition advice on how to fuel up for a workout, and the benefits of eating carbs, fats and protein.

Love your Fernwood Family xx

REVIVE

your exercise drive

If you groan every time your gym alarm goes off and find yourself secretly hoping your car won't start when it's workout time, it may be a sign that it's time for a change. If you've been sticking to the same routine for a while, chances are you might have lost your motivation to move.

We know moving our bodies regularly has bountiful benefits, not just for our physical health, but for our mental wellbeing too. A major part of exercise success is finding enjoyment in what you're doing. So, if you're looking for any excuse to skip the workout, try one of these swaps to revive your drive.

SWAP YOUR CIRCUIT FOR A GROUP CLASS

Enjoy circuits, but tired of doing the same thing? Even if you prefer to workout solo, attending a group class here and there can be a motivating way to learn new exercises to include in your own circuit. Plus, it's a great way to meet new people too.

SWAP THE CROSS-TRAINER FOR CYCLING

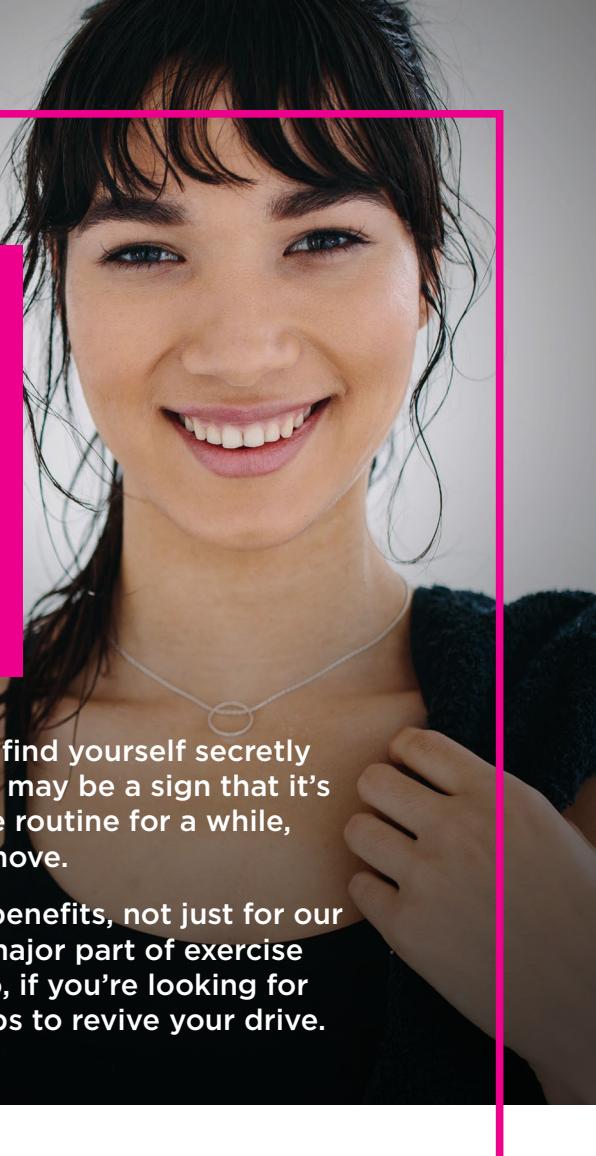
Take your workout up a gear. Cycling can be a moderate to high intensity workout that challenges both the mind and body. Cycling is ideal for cardio fitness and improving endurance, while also building strength and working the main muscle groups.

SWAP THE TREADMILL FOR A PARK

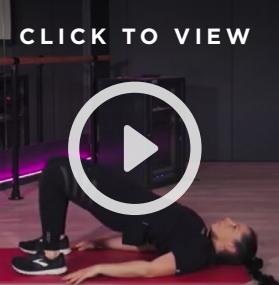
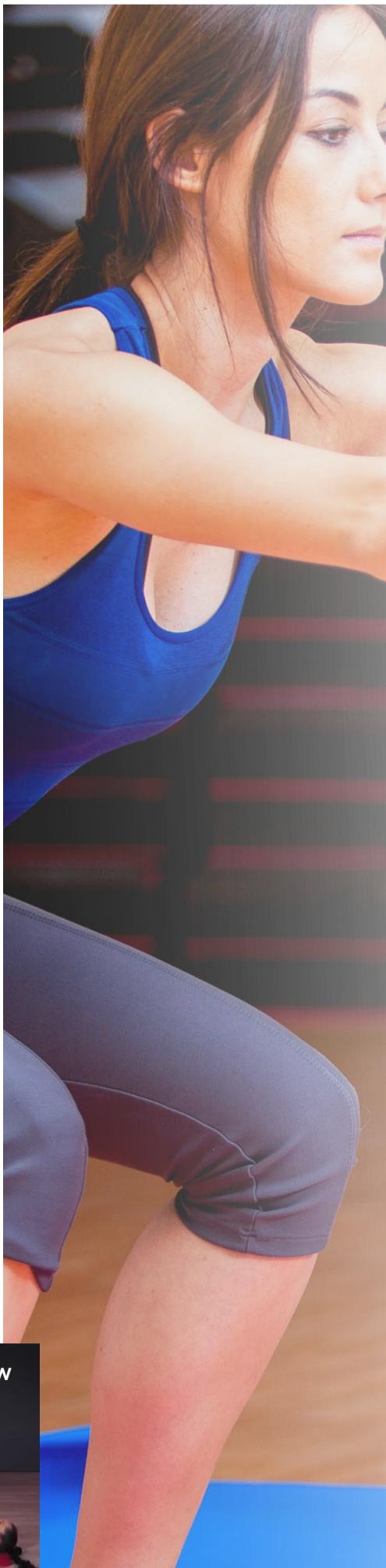
There's nothing more invigorating than breathing in fresh air during a brisk walk around a local park, gardens or the walk to work. Pass the time by listening to your favourite playlist, streaming a podcast, or meeting a friend for regular walk-outs. If you keep up the chatter, it might use up even more energy!

SWAP JOGGING FOR SKIPPING

Do you remember how fun it was playing jump rope? There's no reason exercise can't be both fun and good for you, so whip out the rope and gather the girls for some light-hearted fitness. Or stick to solo and set yourself a range of challenges to complete as part of your gym circuit.



BEGINNERS



This workout is all about learning how to use your own body weight for a killer workout. Try them in the gym, in the park during the warmer months, or even set up a workout space at home.

Always remember to warm up your body before you start a workout, and cool down at the end.

WARM-UP

5 minutes

CIRCUIT 1 X 3 SETS

1. 10 push-ups
(on your knees is fine, and you can use a wall or a bench if you are unable to do push-ups on the floor)
2. 10 crunches
3. 10 squats
4. 10 star jumps
(half star jumps for a lower impact option)

CIRCUIT 2 X 3 SETS

1. 10 bridges
2. 10 bicycle crunches
3. 10 tricep dips
4. 20 high knees on the spot
(a march could be a low impact option)

CIRCUIT 3 X 3 SETS

1. 10 goblet squats
2. 10 shoulder taps in plank position (try to keep the body as still as possible)
3. 20 air punches
4. 10 step ups on each leg

COOL DOWN

5 minutes

INTERMEDIATE



Once you've nailed the basics of a body weight workout, try this intermediate workout to turn up the intensity.

Complete three to five rounds depending on your fitness level and time. This can be done as a 60-minute workout.

Always remember to warm up your body before you start a workout, and cool down at the end.

WARM-UP

5-10 minutes

CIRCUIT X 3 SETS

- 15 burpees
- 15 push-ups (toes)
- 15 full sit-ups
- Skip or run two minutes
- 15 squat jumps
- 15 dips
- 15 lunges (L/R)

COOL DOWN

5-10 minutes

CLICK TO VIEW



ADVANCED



You've smashed through the beginner and intermediate body weight workouts, so now try out the advanced program. Warning, this workout requires a high fitness level and is not for the faint hearted.

Complete three rounds depending on your fitness level and time.

WARM-UP

2-5 minutes:

- Bike, rower, treadmill, x-trainer at 40% max effort

ADVANCED PROGRAM

- 10 decline push ups (toes)
- 10 triceps push ups with mountain climber (toes)
- 30 jumping lunges
- 30 box jumps
- 1 minute skipping or running
- 2 rounds of:
 - 10 squats
 - 5 pulses
 - 10 frog leaps (from pulse go straight into frog leap)
- 90 seconds plank (reaching forward on toes)
- 15 each leg split lunge (back leg elevated)
- 30 scissor kick leg raises
- 5x 20 seconds V-sit hold

BONUS ROWER CHALLENGE

Row a distance of 650m in 3 minutes!

COOL DOWN

30 seconds each:

- Gluteus, hamstring, quad, spine and chest stretch

CLICK TO VIEW



5 WAYS TO FUEL YOUR BODY

for a workout

When it comes to staying fit and healthy, food intake can be just as important as your fitness routine. Knowing what to put in your body and when will ensure you get the most out of your workout.

Words by
Kayte Nunn



1

Skip big meals before the gym

Don't have a big meal and then head straight to the gym. When you exercise aerobically, blood is diverted from your stomach and intestines. This means your digestion slows down, and if you have food – particularly low-GI, high-fibre food – in your stomach, it will sit there, making exercise uncomfortable.

2

Avoid eating fatty food



Forget chips, chocolate or greasy burgers if you're planning on exercising straight after eating. "Fats can be difficult to absorb and will prevent your body calling on its own fat stores for energy during exercise," says sports nutritionist and naturopath Kira Sutherland.



3 Refuel after your workout

Refuelling is essential for recovery, particularly if you are doing several high-intensity sessions a week. According to Sutherland, you have a short window of opportunity to replenish your muscles with glycogen and ideally you should eat within 20 to 30 minutes of exercising. If you wait too long to eat after you train it will be harder for your body to use the fuel and you'll be more likely to store it as fat. Protein should also be consumed in the post-workout meal.

"How much carb and protein you should eat after training depends on the length of the session and your body weight. If the session was shorter than one and a half hours, aim for 40 grams of carbohydrate and 10 to 15 grams of protein," advises Sutherland.

"If the session was one and a half hours or longer, aim for the gram equivalent of your kilogram body weight in carbohydrate, and one third or one quarter of your body weight in protein. For example, a 60-kilogram woman needs 60 grams of carbohydrate and 15 to 20 grams of protein in their post-workout meal."

4

Consider recovery drinks and bars

While Sutherland says that whole foods are always better, recovery drinks and bars do have their place, especially when refuelling within the 30-minute post-training window.



"Look for products that are specifically formulated in the right ratio. If you're doing a lot of cardio, then you need a 4-1 carbohydrate-to-protein ratio, or if you're trying to lean down then go for a 3-1 ratio."

5

Train in the morning to burn fat

Sutherland advises exercising in the morning to raise your metabolic rate for the rest of the day. As you get fitter, your body begins to use fat more efficiently. "Increased activity encourages your body to spare glycogen and have more sensitivity to using fats for fuel," says Sutherland.

"Exercise activates hormones that stimulate mobilisation of stored fats so they can be burned as fuel. When exercise stops, there is a 'carry over' effect as the body continues to burn fat for a period of time following."

FATS, CARBS & PROTEIN

you need all 3!

The body gets the nutrients it needs from three macronutrients: fats, carbs and protein. A balanced diet relies on all three components to play their role.

Carbohydrates

Carbohydrates are the preferred energy source for the body, and despite what you may hear, they are not the enemy. Carbs provide fuel for your brain, tissues, cells and central nervous system. In fact, our brains won't accept energy from any other type of fuel. Carbs also help keep our digestive system healthy by feeding the friendly bacteria that live in our intestinal tracts.

The problem with carbs is that many of us eat too much in its refined form – sugar – which has little nutritional value but packs a kilojoule punch. So, when possible, choose carbohydrates that are low in sugar and high in fibre.

Better sources of carbohydrates include wholegrain breads, cereals, pasta, and rice, alongside fruit, pulses and

Macronutrients are the nutrients that provide us with the bulk of the energy we need to grow and repair; we all know them as fats, carbohydrates and protein. Our bodies require a balance of all three macronutrients to function properly throughout the day. That's right, all three. That's why fad diets that promote 'cutting carbs' and 'eliminating fats' are really unhelpful; we simply can't live without them. Here's a quick low-down on how each of the macronutrients fuel our bodies.

Fats

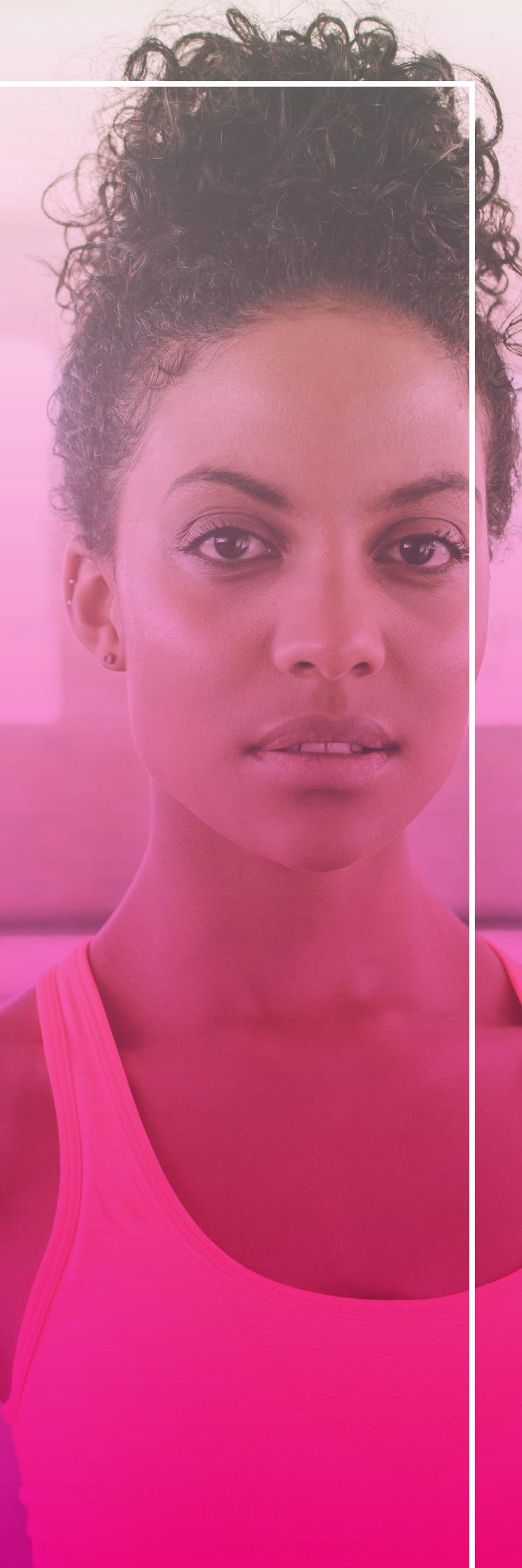
Fats and oils are very important in your diet. Fat protects your organs, keeps you warm and helps your body absorb and move nutrients around. It also helps hormone production. Saturated fats (found in animal products and highly processed food) should be limited, as they have the potential to increase bad cholesterol in the blood. However, mono-unsaturated and polyunsaturated fats (mainly found in plant products) tend to lower blood cholesterol.

Good sources of fats include avocado, olive oil, cheese and nuts.

Protein

Protein is a key element in managing weight as it satisfies hunger and supplies the body with essential amino acids needed to build and repair muscle, bone and tissue. It also helps control hormone levels. Unlike other energy sources, protein cannot be stored in the body and is best consumed regularly to get the most benefit.

Good sources of protein include meat, eggs, seeds, nuts, soy products, beans and dairy.



MOVE YOUR BODY

Don't forget to tag us in pics of you doing your body weight workouts with #FernwoodFitness on Instagram and Facebook.

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