

Fit2Fitter

# Home Workout Guide





**Assalamualaikum everyone...**

Hope all of you are in good state of Eman and health!

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## **This Is An Amanah For You**

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## WHAT DO YOU NEED FOR HOME WORKOUT?

An appropriate **shoes** to give support to your balance and as a cushion to absorb extra impact whilst jumping to protect your bones and joints.

**\*This is important for your safety.**



A **mat**. This is particularly important for your safety and hygiene. The mat may be needed whenever you're doing exercises on the floor. It will give you comfort and support within your back.

A **set of dumbbells** (approximately weights between 2-5kg, depends on your ability to lift) Choose a dumbbell that suits your stamina level. You can add on weight whenever you don't feel the effect during or after the workout.



Make sure you have a **water bottle** and a towel near you. Always stay **hydrated**. Whenever you are short breathed, **STOP**, inhale, exhale and join me whenever you're ready.

Drink 1 litre of water for every 22 kg of body weight.  
**TIP: DRINK 1.5 Lt BEFORE LUNCH & 1.5 Lt THERE AFTER**

## OPTION TO TRY.

This is just an idea to give you more challenge on your workouts.

Example, instead of use dumbbells, use barbell and increase the weight.

Instead of jump on the floor, use step to increase your legs workout.



## Tips to keep motivated

### Challenge your body & mind

Do some activities that make you to enjoy with the moves. Learn new move and try to improve the move that fascinated you. Choose one move that you hate the most! Try to get out of your comfort zone.

### Get your body move

Running, swimming, dancing or doing any other type of cardiovascular activity has been proven to help you to stay in positive mind. Raising your heart rate helps blood flowing to your whole body. It'll help you maintain and increase your mental acuity.

### Get a quality sleep!

Sleep is also known to enhance your memory and help you practice and improve your performance of challenging skills. Get a consistent 7 to 9 hours of sleep every day. And yes, Naps count!

Avoid, all screens (TV, phone) for at least an hour before bed.

### Let's your family to get involved

Share your new experience, information, knowledge and interest with them!

You'll find that with sharing all these will make you feel a lot better and excited.

I believe that most of us are busy with house chores, it's a never-ending task. As for me, I always start my fitness routine with main house chores

before starting my formal exercise routines. It can be considered as my warmup or active recovery day apart from morning walk, treadmills or skipping. Performing house chores is reportedly to burn more than 90 calories in 15 minutes (National Institute of Health). Try to include some dynamic stretches to wake up your muscles.

## **13 HOUSEHOLD CHORES THAT BURN MAJOR CALORIES (7 OF THEM BURN MORE THAN A 5K RUN!!)**

### ***1. Mopping & Sweeping the floor***

156 Calories / Hour

Sweeping or mopping those dusty, dirty floors is a great upper and lower body workout. This effective and highly productive workout burns 156 Calories an hour and you get a sparkling clean floor when you are done! If your floors are particularly dirty and need a little more elbow grease (scrubbing on hands and knees kind of work), then Yay! It's time to celebrate -because you can shed as many as 187 calories in the next 30 minutes!

### ***2. Cleaning the Bathroom***

360 Calories / Hour

We all know that we need to give those tiles, tub, shower screen and washbasin a good, long overdue scrub to remove that icky soap scum. That little boost of extra energy won't go unrewarded. In 15 minutes, you'll burn more than 90 calories—and you will work out those wobbly underarm bits and give the boobs a little boost too!

### ***3. Vacuuming***

170 Calories / Hour

I actually love Vacuuming. Maybe that's a little weird, but as chores go – this is one of my favorites. It gives a good effect for minimal effort and now I find out it burns 170 Calories an hour? Wow! I might just start vacuuming twice a day! My house collects a LOT of dirt. I think it's up there in the red zone if you had to graph it compared to other homes.

### ***4. Cleaning the Windows***

140 – 300 Calories / Hour

Experts don't seem to agree on this one. Some say that you will burn around 300 Calories an hour, while others say you are looking at more around the 140 Calories an hour. Big difference! I think it's got a lot to do with technique. If you are doing a little spray and wipe job, you could be looking at the 140 Calories an hour but if you working up a sweat scrubbing that window grime, I think you can claim your full 300 Calories for the hour.

### ***5. Decluttering / Cleaning the Closet***

85 Calories / Hour

Packing away the seasonal gear or cleaning out the kitchen cupboard may not work up too much of a sweat, but even this will declutter your home and can burn about 85 calories in the hour.

### *6. Mowing the Lawn.*

325 Calories / Hour

Burn some Calories and save money and forget about hiring a Gardener. Tackle the lawn care on your own. Use a manual or push mower for maximum calorie burn. Expect to burn about 325 calories per hour.

### *7. Cooking Dinner*

150 Calories / Hour

Work up a sweat in the kitchen. Standing, preparing food and cooking will burn about 150 calories per hour.

### *8. Shovelling Snow.*

415 Calories / Hour

Ok, this isn't much of a surprise. But this maximum burn, heart-pumping Winter exercise burns about 415 calories per hour. Remember how that 5K run only burns 228 Calories? Hmmm. Too much too soon? Maybe get the husband or teenage son to do this one.

### *9. Light Gardening*

250 Calories / Hour

I'm talking about the fun stuff here. Pottering in the veggie garden, planting some seedlings or a little bit of weeding will help you burn calories and a gorgeous garden at the same time! You'll burn about 250 calories per hour. Plus you get to enjoy the added bonus of fresh homegrown vegetables, which will benefit your wallet and your waistline.

### *10. Painting*

290 Calories / Hour

Need a reason to give the kitchen a makeover? Painting is an excellent way to work your leg and arm muscles while building lean muscle mass at the same time. You get a freshly painted deck or room and you'll burn about 290 calories per hour.

### *11. Moving House or Rearranging the Furniture*

400 Calories / Hour

Now you have reason to dust under the couch! **Moving furniture around can burn** another 100 calories in just 15 minutes, and even more if you have to move anything up and down stairs!

### *12. Talking on the Phone*

90 Calories / Hour



Ok, there is a teeny tiny catch here. You need to be walking and talking to claim the full Calories credits. Talking on the phone while walking around the house will burn a surprising 90 Calories in an hour.

### *13. Styling your Hair*

190 Calories / hour

We know this one burns! Holding your arms up to blow dry, straighten & style your hair for 35 minutes will burn off 100 calories!

**PUT IN A LITTLE EFFORT DO YOUR HOUSEWORK AS YOUR WARM UP OR ACTIVE RECOVERY DAY. SAVE TIME, BURN CALORIES AND HAVE A CLEAN HOME AT THE SAME TIME!**

	Household Activity	Calories burn in 15 min	Calories burn in 1 hour
1	Carpet sweeping, sweeping floors	39	156
2	Cleaning heavy or major, vigorous effort – washing car, washing windows, cleaning garage	34	136
3	Mopping	34	136
4	Multiple household tasks all at once, light effort – picking things up, dusting, taking out the trash	26	102
5	Multiple household tasks all at once, moderate effort – Taking clothes out the dryer, folding, packing away, changing linen	43	170
6	Washing Dishes while standing	22	88
7	Washing Dishes and clearing dishes from the table (with a little walking)	26	102
8	Vacuuming	43	170
9	Cooking and Food Preparation	17	68
10	Serving Food and Setting the table	26	102
11	Putting away groceries, carrying packages and carrying groceries, shopping in store with a basket not a grocery cart	26	102
12	Carrying Groceries up stairs (100 steps)	111	442
13	Food shopping with a cart – standing and walking	22	88
14	Non Food Shopping (window shopping, clothes shopping, Christmas shopping)	22	88
15	Ironing	22	88
16	Sitting - knitting, sewing, light wrapping of presents	9	34
17	Doing laundry, packing suitcase (while standing), Folding or hanging clothes, putting clothes in washer or dryer	17	68
18	Putting away clothes, Gathering clothes to pack, putting away laundry while walking around	22	88
19	Making the bed	17	68
20	Carrying Wood for the fireplace	68	272
21	Moving furniture, or moving boxes	85	340
22	Scrubbing floors on hands and knees - including scrubbing bathroom, bathtub	48	190
23	Sweeping garage, sidewalk, or outside of house	51	204



24	Packing/unpacking boxes, light to moderate effort, occasional lifting of household items while standing	43	170
25	Putting away household items while walking around - moderate effort	34	136
26	Watering the Plants	26	102
27	Light home activities while standing Including pumping gas, changing light bulbs	17	68
28	Walking - light, non-cleaning, Ready to leave, shutting/locking doors, closing windows	34	136
29	Sitting - playing with child(ren) - light, only active periods	26	102
30	Standing - playing with child(ren) - light, only active periods	31	122
31	Walk/run - playing with child(ren) - moderate, only active periods	51	204
32	Walk/run - playing with child(ren) - vigorous, only active periods	68	272
33	Carrying Small Children	34	136
34	Child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general	26	102
35	Elder care, disabled adult, only active periods	51	204
36	Reclining with baby	9	34
37	Sit, playing with animals, light, only active periods	26	102
38	Stand, playing with animals, light, only active periods	31	122
39	Walk/run, playing with animals, moderate activity	51	204
40	Standing & bathing the Dog	43	170
41	Styling your hair	26	102
42	Showering and towel drying yourself while standing	17	68
43	Gardening – Moderate to Vigorous Work like Clearing land, hauling branches, wheelbarrow chores, Digging, spading, filling garden, composting	68	272
44	Mowing lawn pushing a mower	77	306
45	Gardening – planting seedlings, shrubs or light weeding	60	238
46	Gardening – Raking the leaves off the lawn	56	224
47	Shovelling Snow by hand	85	340
48	Trimming shrubs or trees with a manual pruner/cutter	60	238
49	Gardening – walking/standing in the garden doing light work such as picking things up (like toys), cleaning up the yard, picking flowers or vegetables	34	136

## Tasbih Fatimah

The beloved daughter of Prophet Muhammad (peace be upon him), Fatimah, used to do all the housework by herself. She even went to fetch water from the well and carried it on her shoulders so that marks would stay on her skin.

Another narration about Fatimah tells us about how the mill to grind flour caused pain in her hand. That is why she wanted to ask her father, our beloved Prophet, for a servant from the prisoners of war.

However, when the Prophet came to his daughter, he told her that he would give her something much better than what she had asked for. So, he taught her to recite praises to Allah (SubhanaAllah) 33 times, express gratitude (Alhamdulillah) 33 times and recite Allah Akbar 34 times before going to sleep.

When we do our housework, we can remember this Hadith about Fatimah and make dua to Allah to grant us the beautiful characteristic of Fatimah, who was one of the four women to achieve the highest rank in Paradise.

# Watch Your Heart Rate

## What is Max heart rate?

**Maximum heart rate is the maximum** number of **beats** made by your **heart** in 1 minute of effort. When walking quickly, you will be in an endurance zone, with a **heart rate** of between 60% and 75% of your **maximum heart rate** (MHR). Knowing your **rate means** listening to your body.

### Formula:

$$220 - \text{your age} = \text{maxHR}$$

Let's say that you are a 35-year-old woman. Your maximum heart rate will be 185 beats per minute.

In order to remain in the endurance zone, between 60 and 75% of your MHR, the number of beats of your heart during the session will be between 111 and 139 ( $185 \times 60\% = 111$ ,  $185 \times 75\% = 139$ ).

MEDICALNEWS TODAY

## Fat Burning Heart Rate

Age	Target Heart Rate 50–85%	Maximum Heart Rate 100%
20 years	100–170 bpm	200 bpm
30 years	95–162 bpm	190 bpm
35 years	93–157 bpm	185 bpm
40 years	90–153 bpm	180 bpm
45 years	88–149 bpm	175 bpm
50 years	85–145 bpm	170 bpm
55 years	83–140 bpm	165 bpm
60 years	80–136 bpm	160 bpm
65 years	78–132 bpm	155 bpm
70 years	75–128 bpm	150 bpm

*bpm = beats per minute*

### Hit the Target: Find Your Heart Rate

Now that you have a target, you can monitor your heart rate to make sure you're in the zone. As you exercise, periodically check your heart rate. A wearable activity tracker makes it super easy, but if you don't use one you can also find it manually:

Take your pulse on the inside of your wrist, on the thumb side.

Use the tips of your first two fingers (not your thumb) and press lightly over the artery.

Count your pulse for 30 seconds and multiply by 2 to find your beats per minute.

### THE BENEFITS TO ACHIEVE YOUR MAX HEART RATE

- Boost up your metabolism
- Effective calories burner
- Effective fat burning
- Boost up immunity system
- Weight loss management
- Renew muscles
- Improves overall health
- Strong & healthy heart muscles

# Option 1

## Note for Beginner

It is important for you to take note that all the workout have been designed for individuals who already have a basic level of cardio fitness. Due to the high intensity of this program, I recommend you begin with pre-training week before you proceed to Week 1 Workout Program. For this reason, I have provided you with four weeks pre-training as a start point.

## Pre-Workout

(recommended to do for two weeks at least)

Monday – [CLICK HERE FOR WORKOUT VIDEO](#)

Tuesday – [CLICK HERE FOR WORKOUT VIDEO](#)

Wednesday – [CLICK HERE FOR WORKOUT VIDEO](#)

Thursday – [CLICK HERE FOR WORKOUT VIDEO](#)

Friday – [CLICK HERE FOR WORKOUT VIDEO](#)

Saturday – [CLICK HERE FOR WORKOUT VIDEO](#)

Sunday – REST



# Option 2

## Week 1 & 3

\*You need 3-5 kg a set of dumbbells

Lower Body	Upper Body	Abs	Full Body	
<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	Please do ONLY one video for one day workout

## Week 2 & 5

\*You need 3-5 kg a set of dumbbells

Lower Body	Upper Body	Abs	Full Body	
<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	Please do ONLY one video for one day workout

## Week 4 & 6

\*You need 3-5 kg a set of dumbbells

Lower Body	Upper Body	Abs	Full Body	
<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	<a href="#">CLICK HERE FOR WORKOUT</a>	Please do ONLY one video for one day workout

# Option 3

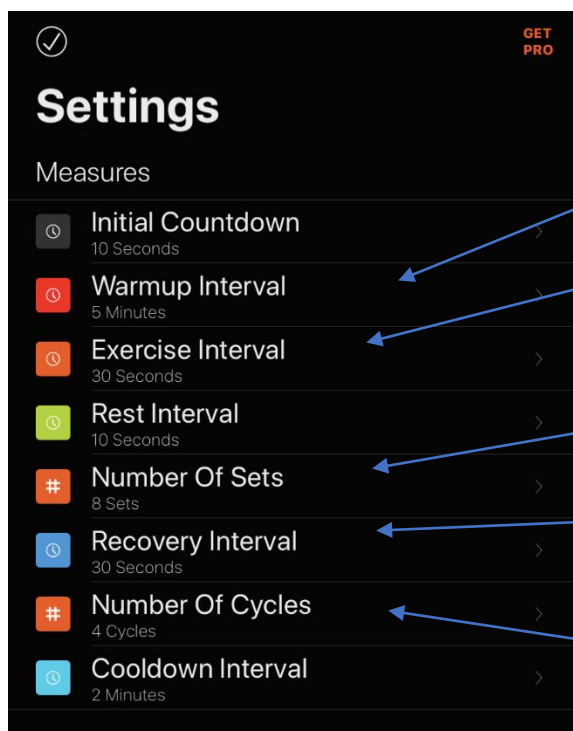
## Tabata Circuit

# How To Do The Workout?

1. Download Tabata timer.



2. Set your timer for 8 rounds of 30 sec work and 10 second rest.



5 mins warm up

30 sec workout  
10 sec rest

8 rounds (routine 1 to  
routine 4, two rounds)

30-60 sec rest  
before continue to  
the next circuit

4 cycles

Cycles 1 = Circuit 1  
Cycles 2 = Circuit 2  
Cycles 3 = Circuit 1  
Cycles 4 = Circuit 2

3. Start with 5 minutes your preference warms up.
4. Set your music and LET'S GO!

# Week 1 & 3

## WEEK 1 & 3

### Monday (Lower Body)

#### CIRCUIT 1

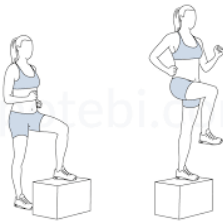
To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

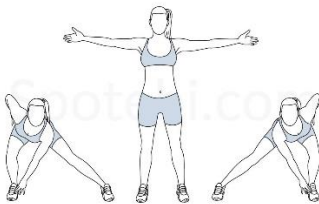
##### Step up

Alternate leg



##### X jump

30 sec



##### Bulgarian squat

30 sec each side



\*Add on jump when you feel this moves too easy for you.

\*Add with 5kg or more weight (dumbbell/barbell) on each arm to challenge yourself.

#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Dumbbell overhead press

30 sec



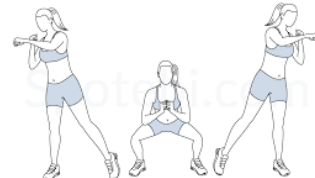
##### Frog jump

30 sec



##### Squat and side punch with dumbbell

30 sec



##### Burpees

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 1 & 3

### Tuesday (Upper Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Jumping jacks

30 sec



##### Donkey kick

30 sec



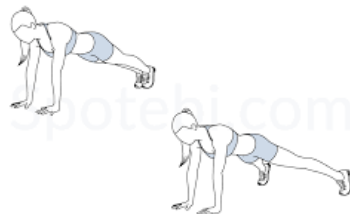
##### Squat jump

30 sec



##### Plank jack

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Arnold shoulder press

30 sec



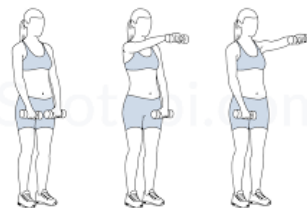
##### Bent chest fly

30 sec



##### Dumbbell front raise

30 sec



##### Triceps dips

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**



## WEEK 1 & 3

### Wednesday (Full Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

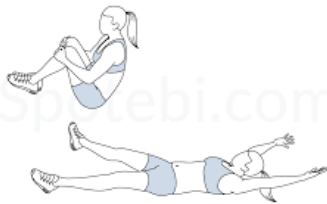
##### Burpees

15 reps



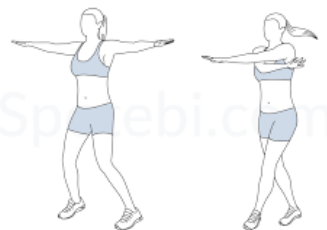
##### Butterfly crunch

12 reps



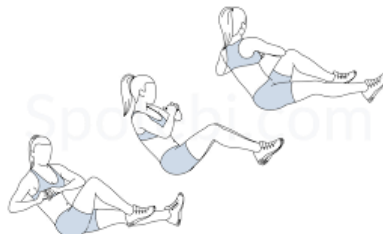
##### Cross jack

20 reps



##### V-sit bike crunch

12 reps



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

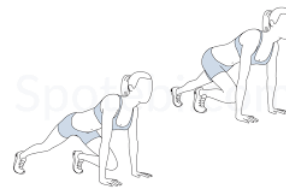
##### Weighted donkey kick

12 reps each side



##### Cross mountain climber

15 reps each side



##### Weighted dog pee

12 reps each side



##### Squat thrust

15 reps



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 1 & 3

### Thursday (Core)

#### CIRCUIT 1

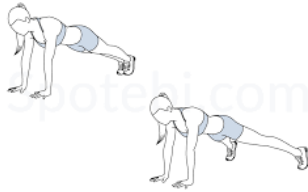
To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Bicep curls

30 sec



##### Dumbbell leg loop

30 sec



##### Squat & tricep extension

30 sec



##### Military plank

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Burpees

30 sec



##### Spiderman plank

30 sec



##### In and out jacks

30 sec



##### Run, run and freeze

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 1 & 3 Friday (Challenge)

### ONE THOUSAND REP challenge!

This is your weekly challenge to complete. Complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps!

Set a timer and stop in once you have gone through **EVERY** exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result in your phone or on Fit2Fitter tracker sheet or app.

START TIMER	
Burpees	Wall Sit Rotation with DB
Jump lunges	Triceps Dips
Squat Thrust	100x High Knee
Toe Taps	Push Ups
100x Ab bikes	Goblet Squat
Tuck Jumps	Floor to Sky Jump
Sit Ups	Push Up T-Plank
X Hops	100x Plank Jacks
Military Plank	Squat & Lunge
100x Mountain Climbers	Half Burpees
Explosive Jacks	Inch worms & Push Ups
DB Squat Press Up	Prisoner Stand Up
END TIMER	

\*DB = Dumbbell

# Week 2 & 5

## WEEK 2 & 5

### Monday (Lower Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Lunge and jump high knee

30 sec each side



##### Figure 8 Squat

30 sec



##### Squad jump

30 sec



#### CIRCUIT 2

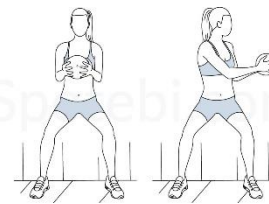
Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Wall sit rotation with dumbbell

30 sec



##### Quick feet (in,in, out, out)

30 sec



##### Surfer burpees

30 sec



##### Pile Squat Calf Raise

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 2 & 5

### Tuesday (Upper Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Ladder runs

30 sec



##### Sumo squat and jump cross

30 sec



##### Side shuffle

30 sec



##### Squat jump high knee

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Wide row

30 sec



##### Tricep kick back

30 sec



##### Plank rotation with dumbbell

30 sec



##### Russian twist

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 2 & 5

### Wednesday (Full Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Squat with overhead extension

30 sec



##### Dumbbell swing

30 sec



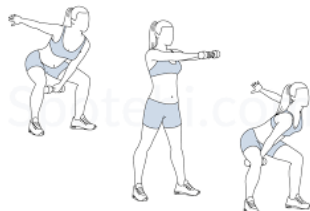
##### Hammer curls

30 sec



##### Alternate dumbbell swing

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

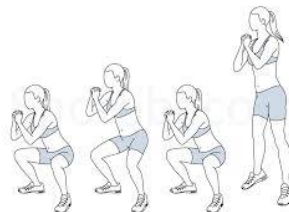
##### 180 jump squats

30 sec



##### Double pulse squat jump

30 sec



##### Squat thrust and jump up

30 sec



##### Cross jack

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**



## WEEK 2 & 5

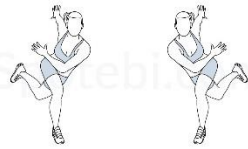
### Thursday (Core)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 2**

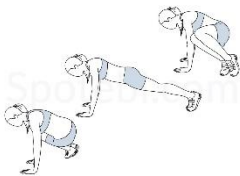
##### Skaters

30 sec



##### Oblique thrust

30 sec



##### Spiderman push up

30 sec



##### High knee

30 sec

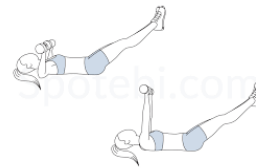


#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 1**

##### Chest press lift up legs

30 sec



##### Chest fly hip bridge

30 sec



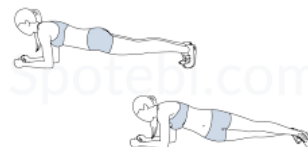
##### Ankle tap and push up

30 sec



##### Rainbow plank

30 sec

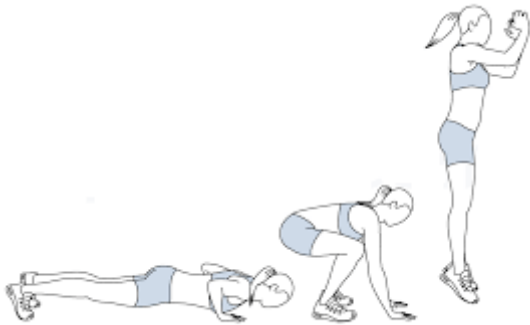


\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 2 & 5 Friday (Challenge)

### THE COUNTDOWN challenge!

Alternate between the two exercises shown in the table and decrease by one rep each round.  
Record your result in your phone or on Fit2Fitter tracker sheet or app.



Jumping Burpees



Flares

Start Timer		
20 reps	Jumping Burpees	Flares
19 reps	Jumping Burpees	Flares
18 reps	Jumping Burpees	Flares
17 reps	Jumping Burpees	Flares
16 reps	Jumping Burpees	Flares
15 reps	Jumping Burpees	Flares
14 reps	Jumping Burpees	Flares
13 reps	Jumping Burpees	Flares
12 reps	Jumping Burpees	Flares
10 reps	Jumping Burpees	Flares
End Timer		

# Week 4 & 6

## WEEK 4 & 6

### Monday (Lower Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 2**

##### Rolling Press Up

30 sec



##### Jumping Side Lunge

30 sec



##### Wall bridge

30 sec

\*Add on weight on your lap



##### Deadlift upright row

30 sec

\*Use at least 5kg dumbbells

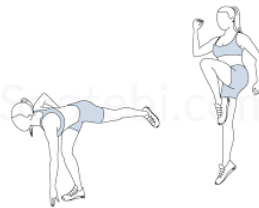


#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 1**

##### Touch & hop

30 sec each side



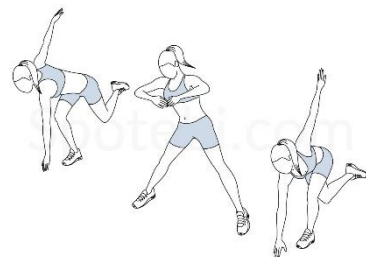
##### Jumping lunge

15 reps each side



##### Skating windmill

15 reps



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 4 & 6

### Tuesday (Upper Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 2**

##### Dumbbell Swings

30 sec



##### Wood chop

30 sec



##### Ankle Tap Push Ups

30 sec



##### Cross Jacks

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 1**

##### Alternate bird dog plank

30 sec



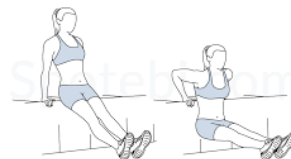
##### Bear walk

30 sec



##### Tricep dips

30 sec



##### Pike push up

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 4 & 6

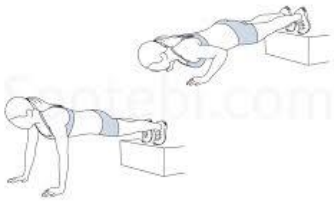
### Wednesday (Full Body)

#### CIRCUIT 1

To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 2**

##### Decline push up

30 sec



##### Basketball shot

30 sec



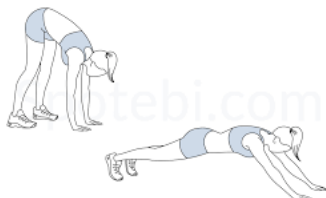
##### Reverse plank toes touch

30 sec



##### Inch worm

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**  
Rest for 30-60 sec and then continue with **CIRCUIT 1**

##### Squat Overhead Press

30 sec



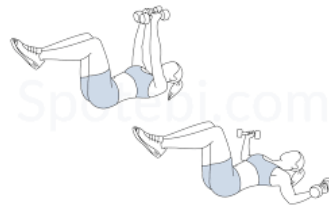
##### Cross Mountain Climber

30 sec



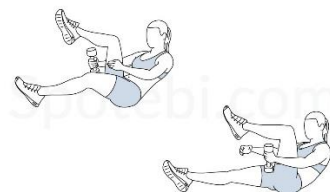
##### Chest fly

30 sec



##### Dumbbell leg loop

30 sec



\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**

## WEEK 4 & 6

### Thursday (Core)

#### CIRCUIT 1

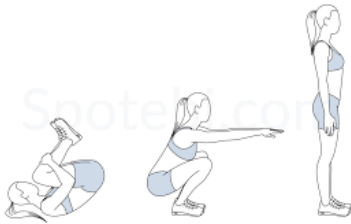
To complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 2

##### Get up

30 sec



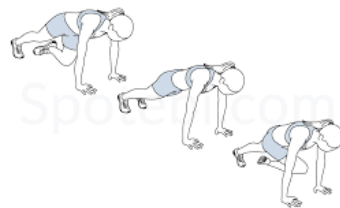
##### Side shuffle

30 sec



##### Mountain Climber

30 sec



##### Prisoner stand up

30 sec



#### CIRCUIT 2

Complete this workout, set your timer for **8 rounds of 30 sec work and 10 second rest.**

Rest for 30-60 sec and then continue with

#### CIRCUIT 1

##### Oblique Crunch

30 sec each side



##### Heel Touches

30 sec



##### Military Crawl

30 sec






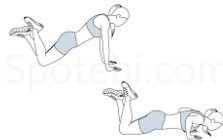




\*Complete workout when you done 2 rounds of **CIRCUIT 1** & 2 rounds of **CIRCUIT 2**



## WEEK 4 & 6 Friday (Challenge)

### ONE MINUTE challenge!

Along with progress photos, personal challenges are amazing for both motivation and tracking your fitness. For this challenge, you are going **to do each** of these simple exercises for **ONE MINUTE**. Finish **ROUND 1** first before proceed to **ROUND 2**. Record your result in your phone or on Fit2Fitter tracker sheet or app.

SET TIME TO 1 MINUTE			
ROUND 1		ROUND 2	
BURPEES		SURFER BURPEES	
SET TIME TO 1 MINUTE			
PUSH UPS	 *Do it on your knees	TRIANGEL PUSH UPS	 *Set your arms in triangle shape
SET TIME TO 1 MINUTE			
JUMP SQUAT		SQUAT JACKS	
SET TIME TO 1 MINUTE			
PLANK		SQUAT THRUST	

# Foam Roller Massage

Perform this as part of your cool down routine after each workout followed by static stretching. Or as part of your warm-up routine before each workout. Beginners, start with 15 reps on each muscle group and work your way up to 30 reps. InshaAllah.

#### Foam Roller Calf Stretch



#### Foam Roller Lower Back Stretch



1 sets 20 reps

You may also cross your arms over your chest during this low back foam rolling sequence

#### Foam Roller Hamstring Stretch



#### Foam Roller Upper Back Stretch

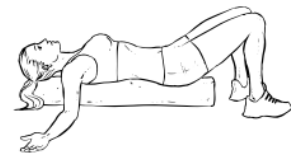


1 sets 20 reps

#### Foam Roller Glutes Stretch



#### Foam Roller Chest Opener Stretch



2 sets 20 secs

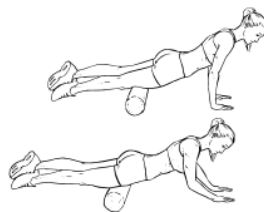
#### Foam Roller Outer Thighs Stretch



1 sets 20 reps

20 reps on each side

#### Foam Roller Quadriceps Stretch



1 sets 20 reps

#### Foam Roller Inner Thigh Adductor Stretch



1 sets 20 reps

20 reps on each side

# Cool Down & Stretching

## COOL DOWN & STRETCHING

### COOL DOWN

Cool down is a 5-10 minutes with low intensity activity like slow walking. It helps your heart rate and breathing to return towards resting levels gradually. It will also help avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly helps to remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity (lactic acid is most effectively removed by gentle exercise rather than stopping suddenly) and helps to prepare your muscles for the next exercise session. Static stretching for 10 minutes or so is a great way to relax and improve flexibility.

At the end of each workout, hold each of the recommended stretch positions for 20-30 seconds. Always remember to stretch both sides of your body. Make it even time for each part of your body to stretch and relax.

## RECOVERY

Your body is so AMAZING and will be doing some INCREDIBLE things over the next 2-Weeks but it also needs time to rest. Make sure you take the time to stretch out your muscles after your workouts.

This is a MUST & a non-negotiable if you want to achieve balanced health and lifestyle. Remember an active lifestyle is all about finding activities that make healthy living FUN.

So enjoy your body with what it can do but remember to give it some LOVE in return.

Pilates, Yoga or a soak in the tub with Epsom salts are also great ways to recover.

## Stretch Routine

### Upper Body



Lats (Side)



## Stretch Routine

### Upper Body



Adductors 1



Adductors 2



Calves & Hamstring 1

Calves & Hamstring 2



Quads



Hip Flexors



Calves

Hamstring 3



Glutes

# Well done!

So Much LOVE,



**Ida Sulaiman**  
Founder,

Fit2Fitter

Australian Certified Holistic Health Coach, Personal Trainer  
& Group Fitness Instructor

**Stay in touch! Follow me**  
for Muslim fitness & nutrition tips!

