



All exercises are to be completed using correct technique and proper form.

Please refer to YouTube of any exercise that you are unsure of.

CTMFITNESS will not be held liable if injury occurs. You are part taking in these exercises at your own accord. Please refer to the T&C's that are part of this plan.

HIIT cardio

This can be performed on the spin bikes or on a cardio machine of your choice, but please keep the intensity high throughout.

Glutes & Abs

Exercise	Repetitions	Sets	Rest	Cardio
Leg Press (feet high & wide on Plate)	12-15	4	90secs	HIIT – 15 minutes (5 rounds)
BB Good Mornings	12-15	4	90secs	2 min low/ 1 min high
BB Hip Thrusters	12-15	4	90secs	
Smith Machine Split Squat	12-15	4	90secs	
24" Box step ups (use weights)	12-15 (each Leg)	4	90secs	
Decline Bench Crunch	12-15	4	90secs	
Kneeling Cable Rope Crunch	12-15	4	90secs	
Plank (standard)	Hold for 60 secs	4	90secs	

Chest & Triceps



Exercise	Repetitions	Sets	Rest	Cardio
Smith Machine Incline Press	12-15	4	90secs	HIIT – 15 minutes (5 rounds)
DB Flat Bench Press	12-15	4	90secs	2 min low/ 1 min high
Seated Chest Press Machine	12-15	4	90secs	
DB Flat Bench Flyes	12-15	4	90secs	
Overhead Cable Rope Tricep Ext's	12-15	4	90secs	
Wide Grip Tricep Pushdown	12-15	4	90secs	
Seated Overhead DB Ext's	12-15	4	90secs	
Elevated Foot Bench Dips	12-15	4	90secs	

Back & Biceps

Exercise	Repetitions	Sets	Rest	Cardio
Rack Pulls	12-15	4	90secs	HIIT – 15 minutes (5 rounds)
Incline Bench DB Prone Rows	12-15	4	90secs	2 min low/ 1 min high
Pronated WG Pulldown	12-15(each leg)	4	90secs	
Supinated Grip Pull downs (keeping hands shoulder width apart)	12-15	4	90secs	
BB Bicep Curl	12-15	4	90secs	
DB Bicep Curl (alternating)	12-15	4	90secs	
EZ Bar Drag Curl (alternating)	12-15	4	90secs	



Quads & Hamstrings

Exercise	Repetitions	Sets	Rest	Cardio
BB Squat	12-15	4	90secs	
Leg Press (Feet at bottom of plate)	12-15	4	90secs	HIIT – 15 minutes (5 rounds)
Leg Ext's	12-15	4	90secs	2 min low/ 1 min high
Hack Squat	12-15	4	90secs	
Stiff Leg Deadlift	12-15	4	90secs	
Seated Leg Curls	12-15	4	90secs	
Reverse Hyperextensions Holding onto bench	12-15	4	90secs	

Shoulders & Calves

Exercise	Repetitions	Sets	Rest	Cardio
Seated Overhead DB Press	12-15	4	90secs	HIIT – 15 minutes (5 rounds)
Standing Side Laterals	12-15	4	90secs	2 min low/ 1 min high
Incline Bench Rear Delt Raise (Facing the floor, keep chest on the bench at all times)	12-15(each leg)	4	90secs	
Cable Upright Row	12-15	4	90secs	
Donkey Calf Press (performed on Leg press machine)	12-15	4	90secs	
Standing Calf Raise	12-15	4	90secs	