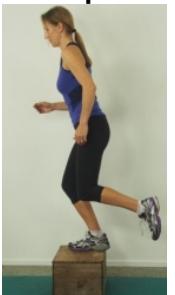


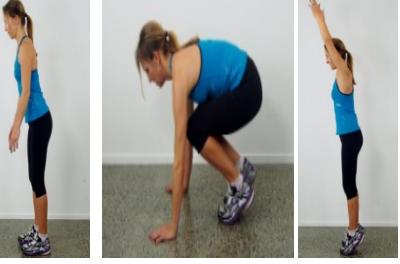
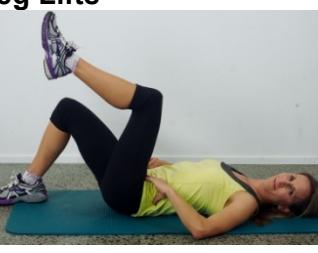
SuperFitMum Program 3

Do this program also for 4 weeks; you can do the programs for longer if you wish. Again if you have limited time just do 2 of the circuits and time yourself now that you are **fit and strong!**

Follow Warm Up 3 before starting.

Measurements: Diastasis: Width Vertical Depth Body Measurements: Bust: Waist: Hips: Abdominals (widest part-relaxed): Abdominals with TVA activate: Top of Leg: Top of Arm:	Stretches To do First: Quads  Side Stretch 	Notes: Circuit explanation In the SuperFitMum program you are going to challenge yourself. In the program I group exercises together for you to do in a circuit. 2-3 exercises will be grouped and what you do is perform 1 set of each exercise then repeat the circuit. I want you to try to do the circuit with minimal rest; you can rest once you have completed the circuit and before you move on to the next one!
Exercise	Tips	Reps and Sets
Side Plank With Leg Lifts 	Lift up from your waist all the time and avoid leaning back. Lift the leg slightly backwards	3 x 8-12 each leg
Wall Sits with Leg Lifts 	Keep your hips still! See if you can bend your knees a little bit further now	3 x 16-20 lifts (in Total)
		Circuit Plank and Lifts

Band: Kick Backs do without if no band 	Contract your Tva's first and concentrate on using your glute muscles! Maintain perfect technique	3 x 12-15
Squat & Swing 	Remember it is a swing and not a lift. Connect with your glutes, abdominals and adductor muscles as you swing up.	3 x 10-15 depending on weight: Choose 4-20kg
Kneeling or Full Press up 	It is better to do less reps but with good form and depth than to do more with poor technique! Focus on your abs and upper body strength	3 x 8-12
		Circuit: Kick Backs, Swing and Press up
Band: Side Lunge and Pull without if no band or use a dumbbell 	Keep your elbow high as you pull whilst maintaining good upper body technique.	3 x 10-12
Run Ups 	Try to do fast!	3 x 15-20 on each leg this time!
		Circuit Lunge and Run Ups

Pistol Squats with Support 	Hard challenging exercise, remember to SIT BACK and lift your chest up. Use the wall or a brush pole for support. Work that booty! ☺	3 x 8-10
Double Back Pull 	Remember to squeeze your shoulder blades back but keep your neck muscle relaxed.	3 x 12-15
Burpees 	Mummy Burpees without the press up. Get in to a steady rhythm with these it pays not to start too fast or jump too high!	3 x 10-15
	Circuit Pistols, Pull and Burpees!	
Side Plank Push Ups 	Keep your hips up and try to do this exercise fast	3 x 12
Leg Lifts 	Concentrate, easier than it looks make sure you do this exercise at the same speed I do in the video	3 x 10 – 12 SLOW
Stretches: Choose 1-2 if short of time and choose the ones you need! ☺		

Sides from Kneeling:	Hamstrings	Quads
		

Chest	Lower Back	
		

If you feel any pain or discomfort whilst exercising, stop. If pain continues consult your G.P. The information included in this program has been written by Lorraine Scapens: She is not able to provide you with medical. You cannot hold Lorraine liable in any way for any injuries that may occur whilst training. This Program has been written by Lorraine Scapens it is not yours to sell or copy November 2013.