



# Level One WORKOUT PLAN

This is an accessible workout guide for those with or without access to a gym. Each day has been designed to increase lean muscle and also boost your metabolism burning away any excess fat. Remember it's crucial to eat healthy and train hard.

Let's do this.



## PRO TIP

*If you haven't already, it's time to make fitness a habit. One great way to do this is to tell friends and family you are starting out. Often they will support you, and sometimes take it up with you! Every journey starts with a single step. Stay focused. Stay committed and enjoy it!*

**DAY 1**

Kettlebell Swings  
x 1 (20 reps)  
Front Barbell Squat  
x 4 (8,8,8,8 reps)  
Pull Ups x 4  
(Max Reps)  
Push Ups x 3  
(Max Reps)  
Bicep Curls  
x 3 (10,10,12)  
Side Lateral Raise  
x 3 (20,20,20)  
Dips x 3  
(10,10,10)

**DAY 2****Interval Training:**

Treadmill Sprints  
15-20 minutes

**Why it works:**

- Burns extra calories
- Improves heart and lung performance
- It's more efficient than endurance training
- Reduces body fat while maintaining muscle mass

**DAY 3****Recovery Day:**

Jogging  
20 minutes, low speed.

**Why it works:**

- Strengthens bones and muscles
- Increases nutrient flow
- Burns calories
- Builds Stamina
- Aids recovery

**DAY 4**

Bodyweight Squat  
(20 reps)  
Alternating Lunge  
(20 reps)  
Push Up  
(10 reps)  
Bench/Step Hop  
Overs (20 reps)  
Plank (20 secs)

Repeat x 4

**DAY 5**

Side Plank x 3  
(30 seconds)  
Crunches x 5  
(10,10,10,10,10)  
Cycling or Jogging  
20 Minutes

**DAY 6**

Kettlebell Swings  
x 1 (20 reps)  
Front Barbell Squat  
x 4 (8,8,8,8 reps)  
Pull Ups x 4  
(Max Reps)  
Push Ups x 3  
(Max Reps)  
Bicep Curls  
x 3 (10,10,12)  
Side Lateral Raise  
x 3 (20,20,20)  
Dips x 3  
(10,10,10)

**Nutrition**

Make sure you are eating 5-6 small meals a day. Keep your body fueled and your metabolism active. Try and eat as clean as possible. Plenty of clean complex carbohydrates (wholegrain foods) before and after your workouts will provide your body with enough energy to make it right until the end.

Try and avoid carbohydrates before bedtime and eat a form of protein (turkey or fish) with some vegetables as your evening meal. Fancy a snack? Savoury popcorn or rice cakes can remove the temptation for anything sugary!

For more information on beginners nutrition visit -  
[www.instantknockout.com/ik](http://www.instantknockout.com/ik)

**Tips**

This guide will provides an excellent starting point for those wanting to shed those extra pounds. Some exercises will require equipment, but your gym should have this. If you don't currently go to a gym and don't plan on it, you can perform biceps curls and squats at home with weighted items like a full backpack, for example.

Remember, recovery is important. If you feel you need a rest day take it. Also, if you feel you can do more, increase the reps or number of sets. You can also add and substitute exercises as you see fit.

