



**TARA GRIMES**

FITNESS NUTRITION LIFE

# 10 Day KICKSTART TRAINING PROGRAM



Copyright 2017 TD Fitness Ltd

All rights reserved.

This book is intellectual brand property of TD Fitness Ltd. Company. This book or parts thereof may not be reproduced in any form. All creative work, names, recipes and other creative content is under protection.

This ebook is only for single personal use. No part of this ebook, in part or in full, may be reproduced, copied to share, sold, printed for outside gain, or transmitted by any means with out the express written consent of the owner.

Those who want a copy of this work should respect the company and purchase it for their own use. The only exclusion is where parts of this book are used to advertise on social media, a mention and link to the owners website must be included or action will be taken.

#### Disclaimer

The information presented is in no way intended as medical service or substitute for professional medical advice. Any information provided by TD Fitness is not to be followed without your GP's consent. If you go ahead without consent, you are accepting full responsibility for your actions.

By purchasing a plan or following information and advice provided by TG Fitness you recognise that there are risks of injury or illness due to your use of all information provided, you assume such risks and waive and release any claim which you may have against TD Fitness as a result of any future injury or illness as a result of, the use or misuse of any program.

You claim responsibility for adverse effects resulting for the use of the recipes and / or information found within this program.

Contact the owner at [www.taragrimesfitness.com](http://www.taragrimesfitness.com)



# Welcome

## to your **10 day fat loss kickstart** TRAINING PROGRAM

The second part of the plan is your training. I am keeping this very simple as sometimes the best plans are the simplest ones incorporating the basics. If you are a stay at home mum or just prefer cardio to strength based training here is a perfect way to start torching those calories in a short but intense way. No equipment needed and can be done anywhere from your own home, your garden or the local park!

### Complete body workouts

For maximum results I recommend you complete these workouts every day with a recovery day on day 5. You will be training your full body for 4 days straight and on day 5 have a recovery day. On your recovery day feel free to partake in any of your favourite recreational activity like walking or cycling at a low to moderate pace.



# The 10 day kickstart

## TRAINING PROGRAM

### DAY 1,2,3,4,

Do this workout on the first 4 days. Take your recovery day on day 5 before moving onto a new workout on days 6-10.

Exercise	Time on	Rest	
1.Burpees	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise.
2.Alternate lunge jumps	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise
3.Plank	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise
4.Press Up	30 seconds	30 seconds	repeat 4 times, Workout complete

### DAY 5 - REST

After your recovery day complete the following workouts from days 6-10.

### DAY 6,7,8,9,10

Exercise	Time on	Rest	
1.Step-ups	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise
2.Reverse Plank	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise
3.Squat Jumps	30 seconds	30 seconds	repeat 4 times, take one minute recovery then move onto exercise
4.Sprints	30 seconds	30 seconds	repeat 4 times, Workout complete.

# Burpees

1. Stand up tall and move into a squat position, Kick feet back into a push up position
2. Return feet to a squat position and leap as high as possible.



# Alternate Lunge Jumps

1. start with feet shoulder width apart with hands on hips if necessary.
2. Take a controlled step back with either foot getting into a lunge position.
3. Jump with explosive motion, making sure both feet are off the ground.
4. Switch legs in mid air so opposite foot is in front of landing.
5. Engage core to ensure steady and upright movement.



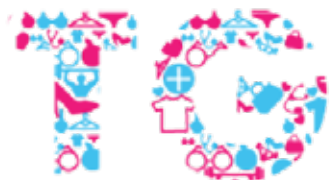
# Plank

1. Rest on you hands with your shoulders directly above your wrists.
2. Ensure that core is engaged and that there is a straight line from shoulder-hip-knee.



# Press up

1. Start in a high plank position with hands directly under shoulders.
2. Squeeze abs and bum to maintain a tight core.
3. Lower yourself towards the ground, leading with the chest.
4. Return to start position. If this is too difficult, drop the knees to the ground and ensure that there is a straight line between bum and head and the body lowers as one unit.





# Step ups

1. Stand tall stepping with your leg onto a step, bench or chair, raising knee high at top of step.
2. Squeeze your bum at the top of the movement and lower in a controlled upright manner.
3. Repeat on other leg. You can add resistance by holding dumbbells.



# Reverse plank

1. Sit on the floor with your legs extended in front of you.
2. Place your palms, with fingers spread wide, on the floor slightly behind and outside your hips.
3. Press into your palms, and lift your hips and torso toward the ceiling.



# Squat Jumps

1. Start with your feet shoulder width apart.
2. Start by doing a regular squat, then engage your core and jump up explosively.
3. When you land, lower your body back into the squat position to complete one rep.
4. Land softly, with control.



