

OVERWEIGHT WEIGHT LOSS

These exercises should have about 1 min between each set. The 1st block should go in the morning, the 2nd one at lunch or in the afternoon, and if there is a 3rd one then that one should go in the evening and if not the 2nd block can also go in the evening. If you have any club that is a sport then you can skip that days 2nd and 3rd block and also the endurance training, on the day/days that you have training, tournament and/or match.

Monday	<ul style="list-style-type: none">• Block 1:<ul style="list-style-type: none">○ 2 x 30 sec step up slow○ 30 sec wall sit○ 2 x 30 sec arms in middle dumbbells up and down○ 2 x 30 sec thrusters (squats and push the dumbbells until stretch arms)• Block 2:<ul style="list-style-type: none">○ 2 x 5 Push up to Jump no dumbbells○ Plank 20 sec x 2○ 3 x 20 squats○ 2 x 20 sec step up fast
Tuesday	<ul style="list-style-type: none">• Block 1:<ul style="list-style-type: none">○ Crunch with Knee lift (not leg) 25 sec x 2○ Reach out tuck in 25 sec x 2○ Push sit-up 20 x 3○ 3 (on every leg) x 30 sec high step up• Block 2:<ul style="list-style-type: none">○ 2 x 20 sec step up fast○ 2 x 30 sec step up slow○ 30 sec wall sit
Wednesday	<ul style="list-style-type: none">• Block 1:<ul style="list-style-type: none">○ 2 x 30 sec step up slow○ 30 sec wall sit○ 2 x 30 sec arms in middle dumbbells up and down○ 2 x 30 sec thrusters (squats and push the dumbbells until stretch arms)• Block 2:<ul style="list-style-type: none">○ 2 x 5 Push up to Jump no dumbbells○ Plank 20 sec x 2○ 3 x 20 squats○ 2 x 20 sec step up fast

Thursday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ Crunch with Knee lift (not leg) 25 sec x 2 ○ Reach out tuck in 25 sec x 2 ○ Push sit-up 20 x 3 ○ 3 (on every leg) x 30 sec high step up ● Block 2: <ul style="list-style-type: none"> ○ 2 x 20 sec step up fast ○ 2 x 30 sec step up slow ○ 30 sec wall sit
Friday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ 2 x 30 sec step up slow ○ 30 sec wall sit ○ 2 x 30 sec arms in middle dumbbells up and down ○ 2 x 30 sec thrusters (squats and push the dumbbells until stretch arms) ● Block 2: <ul style="list-style-type: none"> ○ 2 x 5 Push up to Jump no dumbbells ○ Plank 20 sec x 2 ○ 3 x 20 squats ○ 2 x 20 sec step up fast
Saturday	<ul style="list-style-type: none"> ● Block 1: <ul style="list-style-type: none"> ○ Crunch with Knee lift (not leg) 25 sec x 2 ○ Reach out tuck in 25 sec x 2 ○ Push sit-up 20 x 3 ○ 3 (on every leg) x 30 sec high step up ● Block 2: <ul style="list-style-type: none"> ○ 2 x 20 sec step up fast ○ 2 x 30 sec step up slow ○ 30 sec wall sit
Any 3 different days	<ul style="list-style-type: none"> ● Jogging <ul style="list-style-type: none"> ○ 30 min easy <ul style="list-style-type: none"> ■ 11 km/h or about 5.5 km