

FAT FARMERS FITNESS

EQUIPMENT

Foam Roller
Gym Mat
4-8kg Weights

WARM UP

Foam Roll - Quads, Calves, Upper Back

BODY FOCUS

Whole Body + Cardio

YOUTUBE #1

NOTES

- *Pump your arms when running on the spot!
- *Keep your body tall and proud through your lunges
 - *Push your bum to the sky for the Crab!
 - *Tall and proud upper body for Squat Sunrises
- *Hips still for Shoulder Slaps
- *Push the weight to the sky for Star Jumps
 - *Chest first on Body Lowers
- *Squeeze your Shoulders down to your butt for Pull Downs
 - *Big step, Big jump!
 - *Aim for depth and control for Squats
 - *Control the Supermans!
- *Keep your belly Button pulling up to the sky

FITNESS LEVEL ●●○

WORKOUT

Running on the spot 1 min

Walking Lunges x10/leg

Backwards Crab toe Tap x10/leg

Squat Sunrises x20

Shoulder Slaps 1 min

Weighted Star Jumps x20

Body Lowers x10

Prone Pull Downs x20

Step, Jumps x10/leg

Narrow Squats x20

Supermans x10/side

Hip Dips x10/side

X3

X3

X3



FAT FARMERS FITNESS

EQUIPMENT

Foam Roller
Gym Mat
4-8kg Weights (optional)
Timer

WARM UP

Foam Roll - Back, Lats, Hip Flexors

BODY FOCUS

Upper Body + Core

YOUTUBE #2

NOTES

1min work, 20sec rest

- *Keep your belly button high in the Push Up
- *Hips still
- *Punch Hard!
- *Use a bench if you have one

- *The higher the bench, the harder it is!
- *Just move those shoulders, try to keep the rest of your body still
- *Arms right above your head
- *Hands under butt to help abs & lower back

- *Keep your belly button high, and butt tucked in!
- *Straight as a stick, check your hips are in line with the rest of your body
- *Try to bring your knees back to your elbows

FITNESS LEVEL ● ○ ○

WORKOUT

Walk Out Push Ups

Plank Walks

Overhead Boxing

Dips

Decline Push Ups

Shoulder Hurdles

Turkish Sit Up

Scissor Kicks

Seesaw Plank

Side Plank

Knees to Elbows

X3

X3

X3



FAT FARMERS FITNESS

EQUIPMENT

Gym Mat
4-8kg Weights (optional)
Timer

WARM UP

Flow - You Tube

BODY FOCUS

Whole Body + Cardio

YOUTUBE #3

NOTES

30sec work, 10sec rest

- *Try to touch your butt - you don't have to jump
- *Knees need to come to 90 degrees
- *Keep Ice Skaters controlled, land soft, use your hands for balance
- *Biggest 'Oh What A Feeling' jump you can do!

- *Keep belly button up to the sky
- *Move your whole body for boxing hooks
- *Arms right above your head
- *Jump in as far as your legs/body will let you, keep belly button up!

- *Belly button up high
- *You don't have to jump 180 for the squats, you can do them on the spot. Make sure you jump before you turn
- *Pump those arms!
- *Try to use no hands, you can use hands to help.

FITNESS LEVEL ●●●

WORKOUT

Butt Kicks

High Knees

Ice Skaters

Toyota Jumps

Plyo Push Ups

Boxing Hooks

Woodchopper

Jump Ins

Plank Skipping

Squat 180's

Running Man

Get Ups

X3

X3

X3



FAT FARMERS FITNESS

EQUIPMENT

Foam Roller
Gym Mat
Timer

WARM UP

Foam Roll - Calves, Quads, ITB, Inner Thigh, Butt, Hamstrings

BODY FOCUS

Lower Body

YOUTUBE #4

NOTES

Do x 3 rounds of one block before moving to the next

*Jog doesn't have to be fast

*Push your butt to the sky

*Back straight, feel hamstrings stretch

*Push the roof off with your feet

*Squat low! try to keep knees and toes in line

*tall upper body, chest open

*keep knees off the ground

*Hold onto something for balance if you need *Jump as big as you can!

*Push all your weight through your heel

*You can step out a burpee,!

FITNESS LEVEL ●●○

WORKOUT

Jog 2mins

Thrusters x 20

Deadlifts x 20

Hamstring Lifts x 20

Sumo Squats x 20

Back & Forward Lunges x10/leg

Quad Thrusters x 20

Single Leg Calf Raise x10/leg

Power Jump x 10

Lateral Lunge x 10/leg

Burpees x10

X3

X3

X3



FAT FARMERS FITNESS

EQUIPMENT

Foam Roller
Gym Mat
4-8kg Weights
Timer

WARM UP

Foam Roll - Quads, Upper Back, Chest

BODY FOCUS

Whole Body + Cardio

YOUTUBE #5

NOTES

30 sec work, 10 sec rest, 3 rounds.

*If you don't have space to run, jog on the spot.

*Keep those knees tucked in and close to your body

*Box hard! Optional weights to add difficulty!

*Pump those arms

*Belly button up, try to touch your nose on the floor

*Knees tracking in line with toes

*Try to lift your upper body as high as you can

*Stay tall, back straight

*If you don't have room to run, do jogging on the spot!

*Try to keep your knees at 90 degrees the whole time.

FITNESS LEVEL ●●○

WORKOUT

Running

Bear Crawls

Overhead Boxing

X3

Running Man

Knee Push Ups

Squats

Supermans

X3

Walking Lunges

Beach Runs

90 Deg Sit Ups

X3

