

Alpha Athletics & Aesthetics



ALPHA ATHLETICS & AESTHETICS

Disclaimer

The information presented in this document is in no way intended as medical advice or as a substitute for medical treatment. This information should only be used in conjunction with the guidance of your physician.

Ensure you consult your physician before beginning any diet, nutrition, or fitness plan.

Always seek the advice of your physician or a qualified healthcare provider if you have any questions regarding a medical condition, your diet, nutritional supplements, an exercise regimen, or any other matter related to your health and well-being.

***These are NOT Medical Advices.**

***Please seek medical advice before commencing any food or physical training plans.**

About the program

This program is consisting of whole bodyweight resistance training (which usually refers as compound exercises) accompanied by HIIT interval training (This means High Intensity Intervals).

What are the benefits of HIIT workouts?



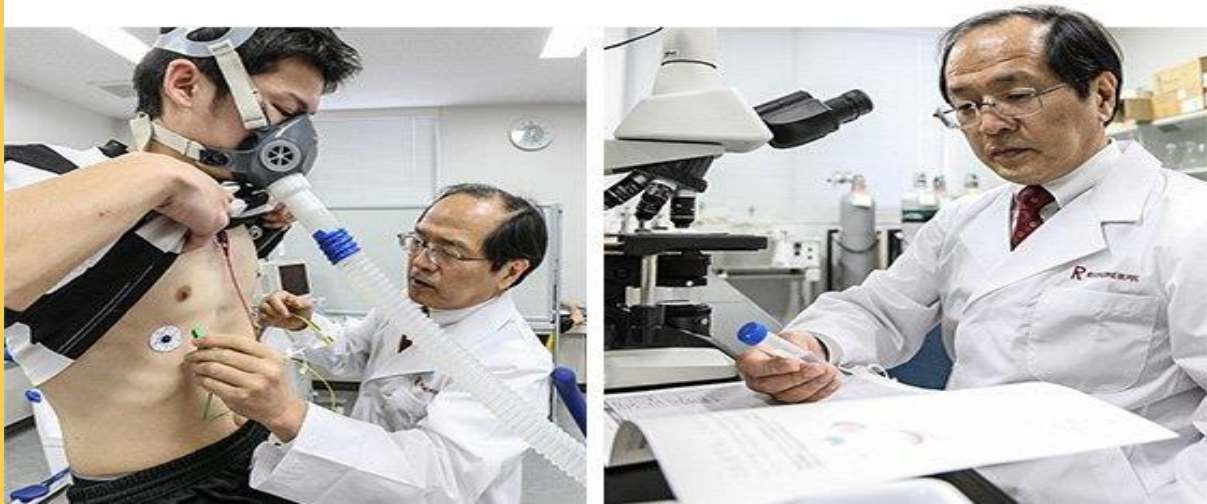
Click [here](#) to read **Dr. Stephen Wiviott, associate professor of medicine at Harvard Medical School on benefits of HIIT.**

What are the benefits of Bodyweight workout?



Click [here](#) to see **Elliott Hulse is an internationally renowned Strength & Conditioning Coach, Strongman, Author, Social Media Celebrity, Mentor, Holistic Life Coach talk about the benefits of bodyweight training.**

What is TABATA?



- **Japanese professor Dr. Izumi Tabata developed TABATA in the process of seeking for a more effective way to train the Japanese Olympic team.**
- ✓ **His findings showed that HIIT improved aerobic capacity and also increase anaerobic capacity by 28%. In layman's terms, doing HIIT workouts like TABATA doesn't just improve strength and burn fat, but betters the cardiovascular system as well.**

For example:

In Squat Jump TABATA, your workout consists of 20 seconds of Squat Jump and 10 seconds of rest for a total of eight reps.

Because you work at your maximum capacity during HIIT workouts, they never get easier. As a beginner, you might do 3-4 Squat jumps in each 20 second set. As you get stronger, fitter, faster you might do 10-15 or more.

- ✓ **You should be out of breath and exhausted no matter your fitness level by the end of the eight reps of each set. By the end of 4th set if you are not exhausted, sweaty and out of breath, you haven't worked hard enough.**
- ✓ **During the 60-second recovery periods you can jog on a spot, pace around the room, or simply stand and deep breaths — the goal is to bring your heart rate down before the next TABATA HIIT.**

Explanation of the terms in the plan

- **AMRAP is a short form for (as many repetition as possible)**
 - **BW is a short form for Body Weight**
- **All exercises are interactive with YouTube videos to show and to be performed correctly**
- **Sets and reps are the terms used to describe the number of times you perform an exercise.**
- **Reps which is a short form of repetition is the number of times you perform a specific exercise**
- **Sets which is the number of cycles of reps that you complete an exercise. For example,**

suppose you complete 15 reps of push ups that is one set. You might be asked to do 3 sets of 15 reps.
- **In this program because it is body weight, instead of using the repetition(reps) we use time, seconds (sec) to have more tension on the muscles at a time for effectiveness and efficiency**

The 4-day Workout Routine

Day 1	Day 2	Day 3	Day 4
BW Resistance Training	H.I.I.T 30min	BW Resistance Training	H.I.I.T 30min
<u>Inch Worm Backward Warm-Up</u> (All Levels) 3 sets 30 seconds each	<u>AMRAP Butt Kicks</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Inch Worm Forward Warm-Up</u> (All Levels) 3 sets 30 seconds each	<u>AMRAP Ski Jump</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Handstand Push-ups (Advanced)</u> Or <u>Push ups (Beginner)</u> 3 sets 30 seconds each	<u>AMRAP Mountain Climbers</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Bodyweight Side Lateral Deltoids (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Elevator Push-UP</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Alternate Single Leg Box Squat (Advanced/Intermediate)</u> Or <u>Bodyweight Squat (Beginner)</u> 3 sets 30 seconds each	<u>AMRAP Jump Squat</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Power Push-Away (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Reverse Lunges</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Rotational Push-Ups (Advanced/Intermediate)</u> Or <u>Knee Rotational Push-Ups (Beginner)</u> 3 sets 30 seconds each	<u>AMRAP Forearm Plank</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Dive Bomber Push-Up (Advanced)</u> Or <u>Cobra Push-Ups (Beginner/Intermediate)</u> 3 sets 30 seconds each	<u>AMRAP V Up's Crunches</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Snow Devil (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Flutter Kicks</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Wall Angel (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Side Crab Walk</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Bicycle Abdominal Exercise (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Jump Squats</u> 8 Rounds of 20 sec and 10 sec Rest	<u>Double Crunch Abdominal exercise (All Levels)</u> 3 sets 30 seconds each	<u>AMRAP Butterfly Sit Ups</u> 8 Rounds of 20 sec and 10 sec Rest
<u>Full body stretch (All Levels)</u>	<u>Full body stretch (All Levels)</u>	<u>Full body stretch (All Levels)</u>	<u>Full body stretch (All Levels)</u>