



Heather Smith

07967 995416

heather@fitbiztraining.co.uk

Workout of The Month October 2015

Goodness me. October already. Time to start thinking about the dreaded "C-word" - the party season will be here before you know it. Get cracking with your good eating habits and workouts now and you'll have plenty of time to see results.

This month's workout looks longer than it is (it takes about 20 minutes). There's more volume in it than in previous workouts I've sent you, so do make sure you pick the alternative exercise if you haven't done a lot of this type of exercise, or if you're not too confident in your fitness levels.



Technique tends to get poorer as we get tired, and that's when you're at a higher risk of getting injured. If you're not sure, do the alternatives the first time you do this, and if it feels easy, move on to the other exercises next time. It's fine to change the exercises as you go - you might be able to do eight press ups, then need to change to incline press ups for the next round.

Take a minutes rest between each line.

ONE Burpee, TWO Press Ups, THREE Bugs
TWO Burpees, FOUR Press Ups, SIX Bugs
THREE Burpees, SIX Press Ups, NINE Bugs
FOUR Burpees, EIGHT Press Ups, TWELVE Bugs
FIVE Burpees, TEN Press Ups, FIFTEEN Bugs
SIX Burpees, TWELVE Press Ups, EIGHTEEN Bugs
SEVEN Burpees, FOURTEEN Press Ups, TWENTY ONE Bugs
EIGHT Burpees, SIXTEEN Press Ups, TWENTY FOUR Bugs

NINE Burpees, EIGHTEEN Press Ups, TWENTY SEVEN Bugs
TEN Burpees, TWENTY Press Ups, THIRTY Bugs

BURPEE Alternative = HIGH KNEES

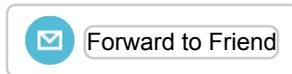
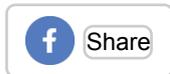
PRESS UP Alternative = INCLINE PRESS UP

BUG Alternative = LEG SLIDE OUTS

I have videos of all the exercises ready to send you, [just ask](#) for any you're not sure of.

Until next time, enjoy staying healthy!

Best wishes,



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