

# Metabolic / Strength Home Program

- ▶ Perform the exercises in a circuit fashion
- ▶ Complete 3-4 circuits
- ▶ Perform x3 or x4 weekly

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|                            | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
|----------------------------|-----------|-----------|------------|
| 1. Push-Up                 | 10        | 15        | 20         |
| 2. Star Jumps              | 45 sec    | 60 sec    | 90 sec     |
| 3. Ab Crunch               | 15        | 20        | 25         |
| 4. Burpee                  | 6         | 8         | 10         |
| 5. Alt Arm/Leg Raise       | 20        | 25        | 30         |
| 6. Push-Up on Knees        | 10        | 15        | 20         |
| 7. Body Weight Squat       | 20        | 25        | 30         |
| 8. Rev Ab Crunch           | 15        | 20        | 25         |
| 9. Squat Jump              | 10        | 15        | 20         |
| 10. Tricep Dip             | 12        | 15        | 20         |
| 11. Lunge                  | 10        | 15        | 20         |
| 12. Jog/Walk (20m shuttle) | 10        | 20        | 30         |
| 13. Cardio                 | 30 min    | 45 min    | 60 min     |



# Flexibility Training

## Stretches

- ▶ Perform after strength or cardio training
- ▶ Perform x3 or x4 weekly
- ▶ Hold each stretch for 20-30 seconds



Hamstring Stretch



Groin Stretch



Quad/Hip Flexor  
Stretch



Hamstring/Lower  
Back Stretch



Glute Stretch



Chest/Shoulder  
Stretch



Tricep



Bicep

