



FIT IN YOUR FRONT ROOM

PHASE 4

SESSION 1

WEEKS 10-12

EQUIPMENT: DUMBBELLS AND KETTLEBELL

TIME: 40 MINUTES (ROUGHLY)

You have reached the last phase of this home workout programme and so will have surpassed many who do not have the guts to make it this far, well done. Your last session however was a taste of things to come with new training techniques such as AMRAPs and introducing a new piece of equipment, the kettlebell. So let's crack on with your last phase and get you fitter, leaner and stronger!

Warm Up

Perform each exercise for 15 seconds
Body Weight squats
Seal Jumps
Dumbbell Squat to Shoulder Press
Press Ups
Rest for 30 seconds/Repeat x3.

Main Session

Upper Body Dumbbell Circuit

Perform each exercise for 30 seconds.

Kettlebell Upright Row

Kettlebell Shoulder Press Right Arm
Kettlebell Shoulder Press Left Arm
Dumbbell Bent over Row
Press Ups

Rest for 1 minute/Repeat x3

AMRAP

Perform as many reps as possible in the given time frame. Record the reps completed in the white boxes for each set.

Exercise	Sets	Time	Rest
Dumbbell Round the world	3	30 seconds	10 seconds

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Kettlebell squats	3	30 seconds	10 seconds

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Kettlebell Squat to front raise	3	30 seconds	10 seconds

Record your reps	Sets 1	Sets 2	Sets 3
Week 1			
Week 2			
Week 3			



Sprints

Perform each exercise as fast as you can for the set time. You will then have 10 seconds rest in-between each set.

Exercise	Sets	Time	Rest
Plyometric Squats	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Ski Jumps	3	20 seconds	10 seconds

Rest for 1 minute

Exercise	Sets	Time	Rest
Mountain Climbers	3	20 seconds	10 seconds

Cool Down

Full body stretch





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SESSION 2

WEEKS 10-12

EQUIPMENT: DUMBBELLS AND KETTLEBELL

TIME: 40 MINUTES (ROUGHLY)

When you first began this programme did you think you would make it this far? Look back at how far you have come. Within the introduction to this programme I asked you to download my 'Ambition Board' and track your progress both physically as well as ticking of achievements when they are surpassed. Look back over this and see how much you have grown over the last few weeks. Use this to develop intrinsic motivation and harness the power this gives you.

Warm Up

Perform each exercise for 15 seconds

Body Weight squats

Seal Jumps

Dumbbell Squat to Shoulder Press

Press Ups

Rest for 30 seconds/Repeat x3.

Main Session

Cardio Accumulator

Perform each exercise for 30 seconds, at the end of each round have 30 seconds rest.

Round 1

Jump Squats

Round 2

Jump Squats

Jumping Jacks

Round 3

Jump Squats

Jumping Jacks

Static lunges

Round 4

Jump Squats

Jumping Jacks

Static lunges

Jump Twists

Round 5

Jump Squats

Jumping Jacks

Static lunges

Jump Twists

Mountain Climbers

Round 6

Jump Squats
Jumping Jacks
Static lunges
Jump Twists
Mountain Climbers
Burpees

Supersets

One exercise followed straight away by another. Please record the weight lifted in the white boxes for each set.

Dumbbell Bicep Curl to Tricep Dip

Bicep Curl

Sets	Reps	Week 1	Week 2	Week 3
1	20			
2	20			
3	20			

Tricep Dips

Reps	Weight	Rest
20	Body Weight	1 minute

Core Circuit

Perform each exercise for 30 seconds.

Full Body Crunch
Snap Crunch
Toe Touch crunch
V Sit hold
Rest for 1 minute/Repeat x3

Cool Down

Full Body Stretch



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SESSION 3

WEEKS 10-12

EQUIPMENT: DUMBBELLS AND KETTLEBELL

TIME: 40 MINUTES (ROUGHLY)

This is your last workout, at least if you're coming to the end of week 12. If you are then it has been a pleasure working with you. I would really appreciate it if you sent me over a progress review to the following email address info@jamesrobertson.fitness to let me know how you have done during the last 12 weeks. If you are coming to the end of week 10 then you are so close. Keep pushing and you will sit down in 2 weeks' time and feel that sense of accomplishment that comes from achieving a challenge you set out to just 12 weeks ago.

Warm Up

Perform each exercise for 15 seconds

Body Weight squats

Seal Jumps

Dumbbell Squat to Shoulder Press

Press Ups

Rest for 30 seconds/Repeat x3

Resistance AMRAP

Perform as many reps as possible in the given time frame. Record the reps completed in the white boxes for each set.

Exercise	Sets	Time	Rest
Dumbbell Lateral Raise	3	1 minute	1 minute

Record your reps	Set 1	Set 2	Set 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Shoulder Press	3	1 minute	1 minute

Record your reps	Set 1	Set 2	Set 3
Week 1			
Week 2			
Week 3			

Exercise	Sets	Time	Rest
Press Ups	3	1 minute	1 minute

Record your reps	Set 1	Set 2	Set 3
Week 1			
Week 2			
Week 3			

Cardio AMRAP

Perform as many reps as possible in the given time frame.

Exercise	Sets	Time	Rest
Jump Squats	3	1 minute	1 minute

Exercise	Sets	Time	Rest
Seal Jumps	3	1 minute	1 minute

Exercise	Sets	Time	Rest
Burpees	3	1 minute	1 minute

Core Circuit

Perform each exercise for 30 seconds.

Reverse Curls

Hip Raise

Full Body Crunch

Bicycle Kicks

Reverse Plank hold

Rest for 1 minute/Repeat x3

Cool Down

Full Body Stretch