



PERSONAL TRAINERS: HOW TO COME OUT ON TOP

SAMPLE WORKOUT FROM NFPT WEBINAR SERIES:

WEBINAR #1: BASICS FOR ONLINE PERSONAL TRAINING

WORKOUT #1

6 Exercises

Repeated 5-6 Times with No/Little Rest

brought to you by friends and partners at:

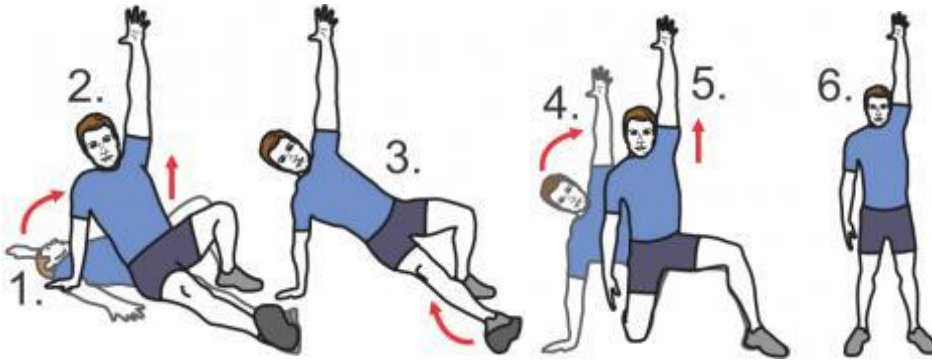


WORKOUT #1

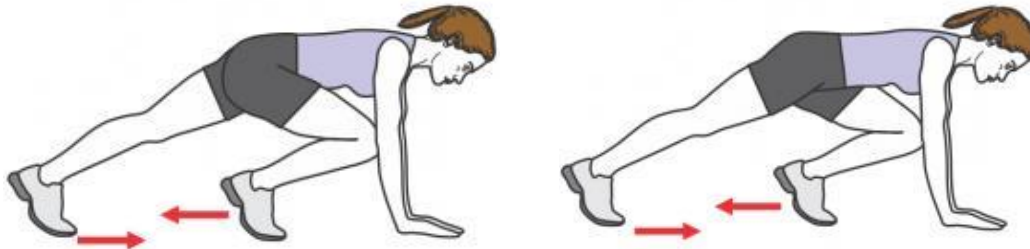
IT'S TIME TO GET GET MOVING!!

Complete the following protocol, one exercise after the other without rest (*unless is needed*)

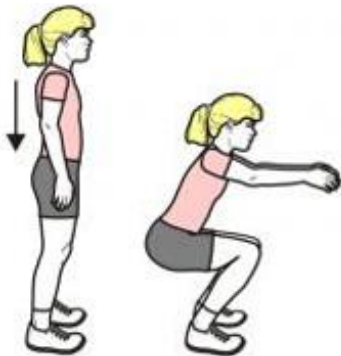
PERFORM GET-UPS: 12 get ups on each side of the body



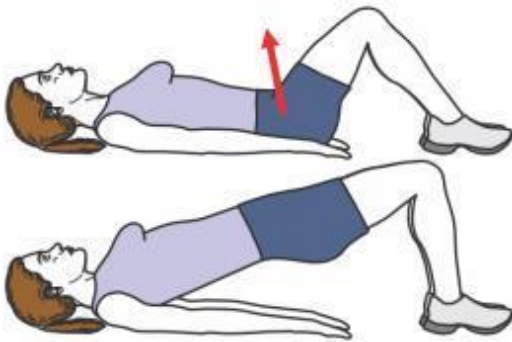
PERFORM MOUNTAIN CLIMBERS: for 1 minute



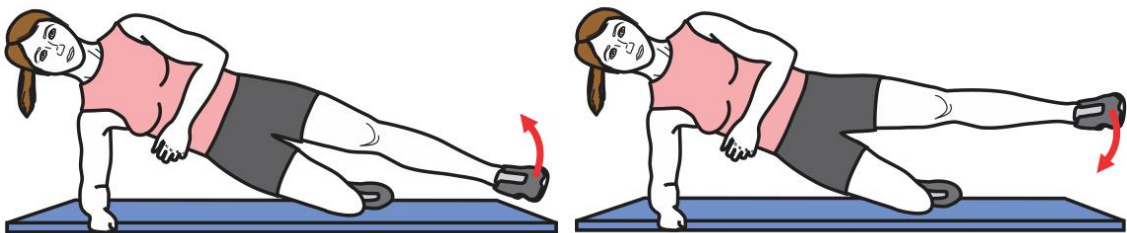
PERFORM BODY SQUATS: 12 squats, holding each descent for 5 seconds



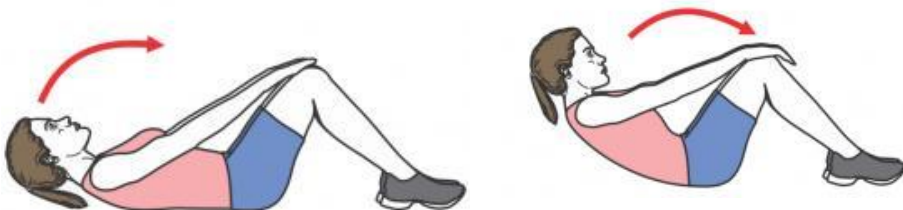
PERFORM HIP RAISES: 12 hip raises, holding each top position for 10 seconds



PERFORM LEG RAISES: 12 continuous reps on each leg



PERFORM CRUNCHES: 30 – 45 continuous seconds without resting at the bottom



REPEAT THIS WORKOUT:

5-6 times with no more than 1.5 minutes of rest between protocol.