

SARAH'S
DAY



sweat it
reload

WEEKS 9-16 OF THE ACTIVE
LIFESTYLE CHALLENGE

*click a section to
go straight there!*



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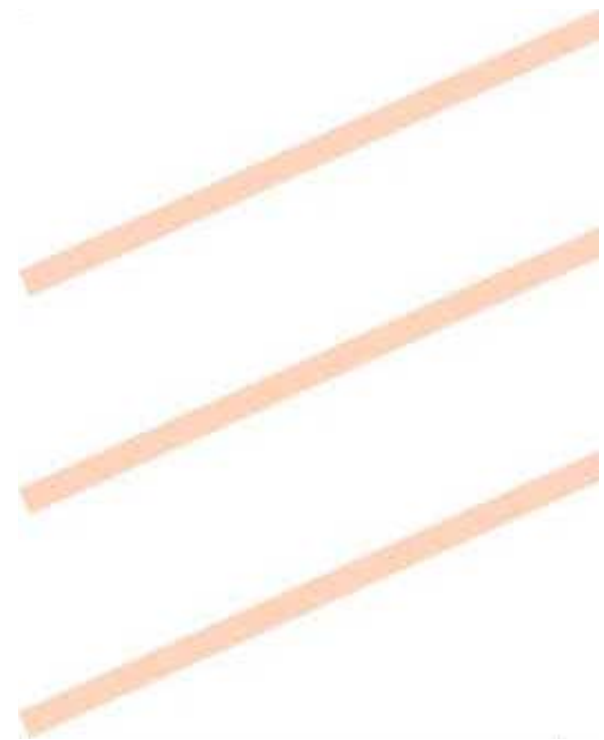
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WELCOME BACK MY BEAUTIFUL SWEATY SISSYS!

If you're reading this, then congratulations, you're an absolute **WEAPON!** You've completed weeks one to eight of Sweat it to Shred it, my first eight week active lifestyle challenge!

As much as I would love to sit here and have a lovely, Sezzy Squad Sleep over, debriefing about our experience and how much we all sweat our faces off (believe me sista... I feel ya) this is Sweat it Reload aka... ain't no body got time for dat!

Ok I know the sweaty shredders were intense and our booties were getting a serious burn from all of those toning power workouts, but, I'm afraid to tell you sis... we're about to kick it up ^{100%} a level.

Let's get the formalities out of the way and acknowledge/confirm that you've completed the full eight weeks of Sweat it to Shred it and are familiar with the original workout styles including Sweaty Shredders, Toning Powers, Activity Days and Challenges. Ok, great... you're still reading so I'm taking that as a **YES.**

Alright, enough of the awkward small talk, let's jump straight into the nitty gritty of the next eight weeks.

GET READY TO RELOAD!

the catch up



why reload?

I'VE SAID IT ONCE,
AND I'LL SAY IT AGAIN...

Developing, practising and implementing a **MAINTAINABLE** workout routine that you **ENJOY** is all about being flexible, diverse and fun! I don't know about you, but I get extremely bored and de-motivated... extremely easily. There's only so many repetitive workout styles and exercises I can do before I'm simply over it and feeling un-inspired. The reason I truly **LOVE** fitness and functional training is because everyday is different. I listen to my body, assess my energy levels and mood, then smash out a workout style that compliments these factors.

Sweat it Reload has been a project I've been creating and testing out in one of the most positive periods of my life. I'm in a place where I genuinely love exercise, I'm excited by new workouts and feeling inspired to push my body and fitness to new levels!

Similar to Sweat it to Shred it, Reload is extremely diverse, much like my day to day workout routine. I think it's also important to point out that the next eight weeks are an honest depiction/documentation of my workout routine. While I could sit here and write out a simple little cardio routine, which has you repeating 2 exercises for 15 minutes... that's just not my style. You asked for my **REAL** and **HONEST** workouts... so that's what I'm giving you.

WELCOME TO SEZZY STYLE FITNESS!





So I don't want to freak you out...

... or deter you or send you into some crazy pre-workout anxiety attack, but let me just establish that... it's not meant to be easy. If you need to take a break, catch your breath or let out a huge "I'M DYING" that's totally fine! Some days you'll absolutely **SMASH** these sessions and other days you'll really have to push yourself to complete the workout. As much as I want to motivate and inspire you to give it your all and work your butt off, I also want you to be kind to yourself.

Like I said, I've personally created and tested out every single Reload workout and even tested them on my friends. One of the most exciting things about these workouts is the diversity and the fact that everyone's going to have a different favourite week!

I can honestly say I'm the fittest, strongest and fastest I've ever been! I've finally developed a workout routine I'm passionate about and has transformed my physique and attitude towards fitness.

Seriously sissy, I cannot wait for you to get started and possibly experience some new training styles for the first time!

Let's get a little bit more familiar with the Reload program and what to expect...



ready to reload?

warning!

CONSIDER THIS YOUR FINAL REMINDER

I've been training for over six years and needed something new. I needed to push my body and mind while keeping it fresh and fun! As much as I want you to enjoy your workouts, let me reiterate, this is not for beginners!

If you've just finished Sweat it to Shred it I consider you... perfectly primed. You don't have to be an intense, fit freak junkie who sculls protein shakes for dinner and sleeps next to a squat rack, butttt you do need to have some basic fitness behind you.

Ok that's enough of the sweet and sensitive Sezzy, from now on... Sweaty Sezzy is here to push you!





What kind of fitness program would this be without a good old before and after **AM I RIGHT!?** ... I'm right!

Be sure to document your journey through pictures! This is going to help drive you when motivation is lacking **AND** honestly, there's no better feeling than reaching your goals and finally **SEEING** those physical changes you've been striving so hard for!

Even if your goal is not so physique based, why not keep a fitness journal!?

Document your feelings before you workout, are you nervous, excited, apprehensive? Then compare these feelings after your session. Are you feeling accomplished, strong and empowered?! (I hope so!). Taking time to reflect and digest your emotions will help keep you on track, focused and ensure you're listening to your body.

At the end of your epic eight week Reload journey, you can also share your results!! I've designed a special, designated page on my website www.sarahsday.com to congratulate and support your incredible transformation!

Again, this transformation represents **YOUR OWN** story and your own experience. I would love to see and hear about your last eight weeks, so definitely feel free to send your before and after images, along with a reflection to hello@sarahsday.com for your chance to be featured on the website or my Instagram page @sarahs_day.

P.s. – If you wish to not be featured on the website, that's totally fine, just mention that at the bottom of the email and I'll keep it for my eyes only!

**It's time to
finally create the
AFTER photo
to all of those
before photos
sitting in your
phone history...**

my progress

#sezzysquad #sezzysweat #sweatitreload

PHOTO FRONT	PHOTO BACK
PHOTO SIDE	PHOTO YOUR POSE #instabootypop

How do I feel about my current fitness level?

How do I feel about my body?

What are my fitness/body goals for the next 8 weeks?

What do I love about my body?



equipment needed

While I focus on body weight exercises, plyometrics and smashing out a sweaty session from the comfort of my home, I have included some sneaky little friends this time around...

For the next eight weeks **YOU WILL NEED** a set of dumbbells and some kind of bench or stable seat. In terms of the dumbbells weights, this is going to vary from person to person. I would highly recommend investing in two pairs of dumbbells. One being a heavier weight and one lighter.

Listen to your body and find a weight that's right for you, however, unless specified I recommend you use a 4kg set of dumbbells. If exercises do require a set of dumbbells it will have the code 'DB' specified in the exercise name.

If you don't have dumbbells, you can totally use some heavier items around your house or even use those large gallon water bottles (roughly 4kg)!

Like I said... I usually stick to body weight, functional exercises, but every now and then I do like to challenge my body and mix it up with a classic pair of dumbbells! #justbeinghonest.

✓ DUMBBELLS

✓ BENCH

gameplan

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	SC	R	TP	R	SS	C	
WEEK 10	SC	R	TP	R	SS	C	
WEEK 11	SC	R	TP	R	SS	C	
WEEK 12	SC	TP	SS	R	SC	C	
WEEK 13	SC	TP	SS	R	SC	C	
WEEK 14	SC	TP	C	R	SC	C	
WEEK 15	SC	TP	C	R	SC	C	
WEEK 16	SC	TP	C	R	SC	C	

SS = SWEATY SHREDDER

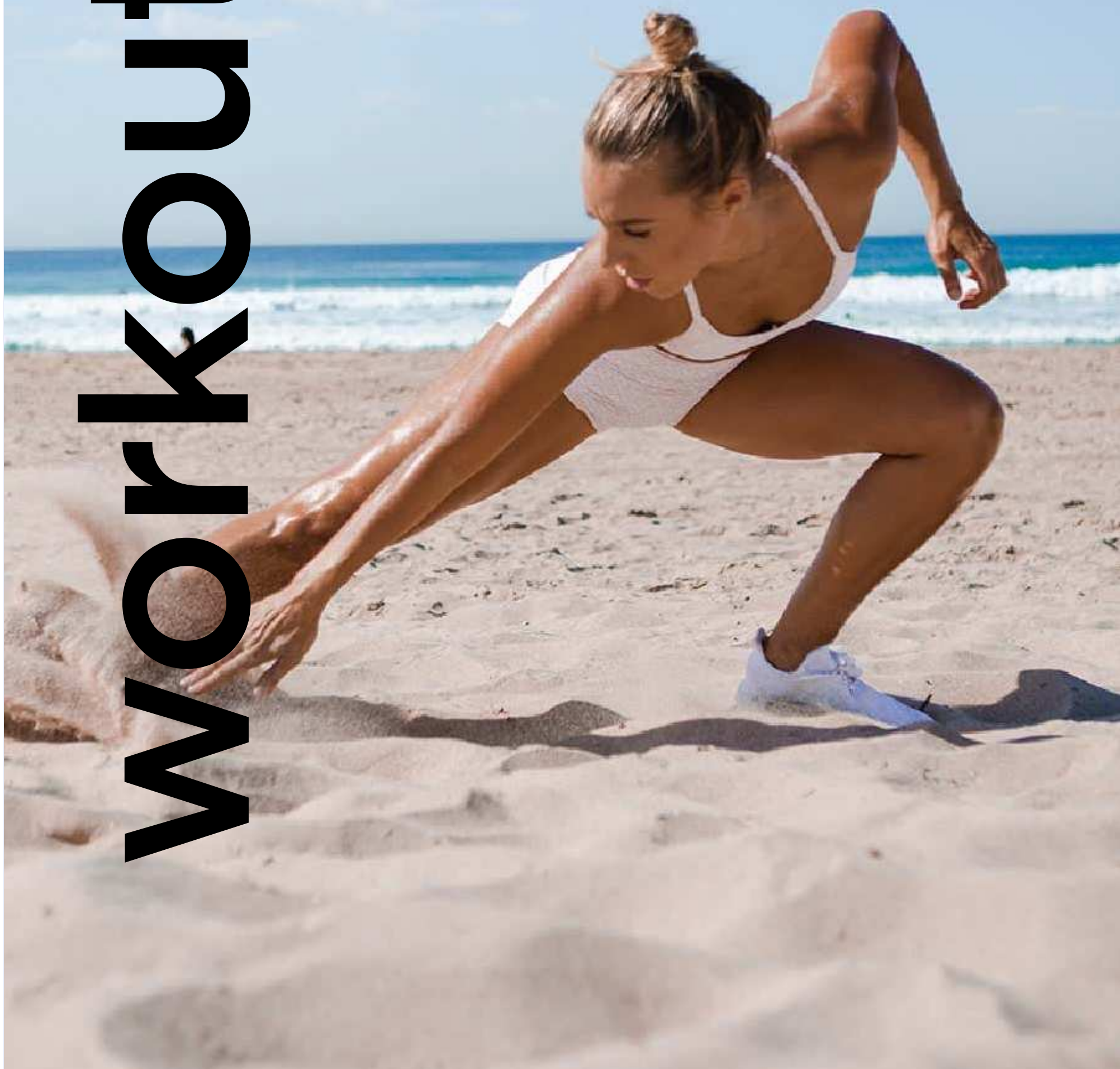
TP = TONING POWER

SC = SEZZY CIRCUIT

R = RECOVERY

C = CHALLENGE

workouts





As you can see, there are five different workout styles and structures included in this eight week guide. If you've finished weeks 1-8 from Sweat it to Shred it, you'll already be BFFL with Sweat Shredders, Toning Powers and Challenges. Although the Sweaty Shredder and Toning Power workouts mirror the same structure as Sweat it to Shred it, you'll find the Reload version a little more unique. With new exercises, supersets, compound movements and surprise fat burning finishers, they'll have you on your toes and most importantly... sweating your face off!

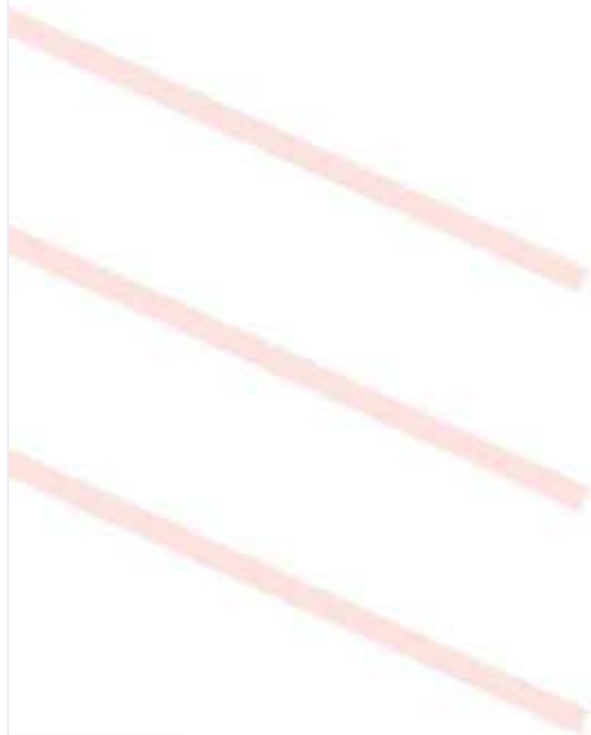
I'm hoping most of you can skip to [page 25](#) and start to familiarise yourself with my NEW workout structures used in this next eight weeks. However, if you're a little naughty and have disobeyed rule #1 that is "though shalt not smash out Sweat it Reload until though hast completed weeks 1 – 8 of Sweat it to Shred it" then... I highly advise you read the next two pages which explain how to complete the Sweaty Shredder and Toning Power Workouts.

WORKOUT 1

sweaty shredder

THE SWEATY SHREDDERS ARE MY FAVOURITE FOR THOSE DAYS WHERE YOU'RE READY TO ABSOLUTELY SWEAT YOUR FACE OFF, BURN FAT AND PUSH YOUR BODY TO ITS LIMIT. I'M WARNING YOU NOW... YOU'RE GOING TO SWEAT... A LOT.





Sweaty Shredders have been designed to put your body through a high-intensity, fat burning and aerobic workout that should leave you feeling like you've got nothing left to give. I want you to be lying on the floor in a puddle of your own sweat by the end these bad boys!

EACH SWEATY SHREDDER WORKOUT IS MADE UP OF 7 EXERCISES. You will perform the specific exercise for 30 seconds, pushing your body as hard as you possibly can and then rest for 10 seconds. You repeat this process 6 times so that you have completed the exercise for 6 rounds of 30 seconds with a 10 second break in-between each set. Because I'm so nice, I have then rewarded you with a 30 second rest period before you move on to the next exercise, where you will complete the same process.

You will repeat this process for all 7 exercises included in the workout. Remember – you must complete 6 rounds of 30 second activity for each exercise before you move on to the next. That's right, once you have completed 6 rounds of 30 seconds, with 10 seconds rest in between each set, you move on, never having to return to that exercise. That's why it's important to give it all you've got!

Download my [timer app](#) and select the Sweaty Shredder tab to guide your workout.

1. Bunny Bounds (Travelling)

6 X 30 SECONDS



30 SECOND BREAK

2. Tap Push-Ups

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Dish-Tucks

6 X 30 SECONDS



30 SECOND BREAK

5. Froggy Squat Pulses

6 X 30 SECONDS



30 SECOND BREAK

6. 10 x Mntn Climber + Push-Up

6 X 30 SECONDS



30 SECOND BREAK

7. Shuttle Runs

(10m - tap floor then run back)

6 X 30 SECONDS



WORKOUT 2

toning power

TONING POWER WORKOUTS ARE ALL ABOUT SCULPTING THE BODY AND DEVELOPING THAT LEAN AND TONED PHYSIQUE. EACH WORKOUT TARGETS A DIFFERENT MUSCLE GROUP, INTEGRATING POWERFUL AND FUNCTIONAL MOVEMENTS TO HELP BUILD MUSCLE WHILE BURNING FAT. THESE WORKOUTS ARE ALL ABOUT SHREDDING THOSE ABS, BUILDING THAT BOOTY AND LEANING OUT THE ARMS AND LEGS. GET READY TO BURN!



HERE'S HOW IT WORKS...

For this workout use my timer app and select the Toning Power tab to guide your workout. Each workout begins with one explosive, power exercise that is designed to start burning that focus muscle group. The idea is to not stop and keep moving until the one minute timer for each exercise is up! Each power exercise is then followed up by a fat burning, heart rate spiking exercise.

These exercises have been integrated methodically into the routine to ensure you're not only sculpting the desired muscle group, but promoting fat loss and working up a sweat at the same time. Without resting, you will complete the second exercise for one whole minute.

Once you have completed this superset (two exercises one after the other) you can then enjoy a 45 second break. You will repeat this process four times so that you've completed 4 sets of the superset combo. Once you've completed the four sets, you are rewarded with a well deserved 1-2 minute rest (depending on how you're feeling).

I know I'm so nice right!?

You will repeat this same concept for the following two superset combos so that you've completed 4 rounds of each superset.

toning power

WORKOUTS

PAGE 24

Superset A

Sumo Squats + Pulse
1 MINUTE



DB Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

DB* Hip Thrusts
(*approx. 8kg)
1 MINUTE



1 - 2 MINUTE BREAK

Glute Kickbacks
30 SEC EACH LEG



REST 45 SECONDS

REPEAT X 4

Superset C

Froggy Squat Pulses
1 MINUTE



1 - 2 MINUTE BREAK

Lunge Jump Burpees
1 MINUTE



REST 45 SECONDS

REPEAT X 4

WORKOUT 3

SEZZY circuits

sweaty

NOW FOR THE BEST PART

IT'S TIME WE MIX THINGS UP, SHOCK OUR BODIES, CHALLENGE OURSELVES AND TRY SOMETHING NEW! INTRODUCING THE ABSOLUTE FULL BODY FITNESS BOMB, SEZZY CIRCUITS! THIS STYLE OF WORKOUT IS MY GO-TO TRAINING METHOD IN MY EVERY DAY LIFE. THESE ARE THE SESSIONS YOU'LL SEE ME SMASHING OUT ON MY YOUTUBE CHANNEL, WITH MY FRIENDS AND ON THE DAYS I'M READY TO WORK EVERY PART OF MY BODY!



Utilising supersets, muscle fatigue and optimum heart rate, I've designed my Sezzy Circuits to increase your fitness level and cardiovascular endurance. This will also promote toning and sculpting of the entire body. Some days you'll be yelling "ahhh my booty" while you wait for the booty poppin' burns to subside, and other days you'll be huffing and puffing, trying to catch your breath before you jump into a dynamic full body movement. Sezzy Circuits are unique to my training style and have been inspired by my background in gymnastics and plyometrics. This is a super fast paced, versatile and high intensity workout!

Each Sezzy Circuit is comprised of **THREE** circuits.

Each circuit includes **FOUR** exercises.

Your goal is to complete each circuit **THREE** times.

This means you will complete **CIRCUIT ONE, THREE** times before moving on to circuit two.

Yep, you guessed it! You are completing all four exercises in each circuit one after

the other with **NO BREAK** (or as little break as you can manage). Once you've completed all four exercises, you can take a 1 minute break, before completing another round of the circuit.

Once you've successfully completed three full rounds of circuit **ONE**, I encourage you to listen to your body, notice your heart rate and take a 2–3 minute break before beginning **CIRCUIT TWO**. Again, you will repeat the same process until you have completed all three rounds of all three circuits.

BUT IT DOESN'T STOP THERE...

I mean, this is Sweat it **RELOAD** after all!

Some weeks I've included a Sezzy style surprise, aka 'Fat Burning Finishers'.

Again, I encourage you to listen to your body and decide for yourself if this is something you're up for! Some days I have loads of energy and smash out these finishers after my Sezzy Circuit, and... other days I'm ready to go home for an epic smoothie bowl #life.

These finishers are optional and meant to challenge you!

sezzy circuit

WORKOUTS

PAGE 27

CIRCUIT ONE

Travelling Jump Squats



X 20

Crab Walks



X 20

DB* Deadlifts
(*approx. 8kg)



X 10

Curtsey + Squat Pulse



X 15 EACH SIDE

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up + Shoulder Tap



X 10

Bench Hops



X 20

Sit-Ups



X 20

Plank In & Outs



X 20

1 MINUTE BREAK

REPEAT X 3

sezzy circuit

WORKOUTS

PAGE 28

CIRCUIT THREE

Single Arm DB
Squat & Press



X 10

DB* Lateral
Raise
(*approx. 5kg)



X 10

Push-Up
Burpees



X 20

Leg Raises



X 20

1 MINUTE BREAK

REPEAT X 3

challenges

WORKOUT 4

OK SO THERE'S ACTUALLY A FUNNY STORY AS TO HOW THIS WORKOUT BECAME SUCH AN INTEGRAL PART OF SWEAT IT RELOAD...

WHILE GOING THROUGH ONE OF THOSE NOTORIOUS 'FUNKS', YOU KNOW THOSE ROUGH PATCHES WHERE YOU'RE UNEXPLAINABLY UNMOTIVATED, NEGATIVE AND JUST... BLERR? I DECIDED TO TRY SOMETHING NEW. I CHANGED UP MY GYM MEMBERSHIP AND FITNESS SCHEDULE AND ENDED UP MAKING SOME OF THE MOST INCREDIBLE FRIENDSHIPS I'VE EVER HAD!



Before I knew it, I was training with a group of #weapon boys every week and was in awe of their encouragement, determination and overall fitness level. As I mentioned earlier, my fitness level, body and training ability is currently at a level I've never really been at before. As I'm feeling incredible strong, fast, dynamic and motivated, I was excited to challenge myself with the boys workout and keep up with them. It was a Saturday morning and I was ready and pumped up for an epic group session with the boys (including Kurt). I couldn't wait to see what today's session would entail, and I was looking forward to challenging myself both mentally and physically. Looking on the board where our workout was written out, I noticed two separate circuits. While I'm all for diversity, variations and appreciating that males and females often train differently, I noticed that this 'other' workout was simply... #basic.

The boys insisted that their planned session probably wasn't suitable for me. The epic workout included a 5km run, compound movements like farmer

carries, med ball slams, tyre flips, rowing and more, all I wanted to do was prove to them... I could do it too. Sure my weights would be lighter and I may be the last to cross the line but... I WOULD cross the line. The boys insisted that their planned session probably wasn't suitable for me.

Feeling a little embarrassed and discouraged, I went for a solo run to clear my head and honestly... calm down. It was on this run that I made the decision that I was going to prove to MYSELF... I AM fit enough. I AM strong enough and I AM driven enough to train with the others. Now, this isn't a story about 'training with the boys', training as hard as the boys or even training like a boy (whatever that means). This became a challenge against MYSELF. I didn't care about impressing anyone or proving my fitness, endurance or strength to others. I took this experience as an opportunity to create fire within myself. These challenges have been created to do exactly that, **CHALLENGE** you. I'm not going to lie to you sista... some of these are extremely tough. However, Sweat it Reload has been created to truly depict

and mimic the structure of my training routine. If I'm being honest with you... challenges have been a huge part of my fitness routine lately. Challenges will test your body physically, but also mentally. These workouts are about pushing yourself, testing your limits and not giving up! I don't care how long it takes you or how many breaks you have to take to get through it. Believe me when I say that the feeling of completing an extremely difficult challenge workout is absolutely **INCREDIBLE!**

You're a weapon in your own right! Do these challenges for **YOU** and no one else! If you have a friend who is smashing Sweat it Reload out with you, I highly encourage you to complete these workouts together. It's always great to have another person next to you, pushing,

supporting and... suffering with you.

In saying this, some of the challenges are actually quite light and gentle, particularly the Ballet Booty Burner and Pilates Power that were heavily inspired by my background in competitive ballet and gymnastics. This just goes to show that every day is different. Some days we have **LOADS** of energy and motivation, other days just let us lie on the floor and pulse our legs until our inner thighs are **BURNING!**

p.s. - There are two boxing babe challenges that are quite intricate and complex. To make sure you know exactly what you are doing, I've filmed a short demo video which can be viewed once you've clicked this button on the challenge workout page.



**WHEN YOU SEE THIS
ICON, CLICK IT AND USE THE
PASSWORD**

sweatysecrets

**THIS WILL HELP YOU MAKE
SENSE OF THE WORKOUT**

REST

recovery

RECOVERY DAYS ARE AS SIMPLE AS THAT...
RECOVERY.

Some days I've included an active recovery session as I encourage you to go on a relaxed walk, where as other days you'll be sliding around on your foam roller, increasing flexibility and mobility.

Feel free to mix and match your recovery sessions and integrate active recovery techniques that YOU love. Right now, I'm loving walking, stretching and foam rolling. However, you might love a Yin yoga class, skill training or dynamic movement therapy. Listen to your body and do what feels right for YOU on these days.



DON'T FORGET

warm up

A QUALITY WARM UP ISN'T JUST ESSENTIAL FOR INJURY PREVENTION, I FEEL AS THOUGH I HAVE TO WARM UP AND GET MY BLOOD PUMPING OTHERWISE I SERIOUSLY CAN'T GET MOTIVATED. IT'S NOT UNTIL I'VE BROKEN A MINI SWEAT THAT I'M READY TO RIP IN AND SMASH OUT A SERIOUS WORKOUT!

Your warm up can really be anything you want, the most important thing is that your heart rate begins to increase, your upper lip starts to get a little sweaty and your body is feeling warm and ready to move.

Each workout requires you to complete a quick 5 minute warm up before you begin. If you're completing this program at a gym, feel free to jump on the bike or cross trainer for 5 minutes. If you're at home, try this simple warm up routine...

REPEAT 2-3 TIMES
(until your body feels warm and ready to work)

20 X STAR JUMPS

10 X SQUATS

20 X HIGH KNEES

10 X LUNGES

20 X BUTT KICKS

5 X PUSH-UPS

11.

FEEL FREE TO MIX AND MATCH! This is **YOUR** life, **YOUR** fitness and **YOUR** workout routine now. Listen to your body and asses your energy levels. Not feeling a Sezzy Circuit or Intense challenge? That's ok! Not every day is going to be your **BEST** workout. Just **DO** your **BEST**!

12.

STAY HYDRATED! Have you ever felt unexplainably drained and lethargic during your workout? This could possibly be dehydration! Make sure you've got a water bottle or some clean BCAA's accessible throughout all of your workouts. I take small sips at a time to ensure I'm hydrated but not overly full of liquid (not so great for bouncing around in the tummy).

13.

POST WORKOUT IS JUST AS IMPORTANT AS PRE-WORKOUT. Refuelling your body after your intense workouts is one of the most important elements of a maintainable healthy and fit lifestyle! Try and make sure you're nourishing your body with some good quality carbohydrates, fats and protein post workout to repair your muscles, aid recovery and sustain energy levels.

10 more things
to remember

14.

ARE YOU AN AM OR A PM TRAINER!? Finding out and acknowledging that I workout best in the **AM** (before lunch time) has honestly changed my life in terms of training. Not only do I personally have more energy in the morning, I'm simply in a better mood and more motivated. If you have the option to decide whether to train in the morning, midday or night, take this opportunity to truly assess it thoroughly. Make a decision that is right for your body, lifestyle and mood.

15.

DON'T OPT OUT, JUST SWAP IT OUT! Whether you're simply not enjoying a particular exercise, it doesn't feel right, or you're just over it. I highly encourage you not to skip to the next exercise. These workouts have been carefully devised to work in chronological order, activating specific areas of your body at different times. For example, instead of skipping crab walks, swap it out for something like squat pulses!

16.

DON'T THINK JUST DO. Ok, I don't recommend applying this rule to **EVERY** aspect of your life haha, however, this mentality can be extremely effective when it comes to training! While I want you to always focus on the mind, muscle connection throughout your exercise, the 'don't think, just do' strategy is meant to get you up, out of your pyjamas and into your active wear! Count down from 5, and as soon as you reach 1, it's time to get up, get ready and give this workout everything you've got!

17.

TAKE BREAKS WHEN YOU NEED IT! If I'm being completely raw and real right now, I can tell you that even I... the **CREATOR** of Sweaty Shredders and Sezzy Circuits, take breaks! If there's a Sweaty Shredder that includes ab kicks, **I'M OUT!** For some reason, I find this exercise extremely difficult and have to take breaks **DURING** my active 30 second rounds. It's ok to take a breather, gather your thoughts and... be exhausted.

18.

SWEATY COMFORT. Let's not kid ourselves here, we all love a good active wear shopping spree and can't wait to flaunt our new tights in the gym. I'm all for looking fly and fabulous in my Sarah's Day active wear (shameless plug – see my website for the full range) but what's most important is that your outfit is comfortable and functional. There's nothing worse than pulling up your tights after every squat jump or struggling to breathe in that crop that's basically cutting off your circulation.

19.

SELECT A WORKOUT ENVIRONMENT THAT MAKES YOU FEEL MOTIVATED, CONFIDENT AND COMFORTABLE. Whether it's the lighting, music, people or vibe, select a gym, room, backyard, oval or **ANY** location that you love! Training in a positive environment will do wonders for your overall workout and attitude to fitness!

20.

**Act confident
and no one will
question you!**





**it's
time
to
reload**

Week



nine

monday

WEEK NINE: SEZZY CIRCUIT

PAGE 40

CIRCUIT ONE

Travelling
Jump Squats



X 20

Crab Walks



X 20 EACH SIDE

DB* Deadlifts
(*approx. 8kg)



X 10

Curtsey +
Squat Pulse



X 15 EACH SIDE

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up +
Shoulder Tap



X 10

Bench Hops



X 20

Sit-Ups



X 20

Plank In &
Outs



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Single Arm DB
Squat & Press



X 10

DB Lateral
Raise



X 10

Push-Up
Burpees



X 12

Leg Raises



X 20

1 MINUTE BREAK

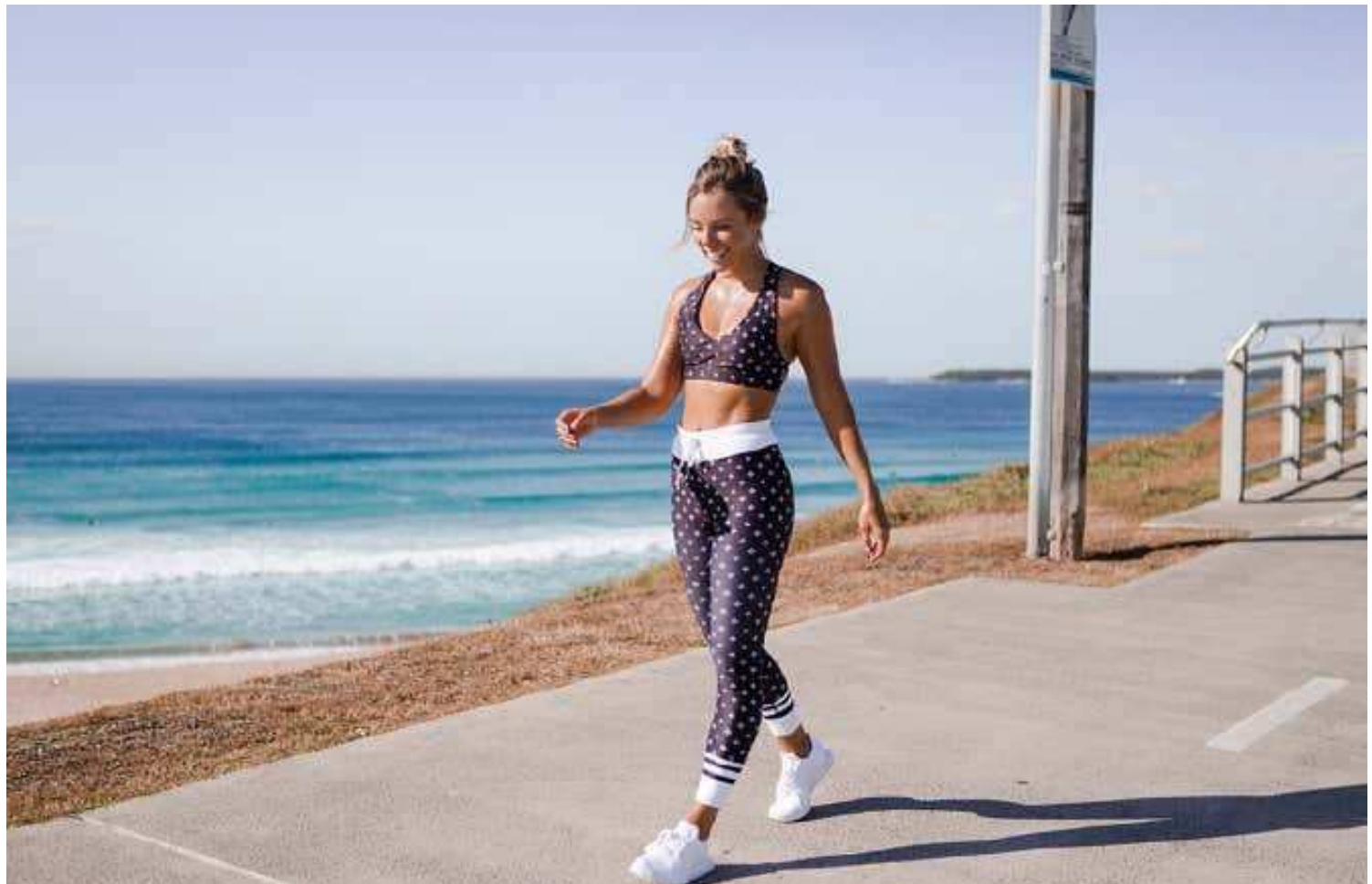
REPEAT X 3

30 MIN LONG WALK

As much as I love being a little social butterfly, take this as a time to ground yourself, set goals and unwind.

Depending on the day you've had, your energy levels and mood, you might want to walk around your neighbourhood, listen to a podcast or even go on a hike. Take some time for yourself and walk in a location that encourages you to breathe and live in the present!

For me that's the beach, or anywhere by the coast! Depending on my mood and stress levels, I'll either listen to a podcast, or simply focus on the waves crashing on the sand



wednesday

pulse at the bottom of the squat

WEEK NINE: TONING POWER

PAGE 43

Superset A

Sumo Squats + Pulse
1 MINUTE



DB Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

DB* Hip Thrusts
(*approx. 8kg)
1 MINUTE



Glute Kickbacks
30 SEC EACH LEG



REST 45 SECONDS

REPEAT X 4

Superset C

Froggy Squat Pulses
1 MINUTE



Lunge Jump Burpees
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

Downward Dog

Upward Dog

Child Pose

Pike Sit + Touch Toes

Right Leg Forward Touch Toe

Left Leg Forward Touch Toe

Stradle Sit + Walk Hands Forward

Stradle Sit + Hand to Right Toe

Stradle Sit + Hand to Left Toe

Soles To Touch - Butterfly Knees

Standing Salutation Stretch

Exaggerated Inhale & Exhale

Freestyle Stretch!!

IF YOU'RE FAMILIAR WITH THESE TERMS, THIS IS A NICE FLOW I LIKE TO DO. IF NOT, THEN LISTEN TO YOUR BODY AND TAKE THIS TIME TO STRETCH WHERE YOU FEEL NECESSARY.

1. Bunny Bounds (Travelling)

6 X 30 SECONDS



30 SECOND BREAK

2. Tap Push-Ups

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Dish-Tucks

6 X 30 SECONDS



30 SECOND BREAK

5. Froggy Squat Pulses

6 X 30 SECONDS



30 SECOND BREAK

6. 10 x Mntn Climber + Push-Up

6 X 30 SECONDS



30 SECOND BREAK

7. Shuttle Runs

(10m - tap floor then run back)

6 X 30 SECONDS



saturday

princess pyramid

WEEK NINE: CHALLENGE

PAGE 46

Plank
Burpees

X 30

Mountain
Climbers

X 30

Sit-Ups

X 30

Standing
Squats

X 30

50 METRE SPRINT

Plank
Burpees

X 20

Mountain
Climbers

X 20

Sit-Ups

X 20

Standing
Squats

X 20

50 METRE SPRINT

Plank
Burpees

X 10

Mountain
Climbers

X 10

Sit-Ups

X 10

Standing
Squats

X 10

50 METRE SPRINT

Week

ten



monday

WEEK TEN: SEZZY CIRCUIT

PAGE 48

CIRCUIT ONE

DB Russian Twist



X 20

Push-Up Burpees



X 10

Plank + Side-To-Side Rock



X 20

Dish & Tuck



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

DB Chest Press



X 10

Travelling Jump Squats



X 20

DB Around The World



X 10

Leg Raises



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

**Curtsey +
Squat Pulse**



X 10 EACH SIDE

**Glute
Kickbacks**



X 20 EACH SIDE

Jump Lunges



X 10

Commandos



X 12

1 MINUTE BREAK

REPEAT X 3

Foam Partay!!! But not really...

It's time to encourage the blood flow, relieve muscle tension and increase mobility.

Foam rolling is an incredible recovery session that can honestly take your training to a whole new level!

I usually focus on my hamstrings, glutes and quads, however, some weeks I also like to focus on my back if it's feeling particularly tight.

If you don't own a foam roller, feel free to use a tennis ball to massage any tight areas of the body, practise a regular stretch or if you're super #fancy... treat yourself to an actual massage!



Superset A

DB Lateral Raise
1 MINUTE



Bear Crawls
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

DB Skull Crushers
1 MINUTE



High Plank +
Side Leg Taps
30 SEC EACH SIDE



REST 45 SECONDS

REPEAT X 4

Superset C

Reverse Lunges
1 MINUTE



Commandos
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

FAT BURNING FINISHER: 1 MIN WALK + 30 SEC SPRINT. REPEAT X 4

thursday

walk / swim / find fairies in the forest

WEEK TEN: RECOVERY

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Today's the day we get out and about!

My mother always said to me "sunshine is the best kind of medicine"

This is a mentality that's truly stuck with me and I try to practise this every day!

Whether it's taking your dog to the local park for a game of fetch, or taking a dip in the ocean, try and do something active OUTSIDE for at least 30mins today!



1. Crab Walks

6 X 30 SECONDS



30 SECOND BREAK

2. DB Hold Leg Raises

6 X 30 SECONDS



30 SECOND BREAK

3. Squat + Lunge Jumps

6 X 30 SECONDS



30 SECOND BREAK

4. Side-To-Side Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

5. Raised Side Lunge Pulses

6 X 30 SECONDS (3 X LEFT, 3 X RIGHT)



30 SECOND BREAK

6. Push-Up, Tuck Jump Burpees

6 X 30 SECONDS



30 SECOND BREAK

7. Bicycles

6 X 30 SECONDS



Run

600M

Single Arm DB Squat & Press

X 20 EACH SIDE

Push-Ups

X 20

Side Lunge

X 20 EACH SIDE

Bunny Bounds (Travelling)

X 20

V Sit-Ups

X 20

Wall Sit

45 SEC

REPEAT X AMRAP* IN 45 MINS

*AS MANY ROUNDS AS POSSIBLE

PUT A TIMER ON FOR 45 MINUTES AND SEE HOW MANY ROUNDS YOU CAN GET THROUGH. TAKE BREAKS AS YOU NEED AND MOST IMPORTANTLY, MAINTAIN GOOD FORM THROUGHOUT EACH EXERCISE.

week



eleven

CIRCUIT ONE

Push-Ups



X 20

Star Crunches



X 20

Tricep Dips



X 20

Skaters



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Single Arm DB Squat & Press



X 10 EACH ARM

DB* Hip Thrusts
(*approx. 8kg)



X 10

DB* Sumo Squat
(*approx. 8kg)



X 10

Sumo Squat Hold + Heel Raise



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Reverse Lunge
+ DB Press



X 10

DB Lateral
Raise



X 10

Ab Kicks



X 10

10 x Mountain
Climber
+ Push-Up



X 10

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

5-10 min incline walk

One of the most important aspects of a maintainable fit and active lifestyle, is the ability to integrate it into your schedule. Eventually moving your body and utilising your muscles without even thinking about it!

One way I like to do this is my weekly catch ups with my sissys!

Instead of the usual coffee date or sushi sesh, why not go for a walk together!?

Walking and talking with the girls is honestly one of my favourite things to do. Enjoying the fresh air, catching up with my soul sissys and moving my body... what more could you want!?

Well dah...we obviously get a smoothie after too
#sissysmoothiestroll



wednesday

WEEK ELEVEN: TONING POWER

PAGE 59

Superset A

Reverse Lunge Kick
30 SEC EACH LEG



Shuttle Runs
(10m)
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Push-Up Burpees
1 MINUTE



Side Elevated
Lunge
30 SEC EACH SIDE



REST 45 SECONDS

REPEAT X 4

Superset C

Box Jumps
1 MINUTE



10 x Fast Feet +
2 x Squats
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

FAT BURNING FINISHER: 1 MIN WALK + 30 SEC SPRINT. REPEAT X 4

Ok my little stretchy, student! Today's recovery is all about the deep stretch!

Tilt your body side to side, touch your toes and wiggle around. Assess what feels tight or strained and focus on that!

Whether it's your back, hamstrings, glutes or quads, I want you to focus on taking one HUGE inhale, holding it in for 2 seconds...

And then really exaggerating and elongating the exhale. As we exhale, our bodies and muscles tend to relax and lose a bit of that tension. THIS is when you want to push a little deeper into each stretch.

For example: stretch out both legs straight in front of you in a pike position and lower your torso to your quads. You should feel a stretch up the back of your legs (hamstrings). Take one HUGE inhale... hold it in for 2 seconds...

And slowly exhale and push a little deeper into the stretch.

Repeat this process with all of your personally selected stretches!

1. Shuttle Run (10-20m)

6 X 30 SECONDS



30 SECOND BREAK

2. Reverse Lunge Kicks

6 X 30 SECONDS



30 SECOND BREAK

3. Dish Hold + Scissors

6 X 30 SECONDS



30 SECOND BREAK

4. Travelling Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

5. DB* Bicep Curls

(*approx. 5kg)

6 X 30 SECONDS



30 SECOND BREAK

6. 3 Low Side Shuffles + Chest To Floor

6 X 30 SECONDS



30 SECOND BREAK

7. DB Chest Press

6 X 30 SECONDS



challenge

short, sweet & sweaty

WEEK ELEVEN: CHALLENGE

PAGE 62

Run

6 MIN

Tuck Jump Burpees

X 6

Push-Ups

X 6

Jump Squats

X 6

1 MINUTE BREAK

Run

4 MIN

Tuck Jump Burpees

X 4

Push-Ups

X 4

Jump Squats

X 4

1 MINUTE BREAK

Run

2 MIN

Tuck Jump Burpees

X 2

Push-Ups

X 2

Jump Squats

X 2

30 SECOND BREAK

Plank Hold

1 MIN

Sit-Ups

1 MIN

week

twelve



monday

WEEK TWELVE: SEZZY CIRCUIT

PAGE 64

CIRCUIT ONE

180 Jump Squat



X 10

DB Walking Lunges



X 20

Alternate Plank Raise



X 20

4 Scissors + Dish Tuck



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

DB Sumo Squats



X 10

Sumo Squat Pulse



X 20

DB Hip Thrusts



X 20

Crab Walks



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Ab Kicks



X 10

Curtsey +
Squat Pulse



X 10 EACH SIDE

DB Wall Squat
+ Front Raise



X 10

DB Vertical
Toe Taps



X 20

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

5-10 min incline walk

Superset A

Cross Body Bench Taps
1 MINUTE



Plank In & Outs
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

High Plank + Side Leg Taps
1 MINUTE



8 Low Shuffles + Chest To Floor
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Side Plank Dips
30 SEC EACH SIDE



Reverse Lunge Kicks
30 SEC EACH SIDE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. Sideways Bear Crawl

(stay low, knees 2cm off the ground)

6 X 30 SECONDS



30 SECOND BREAK

2. DB Narrow Squat

6 X 30 SECONDS



30 SECOND BREAK

3. Dive Bombers

6 X 30 SECONDS



30 SECOND BREAK

4. Bicycles

6 X 30 SECONDS



30 SECOND BREAK

5. 10 x Fast Feet + Burpee

6 X 30 SECONDS



30 SECOND BREAK

6. Skaters

6 X 30 SECONDS



30 SECOND BREAK

7. Tricep Dips

6 X 30 SECONDS



Think of this as your relaxing spa night!!

Start off with a nice, deep stretch wherever your body needs it most. While I often encourage people to mindlessly stretch in front of the T.V, tonight, I need you present!

If you want to dive head first into this zen space, I suggest you light some candles, rub lavender oil on you wrists, neck and soles of your feet and play some slow tunes. Take this time to reflect on your day and focus on the breath. Essentially we want to give our bodies the signal that it's ok! It's ok to relax, chill out and let go. Living in such a stressful, go-go-go world, many of us live in a constant state of subconscious stress. It's nights like this that our bodies and hormones get the chance to balance out and reset.

After your stretch, it's time to play spa!! I'm talking face masks, scrubs and facial steamers (literally place your head over a bowl of hot water, put 2 drops of eucalyptus and lavender oil into the water, then fold a bath towel over your head, trapping the steam in and letting it circulate around your face). This is amazing for the skin, central nervous system and promoting good quality sleep! You're welcome!

CIRCUIT ONE

DB Around the worlds



X 20

DB Lateral Raise



X 10

4 x Jump Lunges + Bench Hop



X 10

DB Chest Press



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up + Shoulder Taps



X 10

Side Plank Dips



X 20 EACH SIDE

Sunrise Dish Tucks



X 10

Ab Kicks



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Froggy Squat Pulses



X 10

Crab Walks



X 20 EACH SIDE

Divebombers



X 10

10m Shuttle Runs



X 5

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

Crunches

X 50

Side-To-Side Toe Taps

X 40

Vertical Toe Taps

X 30

Leg Raises

X 20

Plank + Side-To-Side Rock

X 10



CIRCUIT ONE

Back/Forth Bounce + Jab Cross



30 SECS

Push-Up Burpees



30 SECS

Reverse Lunge Kick + Jab Cross



30 SECS

Reverse Lunge Kick + Hook, Hook



30 SECS

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Elevated Plank Shoulder Taps



30 SECS

Squat Hold Fast Jab Cross



30 SECS

Jump Lunges Slip, Slip



30 SECS

Jab, Jab, Hook, Shuffle Back (Travelling)



30 SECS

1 MINUTE BREAK

REPEAT X 3

FINISH WITH A 2.5KM RUN

Week

thirteen



CIRCUIT ONE

Crawl Down
Tricep
Push-Ups



X 10

Tricep Dips



X 20

Wide Chest
Push-Ups



X 10

DB* Chest
Press
(*approx 6-8kg)



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

DB Lateral
Raise



X 10

DB Around
The Worlds



X 10

DB Bent
Over Fly



X 10

DB Press +
Kneeling
Glute Thrust



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

DB Skull
Crushers



X 10

Push-Up +
Shoulder
Taps



X 10

Leg Raises



X 20

Plank



45 SEC

1 MINUTE BREAK

REPEAT X 3

OPTIONAL FAT BURNING FINISHER

Run

400 M

Crunches

20

Run

300 M

Crunches

10

Run

200 M

Crunches

10

Superset A

Sumo Squats
1 MINUTE



Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

DB Hip Thrusts
1 MINUTE



Glute Kickbacks
30 SEC EACH SIDE



REST 45 SECONDS

REPEAT X 4

Superset C

Froggy Squat Pulse
1 MINUTE



Skaters
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. 4 x Jump Lunges + Bench Hop

6 X 30 SECONDS



30 SECOND BREAK

2. Reverse Lunge Kicks

6 X 30 SECONDS



30 SECOND BREAK

3. Cross Body Bench Taps

6 X 30 SECONDS



30 SECOND BREAK

4. Travelling Burpees

6 X 30 SECONDS



30 SECOND BREAK

5. DB Lateral Raise

6 X 30 SECONDS



30 SECOND BREAK

6. DB Sumo Squat

6 X 30 SECONDS



30 SECOND BREAK

7. In & Out Squat Pulses

6 X 30 SECONDS



thursday

netflix and... stretch?

WEEK THIRTEEN: RECOVERY

PAGE 77

stretch

IT'S TIME TO NETFLIX AND... ~~CHILL!~~?

This is pretty much my active version of the infamous 'Netflix and chill'. Let's be honest, we can't **ALWAYS** be burning our candles, taking deep breaths and steaming our pores. Sometimes we just want to watch Mean Girls for the 1297430th time or She's the Man for the.... 1297431st time #nojudgement.

Chill out and stretch homegirl!



rest heels on slight platform for balance

CIRCUIT ONE

10m Shuttle
Runs + Chest
To Floor



X 10

DB Sissy
Squats



X 10

Jump Lunges



X 10

Commandos



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

DB Russian
Twist



X 20

Side-To-Side
Toe Taps



X 10

In & Out Plank
to Squat



X 10

Bunny
Bounds
(Travelling)




X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Travelling Jump Squats	DB Narrow Squat	Lizard Push-Ups	Mountain Climbers
			
			
			
X 10	X 10	X 10	X 50

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

Alternate Arm + Leg Plank Hold	Swap Sides	High Plank Hold	V Sit-Ups
30 SECS	30 SECS	30 SECS	X 10

CIRCUIT ONE

Lying Side Leg Lift



X 30

Lying Front Leg Lift



X 20

Lying Knee-Extend Lift



X 10

1 MINUTE BREAK

REPEAT X 2

CIRCUIT TWO

Inner Thigh Lift



X 30

Bent Inner Thigh Pulsing Squeeze



X 20

Froggy Press + 4 Scissors



X 10

1 MINUTE BREAK

REPEAT X 2



fist in-between knees and squeeze together

CIRCUIT THREE

**Straight Leg
Glute Pulse**



X 30

**Superman
Booty
Squeeze**



X 20

**Hip Thrust
+ 3 Pulses**



X 10

1 MINUTE BREAK

REPEAT X 2

CIRCUIT FOUR

**Bear Hold +
Reverse Leg
Toe Taps**



X 10

**Sumo Squat
Hold + Heel
Raises**



X 20

**In and Out
Squat Pulse**



X 20

1 MINUTE BREAK

REPEAT X 2

Week



fourteen

CIRCUIT ONE

180 Jump Squat



X 10

Side Lunge



X 10 EACH SIDE

Side Elevated Lunge Pulse



X 10 EACH SIDE

Bench Hops



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Travelling Jump Squats



X 10

Plank + Side-To-Side Rock



X 20

Cross Body Crab Kicks



X 20

Crab Walks



X 10 EACH SIDE

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Ab Kicks



X 10

Curtsey + Squat Pulse



X 10 EACH SIDE

DB Wall Squat + Front Raise



X 10

DB Vertical Toe Taps



X 20

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

5-10 min incline walk

Superset A

High Plank
1 MINUTE



Alternating Reverse Lunge + DB Press
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Elevated Push-Up Pops
1 MINUTE



8 Side-To-Side Toe Taps + 2 Sit-Ups
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Single Arm DB* Squat & Press (*5kg)
30 SEC EACH SIDE



Bridge Hold + Leg Extensions
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

CIRCUIT ONE

Skaters



X 30

Cross Body Crab Kicks



X 30

High Plank + Side Leg Taps



X 20

In & Out Squat Pulses



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Jump Squats + 8 Mntn Climbers (Travelling)



X 10

Dish Hold + Scissors



X 30

Plank In & Out + Jack Push Up



X 10

Wall Sit



45 SEC

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

180 Jump
Squat Burpee



X 10

High Plank
Side Dips



X 20 EACH SIDE

Planking
Elbow Hinge



X 10

Bicycles



X 30

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

10 min Jog/Walk

It's no secret that I LOVE coconut oil!! For tonight's spa session with Sezzy, you'll need a jar of coconut oil and for bonus points... a shower!

Once a week I like to jump in the shower with my jar of coconut oil and rub it deeply into my skin. Not only is this an incredible skin conditioner, leaving my body silky and soft, it also encourages me to massage my arms and legs, promoting blood flow. This is amazing for blood circulation, cellulite reduction and promoting oxygen to flow around your entire body!

Massage into your skin for a few minutes, rinse off and pat your skin dry with a clean towel!



CIRCUIT ONE

DB Renegade + Stand And Press



X 10

DB Leg Raises



X 20

Plank Side-To-Side Rock



X 20

Travelling Jump Squats



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up Burpees



X 10

Divebombers



X 10

DB Front Raises



X 10

Lizard Push-Ups



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

<p>Plank In & Outs</p>  <p>X 20</p>	<p>High Plank + Side Leg Taps</p>  <p>X 20</p>	<p>Squat + Lunge Jumps</p>  <p>X 10</p>	<p>3 Low Side Shuffles + Chest To Floor</p>  <p>X 10</p>	<p>1 MINUTE BREAK</p>
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REPEAT X 3

FAT BURNING FINISHER

<p>Vertical Toe Taps</p> <p>60 SECS</p>	<p>Bicycles</p> <p>50 SECS</p>	<p>Plank</p> <p>40 SECS</p>	<p>Russian Twist</p> <p>30 SECS</p>	<p>Dish Hold + Scissors</p> <p>20 SECS</p>	<p>V Sit-Ups</p> <p>10 SECS</p>
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saturday

AMRAP*

WEEK FOURTEEN: CHALLENGE

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Run	400M
Squat Jumps	X 20
High Plank + Side Leg Taps	X 20
Tuck Jump Burpees	X 20
Plank	1 MIN
Tricep Dips	X 20

REPEAT X AMRAP* IN 45 MINS

*AS MANY ROUNDS AS POSSIBLE

Week



fifteen

monday

WEEK FIFTEEN: SEZZY CIRCUIT

PAGE 93

CIRCUIT ONE

Crawling
Down Tricep
Push-Up



X 10

Tricep Dips



X 20

Wide Chest
Push-Ups



X 10

DB Chest
Press



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

DB Lateral
Raise



X 10

Elevated
Push-Up Pop



X 10

DB Bent
Over Fly



X 10

DB Press +
Kneeling
Glute Thrust



X 10

1 MINUTE BREAK

REPEAT X 3

**DB Skull
Crushers**



X 10

**Push-Up +
Shoulder Tap**



X 10

**Cross Body
Bench Taps**



X 20

Plank



45 SEC

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

PRACTISE!!

Pick an exercise or movement and practise for 15mins!

Here are some options...

Chin-ups

Hand stands

Stretching

Sprinting

Arm balances

Boxing technique

Superset A

**Push-Up
+ Open Fly**
1 MINUTE



**DB Around
The World**
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

**Single Arm DB
Squat + Press**
30 SEC EACH ARM



Tricep Dip
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

**Alternate Arm
+ Leg Plank Hold**
30 SEC EACH ARM



**Push-Up Burpees
+ Lunge Jumps**
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

CIRCUIT ONE

Jump Squats



X 20

DB Sissy Squat + Hinge



X 10

Crab Walks



X 15 EACH SIDE

Jump Lunges



X 30

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Elevated Back Leg Lunge



X 10 EACH LEG

Elevated Back Leg Lunge Jumps



X 10 EACH LEG

Elevated Back Leg Lunge Pulses



X 10 EACH LEG

100m Sprint



OR 20 SEC

1 MINUTE BREAK

REPEAT X 3

Welcome back to Sezzy's spa!

Tonight it's all about scrubbing away the day... and dead skin cells.

If you've got a dry brush handy, feel free to start off by giving your skin a nice, deep dry brush, moving in an upwards circular motion towards the heart (if you don't have a dry brush, you can find them at most discount beauty stores and chemists).

If you want to jump straight into the nitty gritty... literally... gritty. It's time to get scrubbing!

Much like my coconut oil massage, I like to treat myself to a full body scrub once a week. Jump in the shower, stepping away from the water and massage the scrub into your thighs, glutes, stomach and arms. Massage in a circular motion, moving towards the heart.

There are loads of natural and hydrating scrubs in your local health food or beauty store, but remember you can always make your own using some ingredients in your kitchen.

OPTION 1: COCONUT OIL & SUGAR

**OPTION 2: BLOCK OF CACAO BUTTER MELTED
+ GRANULATED COFFEE**

**OPTION 3: OATMEAL, HONEY, SUGAR &
LAVENDER OIL**

CIRCUIT ONE

Lizard Push-Ups



X 10

Cross Body Crab Kicks



X 20

10m Shuttle Runs + Chest To Floor



X 10

4 x Scissors + Dish Tuck



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Plank In & Outs



X 20

Travelling Jump Squats



X 10

Ab Kicks



X 10

Elevated Push-Up Pops



X 10

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

Bench In & Out Squat Jumps



X 10

DB Burpee & Press



X 10

Bicycles



X 20

Plank + Side-To-Side Rock



X 20

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

Run

400 METRE

Plank

45 SECS

Run

200 METRE

Plank

45 SECS

1 MINUTE BREAK

REPEAT X 3



CIRCUIT ONE

Travelling
Jump Squats



30 SECS

Jab, Cross,
Slip Slip.
Burpee



30 SECS

2 x Right Hook,
2 x Left Hook,
Jab Cross



30 SECS

Jab, Jab, Hook,
Shuffle Back
(Travelling)



30 SECS

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Elevated
Push-Ups Pop



30 SECS

Squat Hold
Fast Jab Cross



30 SECS

High 10 Jab
Cross + 10
Jump Squat



30 SECS

Jab, Jab, Hook,
Shuffle Back
(Travelling)



30 SECS

1 MINUTE BREAK

REPEAT X 3

FINISH WITH A 2.5KM RUN

week

sixteen



CIRCUIT ONE

Sprint



200 M

DB Walking Lunges



X 20

Jump Lunges



X 10

Plank



1 MIN

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up + Shoulder Tap



X 10

Side-To-Side Toe Taps



X 10

In & Out Plank To Squat Pause



X 10

Bunny Bounds (Travelling)



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

DB Deadlift



X 20

DB Narrow Squat



X 20

Lizard Push-Ups



X 10

Mountain Climbers



X 15 EACH SIDE

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

30 sec Sprint
Then 1 min Walk
Do This For 8mins

Superset A

Reverse Lunge Kick
30 SEC EACH SIDE



10m Shuttle Runs Chest To Floor
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Sit-Ups
1 MINUTE



1 - 2 MINUTE BREAK

10 x Mountain Climbers + Push-Up
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Sumo Squat Hold + Heel Raises
1 MINUTE



1 - 2 MINUTE BREAK

Skaters
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Find a decent set of stairs around your local area (roughly 50 - 100 stairs) and smash out some stair sprints! Listen to your body, energy levels and mood, here's an example of my weekly stair session...

Walk To The Set Of Stairs	1.5 KM
Sprints (Every Second Step)	X 2
Kickbacks (Every Second Step)	X 1
Fast Feet (Sprint Every Step)	X 1
Sideways Crab Walk (Second Step)	X 1
Sideways Crab Walk (Second Step)	X 1

REPEAT X AMRAP* IN 35 MINS

***AS MANY ROUNDS AS POSSIBLE**

Bestie bonding, and by bestie... I mean your foam roller #dah

By now you should be an absolute stretching princess! Use your foam roller to release any tension around your body and stretch out those tight muscles. Feel free to catch up on your fave podcast **COUGH The** Health Code Podcast (shameless plug) or catch-up on your fave YouTubers latest upload **COUGH Sarahs Day** Video (shameless plug).



CIRCUIT ONE

Travelling Jump Squats



X 15

Walking Lunges + Kick Back



X 20

DB Deadlift



X 10

Curtsey + Squat Pulse



X 10 EACH SIDE

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Push-Up + Shoulder Tap



X 10

DB Lateral Raises



X 10

Sit-Ups



X 20

8 x Mntn Climbers + 2 Push-Ups



X 10

1 MINUTE BREAK

REPEAT X 3

Single Arm DB
Squat & Press



X 10 EACH SIDE

Elevated
Push-Up Pops



X 10

Side-To-Side
Toe Taps



X 20

Plank



1 MIN

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

10 min walk

CIRCUIT ONE

Run



400M

Push-Ups



X 20

Bench In & Out Squat Jumps



X 20

Jump Lunges



X 30

1 MINUTE BREAK

REPEAT X 3

CIRCUIT TWO

Tuck Jump Burpees



X 10

Tricep Dips



X 20

Bear Crawl



X 30

Cross Over Crab Kicks



X 20

1 MINUTE BREAK

REPEAT X 3

CIRCUIT THREE

**Bunny Bounds
(Travelling)**



X 20

Mountain Climbers



X 30

Elevated Push-Up Pops



X 10

Leg Raises



X 20

1 MINUTE BREAK

REPEAT X 3

FAT BURNING FINISHER

2.5km Jog/Walk

Now it's a lifestyle...
Be kind to yourself and do
what makes you happy!



how to maintain



**CAN YOU BELIEVE YOU JUST SMASHED OUT
37 SWEATY SESSIONS AND 11 RECOVERIES!?**

YOU SISTA... ARE AN ABSOLUTE WEAPON!

Congratulations sissy!! You successfully completed weeks 9-16 of Sweat it Reload! For many of you this will also mean you've completed the ENTIRE SWEAT IT 16 week challenge!!

Not only am I so ridiculously proud of you and your motivation to smash through the challenge, I genuinely really want you to be proud of yourself.

I don't know about you, but I remember the days of "I'll start on Monday" like it was yesterday. Well girl... Monday's been and gone, and you've sweat all over it!

Now that you've finished the entire 16 week challenge, your body has had a taste for all things functional and dynamic training. Your fitness, endurance and recovery time will have improved and hopefully you're smashing your tuck jump burpees with a little less... resentment haha.

Going forward, here's the game plan...

Feel free to mix and match workouts from week 1 Sweat it to Shred it, all the way up to week 16 of Sweat it Reload. Although Sweat it Reload is the newest edition of the active lifestyle challenge, I still absolutely love the workouts in week 1-8 and complete at least two weekly. Honestly sissy, I created this 16 week program to show you a TRUE representation of my workout routine and the way in which I love to train.

The combinations, dynamic exercises and functional training style utilised in this challenge has also been developed to be fun and flexible! Listen to your body, mix and match workouts and make sure to assess your energy levels and muscle recovery before selecting your next workout. Remember – fitness is supposed to be fun, fresh and flexible! As soon as you start to resent it, dread it or feel un-inspired, MIX IT UP!! Even if that means stepping outside your comfort zone and trying something new.

**AGAIN SISTA, I AM SO PROUD OF YOU AND
THE SWEATY GOAL YOU JUST SMASHED OUT!**



sezzy shoutouts

PHOTOGRAPHY

KURT TILSE

[@ktilse](#) www.ktilse.com

p.s... love you smelly boy

GRAPHIC DESIGN

HELLO HELLO STUDIO

[@hellohellostudio](#) www.hellohellostudio.com

Thank you for always bringing my vision to life.

FAQS

WHERE IS YOUR ACTIVE WEAR FROM!?

All activewear shown in Sweat it Reload is my own active wear line in collaboration with White Fox Boutique. Find it here!

I'VE FINISHED THE 16 WEEKS, NOW WHAT!?

Refer to Page 112. Remember to be flexible with your fitness and listen to your body as you mix and match workouts from weeks 1 to week 16. These workouts are a true depiction of how I train every day, beyond a 16 week time period.

I'M SICK BUT HALF WAY THROUGH THE CHALLENGE, WHAT SHOULD I DO!?

I personally don't like to train when I'm sick. I give my body the time and rest it needs to adequately recover. If you've fallen sick in the middle of this challenge, that's totally fine #life! Don't feel the need to start over or beat yourself up over it! Just pick up from where you left off and be kind to your body.

THIS EXERCISE HURTS MY BODY... AND NOT IN A GOOD WAY. WHAT SHOULD I DO!?

Remember to be flexible with your workouts, listening to your own body every step of the way! If a particular exercise doesn't feel good, or strains your body in an unpleasant way, SWAP IT OUT! Feel free to mix and match!

disclaimer

I created this ebook to inspire, support and motivate you in your health and fitness journey. After receiving so many requests following on from weeks 1-8 of Sweat it to Shred it, I wanted to complete the entire challenge, resulting in a functional, fresh, fun and dynamic 16 week challenge!

It's no secret that I've worked extremely hard on this eBook, truly pouring my heart and soul into these workouts. Long nights, early mornings and countless workout test out days, I know you're so appreciative of it all. If I know the Sezzy Squad like I think I do, I'm confident in our integrity and honesty. Please respect and support my hard work by purchasing your very own version of this eBook. Thank you for being such amazing, loyal and supportive friends throughout this whole journey. You guys honestly feel like family to me and none of this would be possible without you!

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All content in this eBook has been written by Sarah's Day Pty Ltd. The information and workouts included in the document has been acknowledged and approved by qualified personal trainer Kurt Tilse and developed based on Sarah's personal experience. This active eight week challenge should be viewed as a guide, designed to help individuals reach their own health and fitness goals. The eBook has not been designed with a specific individual in mind, therefore, should not be relied on exclusively for health and fitness information and guidance. Consulting with your medical/health care practitioner before beginning this eight- week challenge is strongly advised. This program was not created by medical professionals, so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules.

With any physical activity program, there is the possibility of physical strain or injury. Sarah's Day Pty Ltd should not be held liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Sarah's Day Pty Ltd is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this eBook.

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DAY**

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