

THE BORING IMPORTANT BIT

This is a free resource designed to make exercise more accessible for people who find it overwhelming.

It's not medical advice. If you have or think you might have a medical condition, talk to your doctor first. If something hurts, stop. If you feel unwell, stop.

This is not a personalised prescription. Everyone is different.

If you want personalised advice, email contact@scienceartnutrition.com
We can design a support plan for any budget.

Love and health,
Kaya x

SAMPLE GYM TRAINING PROGRAM

Your first training program is below. You could probably rock it for like 8 weeks. Then change a few of the exercises and rock that for 4-8 weeks. If you set up a profile on the app, you will be able to access video demonstrations of the exercises with the key cues that will allow you to have good form (this is paid).

Progress comes from doing a little more each time. This is called progressive overload.

But remember, the fastest way to progress is not to get injured! so make sure you're mindful of form. Your main focus in the first week is getting to know the exercises, and then from there, you are trying to either increase the weight you are using, or add a couple of reps.

The intensity should be such that you stop when you think you could only do 1-2 more reps. Think "if my life depended on it, I could maybe do 2-3 more reps but no more".

Exercise name	Sets	Reps/ duration	Tempo	Rest	Form tips
walk on treadmill	1	5 minutes	na	no rest	walk on an incline with 6/10 intensity as a warm up
Dead hang	2	60 seconds	na	60s	hang off a bar with spine relaxed
Lat pulldown - any grip	3	6-8	2010	2 minutes	one set is a warm up. Tense core. let shoulder blades rise overhead and then pull them back and down. Make sure youd shoulders are far from your ears at the bottom position and don't hunch. Lean back a little.

Exercise name	Sets	Reps/ duration	Tempo	Rest	Form tips
incline dumbbell chest press	3	8-10	2x11	2 minutes	first set warm up. Set a bench to 45 degrees include. Set up so that you retract your shoulder blades into the bench. Your core should be tense and there should be a small arch. Hold DBs at 45 degrees from the shoulder and push straight up.
Goblet squat	3	8-10	21x1	2 minutes	Rest dumbbell on your palms and hold vertical at your chest. Tense core and descend into a squat. You can use a bench for support if needed
Lying leg curl machine	3	6-8	2011	2 minutes	First set warm up. Set the pad so it's at the bottom of your calves. Do not let the hips rise up. Tense core
Leg extension machine	3	6-8	2011	2 minutes	First set is a warm up Set the chair so that your knees are at the edge and the pad is at the bottom of your shins. Hold the handles

SAMPLE HOME TRAINING PROGRAM

Progress comes from doing a little more each time. This is called progressive overload.

Your main focus in the first week is getting to know the exercises, and then from there, you are trying to increase duration, reps, range of motion etc.

Ideally you will have at least one 5-10+kg dumbbell, a set of bands, and a swiss ball. This isn't expensive - you can purchase all of these for less than \$100.

You can combine this with the gym program as the gym is more effective for faster progress

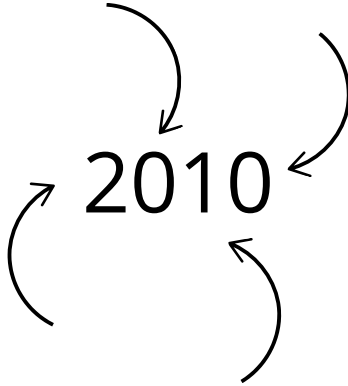
Exercise name	Sets	Reps/ duration	Tempo	Rest	Form tips
Dead bug toe taps	2	30 seconds	na	15s	No gap between your back and the floor
Bicycles on elbows	3	30 seconds	na	15s	Prop yourself up on your elbows, knees to chest, extend one leg at a time

Exercise name	Sets	Reps/ duration	Tempo	Rest	Form tips
incline push up	2	6-15	2x11	1- 2 mins	Elevate your hands on a table or couch, tense core, lower and push up. Gradually lower elevation
Banded row	2	6-15	2x11	1-2 mins	Sit in an L. shape. Wrap a band around a table leg or your feet. Tense core, row arms towards you
Glute bridges	2 per leg	10-20	na	1-2 min	Keep constant tension and use a weight or move to unilateral to progress
Goblet squat	3	8-15	21x1	1-2 min	Elevate heels with a book. Rest dumbbell or something heavy on your palms and hold vertical at your chest. Tense core and descend into a squat. You can use a seat for support if needed
Swiss ball hamstring roll out	3	6-20	2011	1-2 min	Lie flat and lift heels to the top of the ball. Lift glutes so you are in a diagonal. Bend knees to roll the ball towards you then

HOW TO READ TEMPO

Number of seconds at
the bottom position

Number of seconds at
the top position/ after
the movement is
complete



Number of seconds on
the way down - the
'eccentric'

How fast you go up
(note - X means
'explosively as you can')

HOW TO DO CARDIO

Cardio is hardio. But the point of cardio is not to go so hard that you want to die. This is the mistake most people make.

Not only is this completely unenjoyable (and enjoyment = consistency) but it's also not effective for progress, because it takes many days to recover from.

If you are a beginner, your cardio should feel like you are getting a bit puffed, but you can still talk. If you can't talk while you are doing it, you are going too hard.

- Your first goal should be building up to being able to maintain 30 min of that 'kinda puffed' pace.
- Once this is manageable, you can add 1x per week of more 'challenging' cardio (like running) but start with just 10-15 min then build up to 30 min.

If you want to do any kind of HIIT, I recommend making sure you can do bullets 1 & 2 first. A decent HIIT model is as follows:

- warm up for 2-5 min
- 15 seconds** on (go hard), 45 seconds off (go easy) x 8
- go easy 2 min
- repeat the cycle

** most people WAAYY overcook the 'on' part of the HIIT. The 'on' is not supposed to be 'go so hard you feel like you're going to die'. It's meant to be like 'go at a hard pace that you could only sustain for 5 minutes' - emphasis being on the 'you should be able to sustain this pace for 5 minutes if you had to'.