

# ALL IN SHRED

**12 WEEK HOME PROGRAM**



**BEGINNER  
CYCLE**

"Time To Start Your Journey, Let's Do this!"

**Sam Jones**  
Exercise Physiologist

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**IMPORTANT DISCLAIMER:** When following any of my workout videos please ensure you have taken precaution to exercise in a safe environment. Even though I am an Accredited Exercise Physiologist, I advise seeking medical clearance from your general practitioner or health care professional before undertaking any of the workouts in this program. The healthy habit advice throughout this program is general and based on the most common patterns of behaviours I have seen client's make. Therefore, your results may vary. Everybody is unique and there is not one size fits all to health and fitness solutions. Your health situation may require a more specific tailored approach thus I recommend seeking specific medical/health expertise from your general practitioner or healthcare professional. Sam Jones will not be held responsible or liable for injury, harm, or unattained health and fitness results throughout this program.

## WHAT YOU GET

- 1) 35 Minute Home Workouts
- 2) Body Weight & Equipment Based Workouts
- 3) 16 Total Live Workouts
- 4) Sustaining the 5 Key Healthy Habits
- 5) Instructions of how to do the exercises correctly

## WHAT YOU NEED

- 1) Towel & water bottle
- 2) Chair, bench or couch
- 3) Equipment: I recommend a pair of
  - 3kg Dumbbells
  - 5kg Dumbbells
  - 7.5kg Dumbbells
  - 10kg Dumbbells
  - 12.5kg Dumbbells

You will need equipment for the workouts where equipment is used. A couple of pairs is a great start

# WELCOME

Hey there,

My name is Sam Jones Accredited Exercise Physiologist and welcome to the **12 Week ALL IN SHRED** program.

This will be a challenging health and fitness program, but if you commit yourself, you will see changes in your physical, spiritual, emotional and mental health.

Watch the Video below:



<https://youtu.be/NzVDFDNIxV4>

## WHY ARE YOU HERE?

This is something that you have to be very clear on. You must know what you want from this. Are you here for or to:

- **Improve your health?**
- **Lose Weight?**
- **Improve your sleep?**
- **Increase your energy?**
- **Increase lean muscle?**
- **Reduce your stress?**
- **Gain more confidence?**
- **Feel better in your body?**
- **Improve your social interactions?**
- **Improve your love life?**
- **Improve your Libido?**

Whatever the REAL reason is to why you are here, I want you to write it down. Write it down below and know that this will be your Intrinsic Motivation.

Your Intrinsic Motivation is the key to you performing the workouts, focusing on the habits and working towards the health that you want.

## LET'S WRITE YOUR WHY DOWN

Your Why #1:

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Your Why #2:

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Your Why #3:

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## LET'S WRITE YOUR GOALS DOWN

Month Goal #1:

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Month Goal #2:

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Month Goal #3:

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## MEASUREMENTS

You will be taking some measurements now, so watch the video below and find out what you are required to do

Watch the Video below:



<https://youtu.be/h11IUKhCX6E>

Week 1 Weight:

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Week 1 Waist:

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Week 1 Hips:

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Week 1 Waist to Hip Ratio:

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## WEEK 1

### INTRO



<https://youtu.be/gSUKfgcObRQ>

### HABIT



<https://youtu.be/1fTdVKMGdmk>

DAY 1



<https://youtu.be/WAH3iJ5C-ZI>

DAY 2



<https://youtu.be/d6qnOB1FgKU>

## DAY 3



<https://youtu.be/B4HLZziV8Ow>

## COOLDOWN



<https://youtu.be/yOrbTEvtRr0>

## COMPLETION



<https://youtu.be/RhP8wZws95s>

## WEEK 2

### INTRO



<https://youtu.be/31WwaM6UlyQ>

### DAY 1



<https://youtu.be/dyLtglbiWDQ>



DAY 2



<https://youtu.be/Tdue6M4d1Os>

DAY 3



<https://youtu.be/8CD0jRZh7os>

## COOLDOWN



<https://youtu.be/yOrbTEvtRr0>

## COMPLETION



<https://youtu.be/eLvzLoewgLs>

## HABIT CHANGE WATER

Over the first 2 weeks, we should have been focusing on increasing the amount of water we drink on a daily basis. The amount of water we want to be aiming for is:

2-3Litres/day

Carry a water bottle around with you and to make it easier to do this. If you do drink a lot of coffee or tea, I recommend having a glass of water directly after you have drank your tea or coffee.





In addition to increasing the water intake, you want to be reducing or cutting out the other liquids you consume. Here is a list of drinks to cut out.

- Softdrink
- Diet Softdrink
- Fruit juices
- Smoothies
- Sports/ Energy drinks
- Caffeinated drinks
- Alcohol

By reducing these liquids and increasing your water, your weight will reduce and energy levels increase.



## WEEK 3

### INTRO



<https://youtu.be/h2mg446yi4Q>

### DAY 1



<https://youtu.be/nMFOgPAXdDU>

DAY 2



<https://youtu.be/K1Znv7PqLkM>

DAY 3



<https://youtu.be/RiWro3k1HDs>

## COOLDOWN



<https://youtu.be/yOrbTEvtRr0>

## COMPLETION



<https://youtu.be/NCkU7wTck8U>



## WEEK 4

### INTRO



<https://youtu.be/0AZmCnufMb8>

### DAY 1



<https://youtu.be/MR69txKpeM8>

DAY 2



<https://youtu.be/PXjpJOuQ24o>

DAY 3



<https://youtu.be/UJmKe4LhDug>

## COOLDOWN



<https://youtu.be/yOrbTEvtRr0>

## COMPLETION



<https://youtu.be/J4UMeiHZuhl>

## HABIT CHANGE : SLEEP

Now we have been focusing on Sleep. The better you sleep, the more energy you will have the next day, the better your mood is and the reduced risk of putting on weight.

You should be aiming to achieve:

### **7-9 Hours/night**

Put the phone away earlier in the evening, don't drink water prior to bed, sleep in complete darkness and don't go to sleep in with a negative mood. If you are anxious or have stuff on your mind, then write it down on a piece of paper and address it the next morning. Make your sleep great!





## MEASUREMENTS

You will be taking post measurements now, so watch the video below and find out what you are required to do.

Watch the Video below:



Week 1 Weight: <https://youtu.be/MYv6Gemx1yQ>

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Week 1 Waist:

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Week 1 Hips:

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Week 1 Waist to Hip Ratio:

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## HABITS ACHIEVED

The 2 habits that I want you to continue to work on to make consistent with your health change are:

1. **2-3 Litres of water/day**
2. **7-9 Hours of Sleep/night.**

Be consistent with these habits until they are automatic. You can do this and the more consistent you are with this, the more changes you will see with time.

## COMPLETION

Hey there,

Congratulations on completing the **Beginner Cycle** and trying to implement the habits that have been outlined during this month.

You should be very proud of your efforts, however it is not the time to be content with what you have achieved.

It is time to take your training to the next level, so it is time to start the next 4 weeks of the training, the **Intermediate Cycle**.