

Name	<u>Rehana Shah</u>
Routine	Trial
Instructor	Devon Ramkallawan. Qualifications
Time per session	Approximately 30-45 min per session
Total time	4 sessions
Date	4.05.2021
Goals	Weight loss, Self defense
Limitations	Pinched nerve on lower back
Equipment	Treadmill, a pair of 5lbs
Dieting strategy	None
Weight	181lbs
Measurements	
Acronyms	Please click here to view the meaning of the Acronyms used.
Disclaimer	Please read the Policy and agreement before starting. By starting the routine you are indicating that you accept the policy.
Assessment	Send a short clip of these exercises after you have finished the routine for assessment before another routine is to be done. None needed

Challenge Personal Trainer is a member of the [NKCTT](#) and [NMCTT](#). Connected to [WAKO](#) and [IFMA](#)

Use adobe editor to make your tick and notes.

Click here to download a [Prescribed interval timer](#) which works in the background during your workout.

[If you are interested in any equipment, click here. Use the discount code DEVON30 for 30% off](#)

Challenge Gym's Official Supplement brand is [AllMax](#)

Session 1

Warm-up (15min)



1 mile walk and run. OR do this

[Warm-up](#)

Abdominal and core (12min)

2min a round 1min rest. Record how many you did

If you need to rest during the round, 3 to 5 seconds. [Set Timer](#)

1. [Crunches](#)
2. Repeat round 1
3. [Knees up](#) lying
4. Repeat round 3



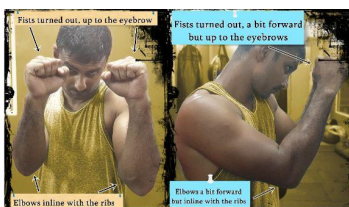
Muay Thai (15min)

2min a round 1min rest. [Set Timer](#)

#1- Punch; learning the Vertical#1 and Horizontal#2 punches



Or

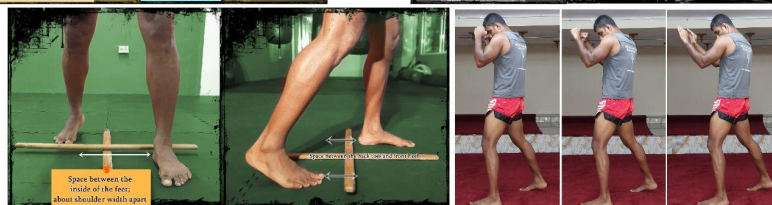


Or



The Front stance

There are different hand positions but the foot position stays the same



Air

1. [Orthodox Stance](#)
2. [Jab_Vertical_no_step#1](#)
3. [SR_Vertical_no_step#1](#)
4. [Jab_horizontal_no_step#2](#)

5. SR horizontal no step #2	
Complete	

Session 2	
Warm-up (15min)	
1 mile walk and run. OR do this  Warm-up	
Anaerobic (15min)	
2min a round 1min rest. <i>If you need to rest during the round, 3 to 5 seconds.</i> Set Timer #3	
Marching Marching with front raises Marching with side raises Fast jogging on the spot Climbers	
Resistance (6min)	
Perform for 2min each. Record how many you did and the weights you used. <i>If you need to rest during the round, 3 to 5 seconds.</i> Set Timer	
Push ups on knees shoulder width inline with chest Shoulder press standing dumbbells both 	
Stretches (4min)	

1min each. Set Timer #4- basic leg stretches Toe touch Right heel to butt Left heel to butt Heel drop_both	
Complete	

Session 3	
Warm-up (15min)	
 1 mile walk and run. OR do this Warm-up	
Abdominal and core (12min)	
2min a round 1min rest. Record how many you did <i>If you need to rest during the round, 3 to 5 seconds. Set Timer</i> #3 Crunches Left side crunches, feet on the ground Right side crunches, feet on the ground Floor hyperextensions, palms under chin	
Muay Thai (15min)	
2min a round 1min rest. Set Timer #1- Punch; learning the Vertical#1 and Horizontal#2 punches	



The Front stance

There are different hand positions
but the foot position stays the same

Air

1. [Jab horizontal no step#2](#)
2. [SR horizontal no step#2](#)
3. [Twist freely](#)
4. [Jab, SR vertical no step](#)
5. [Jab, SR horizontal no step](#)

Complete

Session 4

Warm-up (15min)

1 mile walk and run. OR do this



[Warm-up](#)

Anaerobic (12min)

2min a round 1min rest. *If you need to rest during the round, 3 to 5 seconds.* [Set Timer](#)

1. [Marching](#)
2. [Marching with front raises](#)

3. Marching with side raises	
4. Jumping jacks	
Resistance (6min)	
Perform for 2min each. Record how many you did and the weights you used. <i>If you need to rest during the round, 3 to 5 seconds. Set Timer</i>	
1. Donkey kick_Left	
2. Donkey kick_Right	
Stretches (15min)	
1min each. Set Timer	
1. Toe touch	
2. Right front raise, chin to knee	
3. Left front raise, chin to knee	
4. Lying cross over_right	
5. Lying cross over_left	
6. Beyond 90 Degree Straddle, forward	
7. Beyond 90 Degree Straddle, chin to right knee	
8. Beyond 90 Degree Straddle, chin to left knee	
9. Right heel to butt	
10. Left heel to butt	
11. Right hip flexor lunge	
12. Left hip flexor lunge	
13. Right Cross knee glute	
14. Left cross knee glute	
15. Heel drop_both	
Complete	