



DIETARY MANAGEMENT

ELLIS PARTRIDGE

Wellness Specialist,
Yoga Teacher, Pt, Massage
Therapist, aka Mr Zen

TRAINING

This is my four week plan. I designed it to help anyone looking to improve their wellbeing. Its a mixture of cardio, circuits, HIIT and weight lifting to help improve your general fitness and conditioning. Give it a go and feel free to [get in touch](#) if you want to take things to the next level.

LOCATION:
EASTBOURNE

WEBSITE:
OSOMOFFICIAL.COM

“To change the outcome, we must act in new ways. Stick to this plan and see where it takes you”

“When it comes to nutrition, it’s about about getting the most nutritional bang for your calorific buck. Ditch those empty calories!”

“Don’t forget to breath! And I don’t need to tell you why that’s important.”

DAY 1: UPPER BODY

10 min warm up – treadmill.

LIFT

EXERCISE	SETS / REPS	REST
Lat pull downs	3 sets of 8-10	1 min
Flat dumbbell press	3 sets of 8-10	1 min
Dumbbell row	3 sets of 8-10	1 min
Military press	3 sets of 8-10	1 min

HIT

Rowing machine	8 sets of 20 sec	10 sec
----------------	------------------	--------

DAY 2: REST

DAY 3: LOWER BODY

10 min warm up – elliptical trainer.

LIFT

EXERCISE	SETS / REPS	REST
Deadlift	3 sets of 8-10	1 min
Squat	3 sets of 8-10	1 min
Stiff leg Deadlift	3 sets of 8-10	1 min
Barbell lunge	3 sets of 8-10	1 min

HIT

Bike	8 sets of 20 sec	10 sec
------	------------------	--------

DAY 4: REST

DAY 5: UPPER BODY

10 min warm up – rowing machine.

CIRCUIT & CORE

EXERCISE	SETS / REPS	REST
Push ups	3-5 sets of 1 min	2 min
Body weight row	3-5 sets of 1 min	2 min
Dumbbell push press	3-5 sets of 1 min	2 min
Medicine ball slams	3-5 sets of 1 min	2 min
Swiss ball rollouts	3-5 sets of 1 min	2 min

DAY 6: LOWER BODY

10 min warm up – treadmill.

CIRCUIT & CORE

Kettle bell swings	3-5 sets of 1 min	2 min
Squat jumps	3-5 sets of 1 min	2 min
Alternating lunges	3-5 sets of 1 min	2 min
Burpees	3-5 sets of 1 min	2 min
Opposite knee to elbow mountain climbers (slow & controlled)	3-5 sets of 1 min	2 min

DAY 7: REST



NUTRITION

This is the kind of nutrition programme that I would combine with my workout plans. The focus is to build consistent food and nutritional supplements into your daily routine.

Workout day

MORNING 600 KCAL

Protein porridge

70g oats, 300ml semi skimmed milk, 1 medium banana, 1 teaspoon peanut butter, 1 serving Natural Whey protein.

AFTERNOON 600 KCAL

Tuna Salad

1 large sweet potato, Mixed salad leaves and vegetables, 1 tin tuna, olive oil, lemon juice.

EVENING 600 KCAL

Stir fry

200 grams cooked rice, 1-2 chicken breast, 1 pack stir fried veg, 1 teaspoon olive oil, Small handful of cashews, season as necessary.

NIGHT TIME 400 KCAL

250 grams Greek yogurt, 1 serving Reflex Micellar Casein, handful mixed berries.

Rest day

MORNING 600 KCAL

3 whole egg omelett, spinach, peppers, any other veg, olive oil, 1 medium banana.

AFTERNOON 600 KCAL

Large sweet potato, 1 portion mixed green salad, ½ avocado, 1-2 chicken breasts, lemon juice, olive oil and seasoning.

EVENING 600 KCAL

1-2 salmon fillets, grilled mixed vegetables, 200 grams rice, season as necessary.

NIGHT TIME 400 KCAL

Reflex Natural Whey protein shake, handful of mixed unsalted nuts

KEY PRODUCTS

I like to recommend certain products with my plans. If you have any special dietary requirements Reflex has a number of vegetarian or vegan friendly options to choose from.

CLICK ON A PRODUCT TO FIND OUT MORE



NATURAL WHEY



DIGEZYME



MICELLAR CASEIN



VITAMIN D3



NEXGEN®



KRILL OIL



GREEN TEA



ALPHA LIPOIC ACID



ACETYL L-CARNITINE