



# UP YOUR PERFORMANCE

## SUSIE WOFFENDEN

PT, Lifestyle Coach & Pro Fitness Model AKA Dumbbell queen

### TRAINING

My four week workout plan focuses on resistance and HIIT concepts to accelerate metabolism in order to help you lose body fat while building lean muscle. If you like what you see, click the link to my [website](http://www.strengthwithin.co.uk) to find out more about my online coaching.

#### DAY 1: RESISTANCE FULL BODY

Use 2x dumbbells for all exercises.

EXERCISE	SETS / REPS	REST
Deadlift	3 sets of 12	30 sec
Squat	3 sets of 16	30 sec
Bent over row	3 sets of 16	30 sec
Front squats	3 sets of 16	30 sec
Chest press	3 sets of 16	30 sec
Calve raises	3 sets of 32	15 sec
Alternate bicep curl:	4 sets of 8	15 sec
Alternate shoulder press	4 sets of 8	15 sec

#### DAY 2: REST

#### DAY 3: HIIT CARDIO

Warm up: Light run	5 mins
Round 1:	
Interval treadmill sprints (1% incline, speeds 16 – 20 kmh)	15 sec on, 30 sec off x20
Rest	5 mins
Round 2:	
Interval rows (level 10)	200m on, 1 min off x8
Rest	5 mins
Round 3:	
Interval cycling (approx. 65 bpm)	30sec on, 15 sec off x8
Rest	5 mins

#### DAY 4: REST

#### DAY 5: RESISTANCE COMBINATIONS

Use 2x dumbbells for all exercises.

EXERCISE	SETS	REST
Combination 1		
1 clean & 3 squats, lean & 3 rows	3	30 sec
Combination 2		
4 squats, squat thrust & 3 press-ups	3	30 sec
Combination 3		
1 clean & squat, lean & 1 pull, 1 squats, squat thrust & 1 press up	3	30 sec
Combination 4		
1 clean & 3 shoulder press, 3 front squat, 4 squats	3	30 sec
Combination 5		
Bicep left, bicep right, bicep shoulder press left, bicep right, bicep left, bicep shoulder press right	4	30 sec

#### DAY 6: RESISTANCE LOWER BODY

EXERCISE	SETS	REST
High step ups (no weights)	3 sets of 16 each leg	1 min
Single leg press	3 sets of 12 each leg	1 min
Walking squats (using 2x dumbbells)	3 sets of 16 steps	1 min
Single leg squat (back foot raised, using 1x dumbbell)	2 sets of 12 each leg	1 min
Seated calve raise	3 sets of 16	1 min

#### DAY 7: REST

LOCATION:  
THIRDSPACE SOHO

WEBSITE:  
[STRENGTHWITHIN.CO.UK](http://STRENGTHWITHIN.CO.UK)

“My goal is to help share knowledge and inspiration to make positive lifestyle changes both in fitness and all aspects of life”

“Everything starts within, challenge your mind, change your body”



## NUTRITION

Maintain a consistent calorie intake during training and non-training days of 2200Kcals (based on an average sized person). Metabolic Strength Training is designed to trigger the EPOC (excess post oxygen consumption) AKA the after burn effect meaning even on rest days you could still be potentially burning calories from your workout. Your body will respond best to building lean muscle and burning fat with a consistent level of calorie intake across the week.

### UPON WAKING

½ grapefruit. Supergreen powder mixed with water & Creapure® Creatine, L-Glutamine & Omega 3.

### MEAL 1

Egg omlette (3 eggs + 3 egg whites) with a handful of nuts (approx 18 almonds). Optional: coffee & tbspc. coconut oil.

### MORNING SNACK

Overnight soaked oats: 40g oats soaked in nut milk with 1 tbspc of added hemp seeds.

### MEAL 2

1 tbspc Apple Cider Vinegar + warm water, Chicken breast approx 125g, Quinoa 125g, Veg, Nexgen® Pro.

### PRE-TRAINING SNACK

4 rice cakes with 2x tbspc nut butter, Muscle Bomb®. Or afternoon snack on non-training days: Hummous and vegetable crudités.

### POST TRAINING

Natural Whey 2 scoops, banana, 1x tsp Nut butter, Vitamin C.

### MEAL 3

(ideally within 1 hour of finishing training)

Steak 125g, 100g sweet potatoes, Veg.

### SNACK

(Pre-bed)

Oats 30g, 1 tbspc nut butter, optional raw cacao (add lucuma to sweeten), Zinc Matrix.

### THROUGHOUT DAY

Water (4 – 5litre) with ½ lime & ½ tsp pink salt, green/herbal teas.

## 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**



**MUSCLE BOMB®**



**NATURAL WHEY**



**L-GLUTAMINE**



**CREAPURE® CREATINE**



**OMEGA 3**



**ZINC MATRIX**



**NEXGEN® PRO**

\*This Workout & Nutrition plan was prepared by the PT, and not Reflex, as a guide only. Certain elements may need to be adjusted to accommodate your specific circumstances, such as calorific intake. We recommend you seek your own independent professional advice before deciding to embark on a new diet and exercise regime. Reflex accepts no liability for your use of this Workout & Nutrition plan. Please see our Terms of Use for further information <https://www.reflexnutrition.com/terms-of-use/>