



BALANCE YOUR BODY

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TRAINING

I designed this plan for anyone looking to get stronger, increase flexibility and improve your overall wellbeing without needing to go to a gym. It includes yoga, bodyweight training, meditation and nutrition tips to support you over 4 weeks so you can improve your fitness and feel great.

DAY 1: UPPER BODY

Warm up	
Cat and Cow	x 10
Sun Salutation A	x 5
Repeat each pair x 3	
Down Dog	x 60 second hold
Down Dog Push Ups	x 10
Plank	x 60 second hold
Push Ups	x 10
Reverse table top	x 60 seconds
Reverse table top dips	x 10
Challenge pose (play with for 5 minutes)	
Crow Pose	
Cool down poses	
Melting heart pose	x 2 minutes
Child's pose	x 2 minutes
Meditation	
Breath focussed meditation (sit and focus on your breath)	x 5 minutes

DAY 2: REST

DAY 3: LOWER BODY

Warm up	
Sun Salutation A	x 3
Sun Salutation B	x 2
Repeat each pair x 3	
Warrior 1	x 60 second hold
Split squat	x 10 each side
Warrior 2	x 60 second hold
Cossack squat	x 10 each side
Sun God pose	x 60 seconds
Sumo squats	x 10
Challenge pose (play with for 5 minutes)	
Handstand	
Cool down poses	
Ragdoll	x 2 minutes
Butterfly	x 2 minutes
Sleeping pigeon	x 2 minutes each side
Meditation	
Breath focussed meditation (sit and focus on your breath)	x 5 minutes

DAY 4: REST

DAY 5: FULL BODY

Warm up	
Sun Salutation A	x 5
Sun Salutation A	x 3
Hold each pose for 60 seconds and then repeat on the other leg	
Warrior 2	Warrior 3
Triangle	Tree
Warrior 1	
Complete the circuit as many times as you can in 20 minutes	
Push ups	x 5
Squats	x 10
Down dog push ups	x 5
Star jumps	x 10
Reverse table top dips	x 5
Alternate leg lunges	x 10
Burpees	x 5
V-ups	x 10
Challenge pose (play with for 5 minutes)	
Headstand	
Cool down poses	
Caterpillar pose	x 2 minutes
Dragon	x 2 minutes per side
Shoelace	x 2 minutes per side
Meditation	
Breath focussed meditation (sit and focus on your breath)	x 5 minutes

LOCATION:
BRIGHTON

WEBSITE:
NICOLAJANEHOBBS.COM

DAY 6: REST

DAY 7: RECOVERY

Hold each pose for 3-5 minutes	
Melting heart	Sleeping pigeon
Child's pose	Reclining twist
Caterpillar	Plough
Straddle	Corpse
Meditation	
Breath focussed meditation (sit and focus on your breath)	x 5 minutes

You can find full descriptions of each exercise in my book, Yoga Gym or if you've got any questions, feel free to get in touch at nicolajanehobbs.com



NUTRITION

I encourage intuitive eating – listening to your body’s needs, becoming aware of hunger and fullness signals, incorporating gentle nutrition, and knowing the foods that make you feel sluggish and the foods that make you feel great!

The plan should cater for an average person’s calorie intake (2000 for women/2500 for men) plus the additional amount needed for an active lifestyle.

Please allocate for additional calories dependent on actual body weight. The plan can be cycled for four weeks and progressed accordingly.

MORNING

Porridge and overnight oats make a great breakfast. Just add nutritious toppings like nuts and fruit. Toast is another alternative topped with scrambled eggs or tofu.

AFTERNOON

Base your lunch around plants (beans and greens) with a portion of wholegrains if you’re hungry. A rice salad with tofu or chickpeas is a simple lunch you can take to work.

EVENING

Base your meals around plants (beans and greens) and add extras depending on your appetite. A mixed bean chilli with rice and salad is a simple and nourishing dinner option. .

NIGHT TIME

If you find you fancy something sweet after dinner a couple of squares of 80% cocoa dark chocolate normally hits the spot!

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



PLANT-BASED PROTEIN



NEXGEN® MULTIVITAMIN



R-BAR



ZINC MATRIX