



HOW TO START TRAINING

This document includes advice on how often to train each week, and how to choose the best workouts for you, as well as getting started choosing the right weights.

HOW TO START TRAINING

Many people have asked me about how to get started training if they are new to working out, or simply time poor. A question that comes up often is 'which workout(s) should I do if I can only manage 2 workouts a week?'. 'Or 3?' And so on.

Here are some general notes on that.

If you can only train twice each week

1. A Body Sculpt Session (you'll receive 1 each week, alternating for gym and home. If you're training at home use a home Body Sculpt workout from the workout archive on your Gold dashboard, and repeat as needed. Body Sculpt workouts are designed to be repeated 2-3 times in order to allow progression.
2. And then either a gym 'Burn' session, a home 'Metabolic' session or a gym/home 'Shred' session. You will receive one of the 3 of these each week. Remember if you prefer to do a different style of sweat session from the week you are in simply refer to the workout archive

If you have time for a 3rd workout I would add a second Body Sculpt session. Simply choose one of the other Body Sculpt workouts that you didn't already do, or repeat the one you did! And if you are going for 4 or more, simply alternate a Body Sculpt workout with a Shred, Burn or Metabolic workout.

If you feel confused or are new to training, it's fine to repeat the same Body Sculpt workout twice within a week rather than changing it each time. That's what I would do if just starting out.



Please let me know if you have any questions about making the training work for you! Remember the terminology will make more sense once you start getting into your digests 😊

WHAT THE WORKOUTS ARE FOR

There are 5 different styles of workouts:

1. Body Sculpt (for building and toning lean muscle, and burning fat at the same time, some will be written for the gym and some for home)
2. Metabolic Madness (fat burning session also designed to enhance your metabolism ongoing; designed for home but can be done at the gym)
3. Burn (as above, but designed for the gym)
4. Shred (cardio/interval based fat-burning session, for home or gym)
5. Wind Down (recovery and mind/body session for home or gym)

So Burn and Metabolic Madness are the same style, but just named differently to suit home or gym. Aside from that, each workout name denotes a different style.

CHOOSING THE RIGHT WEIGHTS TO USE

A simple rule is to use a weight for each exercise that allows you to 'just' complete the recommended amount of repetitions.

Of course if you're new to training or just new to some of the exercises then you may have no idea what this might be!

Here are some tips:

- If you're brand new to working out, start with just body weight (no added weight) or the lightest available weight for machine work. It's more important to get used to doing the movements first, and add weight when you feel ready.



- It's impossible to list a general starting weight for dumbbells, barbells and machines, as everyone is so different. What I will say is if you're completely unsure then simply go for something that looks like you can lift it! You will soon find out if it's possible or not. Never try and be a 'hero' lifting big weights.
- If you're easily completing the designated amount of repetitions and privately know you could do a couple more if you had to, it's time to increase the weight. Go up by just one weight level at a time.

FURTHER QUESTIONS

Do you have a question that I haven't covered? Please email me at kat@womanincredible.com or comment on the training section at www.womanincredible.com/forum