



## 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.

The top 2 workouts each week are:

1. Any Body Sculpt Session (you'll receive 2 gym Body Sculpt workouts each week and 1 home Body Sculpt workout, so you can choose which suits you. Remember you can always look at the workout archives on your Platinum Dashboard if you prefer to do a workout from a different day to the one on your email digest).
2. And then either a gym 'Burn' session or a home 'Metabolic' session

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 – or follow the way I program them in your daily digests!

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.

Your Body Sculpt sessions are designed to progress you through a 2-4 week period, so those workouts are repeated for that length of time with small variables (such as the rest time) changing.

This ensures you get to know the workout and are able to notice yourself improve.

We are using a similar progression style for Shred sessions, but your Burn/Metabolic Madness and Wind Down sessions are going to continue to change week to week.

**The reason for my choosing Body Sculpt plus either a Burn or Metabolic session as the top two, is that this way you focus on building or maintaining lean muscle at the same time as optimizing fat burn.**

## IF YOU FEEL OVERWHELMED OR ARE NEW TO TRAINING

Many conditioned trainees or people who workout daily do change their workouts nearly every day. Hence the daily digests ... the idea is to give you an idea of how experienced gym-goers, trainers and personal training clients train.



As you'll notice, it doesn't change *completely* each week. The Body Sculpt workouts carry over from week to week, so you learn to adapt and become better at those programs before moving on.

But yes, there is a lot going on and it can be daunting if you're not used to training a lot or simply don't have the time to train daily.

If you're in either of those situations then please follow the above pointers regarding the top workouts to choose each week.

**You may find the best way to do that is to start using the workouts from the previous week, so that you already know what to expect. So you'll kind of always be one week behind in training but you'll know what you're doing day to day and feel a greater sense of control.**

An easy way to put that into practice is to just go into the archived workouts section and open up 'Week 2 Day 1' or whatever day you're looking for based on my suggestions above.

You may also just like to keep your daily emails in a special folder in your inbox.

Remember, if you do 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. So you could do just Day 1 twice each week (if training at the gym), or Day 3 twice each week (if training at home).

I would still do either your Burn or Metabolic session in addition to that.

### **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](mailto:kat@womanincredible.com) or comment on the training section at [www.womanincredible.com/forum](http://www.womanincredible.com/forum)