



# SHAPE UP THE PROFESSIONAL WAY



**MICK GEORGE**

BROUGHT TO YOU BY MICK GEORGE  
IN ASSOCIATION WITH PUFC

## EXERCISE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Cardio:</b> 4km Steady Pace Run (60-80% of max effort) (Time yourself)	<b>Core:</b> Plank - 45s Side Plank - 30s E/S Crunches - 20 Mountain Climbers - 30s Russian Twists - 20 E/S Toe touches 20  3 sets. Try to have no rests between exercises. 2 mins rest between each set	<b>Strength Circuit:</b> BW Squats - 12 BW Lunges - 6 (E/L) Hop and Stick - 6 (E/L) BW S/L squats - 6 E/L Press ups - 10 Tricep Dips - 10  Repeat 3 Times	<b>Recovery:</b> 15 minute very light jog, or swim if you can  <b>Static Stretch:</b> Calves, Hamstrings, Groins, Glutes, Quads (foam roll before if you have access to one)	<b>Cardio:</b> 4km steady pace run (time again)	<b>All body Circuit:</b> BW squats - 12 Burpees - 20 S/L Calf raises - 15 E/S Jumping lunges - 10 E/S S/L dead lifts - 10 E/S Squat jumps - 15  3 sets. No rest between exercises. 2 mins rest between sets	Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Cardio:</b> 4km steady pace run (try and beat times from previous week)	<b>Core:</b> Flutter kicks - 30s V sits - 20 Lying leg raises - 12 Sit-ups - 20 Plank - 45s Side crunches 20 E/S  3 sets	<b>Strength circuit:</b> Same as above. If you have any light weights add these in to squats, lunges, hop and stick and S/L squats - (1L-2L filled water bottles make good makeshift weights)	<b>Recovery &amp; Static Stretch:</b> Same as day four	<b>Cardio:</b> Run 4 mins, rest 2 mins. (a little faster than steady run pace) Repeat 4 times. Cycle if you can.	<b>All body circuit:</b> Side lunges - 10 E/L Burpees - 20 Sumo squats - 15 High knee running - 30s Press ups - 10 Squat jumps - 15  3 sets	Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Cardio:</b> 4km run, continue to see if you can beat your times	<b>Core:</b> Same exercises as week 1, but 4 sets - increase plank to 60s	<b>Strength circuit:</b> Same as before but 4 sets, with added weight	<b>Recovery &amp; Static Stretch:</b> Same as day four	<b>Cardio:</b> 4km timed run	<b>All body circuit:</b> Same as week 1 but 4 sets	Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>Cardio:</b> 4km timed run	<b>Core:</b> Same as week 2 but 4 sets	<b>Strength circuit:</b> 4 sets	<b>Recovery &amp; Static Stretch:</b> Same as day four	<b>Cardio:</b> Same as week 2	<b>All body circuit:</b> Same as week 2 but 4 sets	Rest
DAY 29	DAY 30	DAY 31	<div style="text-align: center;"> <h2>SHAPE UP FOR LESS...</h2> <p><b>10% OFF FITNESS PRODUCTS</b> <b>USE CODE: GYM10</b></p>   </div>			
<b>Cardio:</b> 4km timed run	<b>Core:</b> Plank - 70s Side plank - 40s each side Russian twists - 20 E/S Crunches - 20 Toe touches - 20 Flutter kicks - 40s Mountain climbers - 40s  4 sets	<b>Strength circuit:</b> 4 sets				

## NUTRITIONAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Porridge Oats with Semi-Skimmed Milk Add berries and seeds as topping	2-3 Eggs (Scrambled), 1-2 slices of wholemeal Toast, 1 Banana	2-3 Weetabix with semi-skimmed milk, 1 Banana	Porridge Oats with Semi-Skimmed Milk Add berries and seeds as topping	Smoked Salmon, 2-3 Scrambled Eggs	2-3 Eggs Scrambled, Beans, 1-2 Wholemeal toast, 1 Banana	Natural Yoghurt, Add mixed Fruit including Berries
<b>Lunch</b>	Grilled Chicken Breast, Wholemeal Rice, Broccoli and Cauliflower	Grilled Chicken breast on mixed Salad	Tuna, Wholemeal Pasta with Mixed Peppers and Onion	Grilled Chicken Breast, Wholemeal Rice, Green Beans	Grilled Chicken breast on mixed salad	Jacket Potato, Tuna, Mixed Salad	2 slices of wholemeal bread, Peanut Butter
<b>Dinner</b>	Spaghetti (Wholemeal Bolognese) with mixed salad	1 Steak (Fillet or Rump), Sweet Potato chips, Mixed Salad	Smoked Salmon, Cup of Asparagus, Wholemeal Rice	Grilled Turkey Breast, Wholemeal Rice, Mixed Veg	Grilled Makrel, wholegrain Rice, mixed Salad	Chilli, Wholegrain Rice, mixed Salad	Sunday Roast
<b>Snacks</b>	Handful of natural unsalted nuts	Natural Yoghurt, add mixed fruit including berries	Fruit Salad	Handful of natural unsalted nuts	Dried Dates, Raisons and Apricots	Natural Yoghurt, Add mixed fruit including berries	Fruit Salad

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E/S = Each Side BW = Bodyweight E/L = Each Leg S/L = Single Leg

