

LITTLE #NOSBOSS PROGRAM (BEGINNER)

INTRO

Right! If you're reading this you've already taken the first step towards getting into an active lifestyle. Congratulations! From here on it's all easy going! (That's not entirely true...)

To help you through the grind we've come up with some tips on how to stay committed and reach your goals. After our handy tips you'll find a 4 week program for use at home or in the local gym it's up to you to decide where you feel most comfortable.

A few quick words of advice before we get into it – if you're a complete beginner it's a good idea to check in with your doctor and get clearance to start an exercise plan, it's also a good idea to chat to a personal trainer or expert if you're in a gym environment, correct form is critical to avoid injury while exercising! Good luck (and we'll see you at the start line #NOSSBoss1).

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EXERCISE TIPS 101

Remember - It's really easy to talk yourself out of exercising. Even when you have the best intentions to work out, excuses are so easy to find - "I'm too tired," or "I'm busy," or "the weather is bad."

The right attitude and a few tricks can keep your fitness routine on track. Use these tips to stay in the game:



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EXERCISE TIPS 101

1. Do it for yourself. Research shows that people who are "externally motivated" - that is, they hit the gym just to look good and have a six pack - don't stick with it. Those who are "internally motivated" - meaning they exercise because they love it - are the ones who stay in it for the long run.
2. Take baby steps. You would never try to run 20kms on day one, right? When you do too much too soon, you'll end up sore, injured, and discouraged. Take it easy as you get started. Maybe you only run a 1 or 2 kms in your first week. When that becomes easy, you can make it more challenging.
3. Hang tough. No one has perfect form the first day of strength training. Every workout takes practice. You'll get the hang of it if you keep making an effort (don't be shy to ask an expert).

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4. **Mix it up.** Do different types of workouts to keep things interesting and to exercise different muscle groups. If the elliptical machine is usually your thing, hop on the stair climber for some cardio instead. Also, switch between machines and free weights when you strength-train. You don't have to reinvent your entire routine every week, but you do want to shift it around a little.
5. **Don't be your own drill sergeant.** Half of all people who start a new exercise program ditch it within the first year. It often happens because they can't keep up the boot-camp pace they've forced on themselves. It's better to work within your limits, and gradually get stronger.
6. **Bring a friend.** When your inner demons order you to hit the couch instead of the treadmill, a workout partner can steer you back in the right direction. It's easier to bail out on the gym than on the friend who waits for you there. Studies show you'll also work out longer when you have a pal along.

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7. Get used to it. Your workout should be just as much a habit as brushing your teeth or eating breakfast. When it's part of your routine, you won't even have to think about it. In a few months, fitness can be a regular feature in your day.
8. Live in the present. So what if you missed a week at the gym and polished off a 74 ice creams over the weekend? Leave the guilt in the past. You have a chance to get back into your routine today.
9. Keep it real. You're not going to drop 20kgs in a week, or run a marathon in 2 week's time. Aim for something that's realistic as a first step. For instance, increase your workout schedule from 2 to 3 days a week, or exercise for 15 more minutes each time.

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10. Track it. Keep a fitness journal or use an app to record your progress - for example, how much you run, walk, or lift and the calories you burn.
11. Celebrate! It takes weeks to see real changes. A kg of weight loss or a kg of muscle gain or even a new personal best for the treadmill is reason to reward yourself. Go out with friends to eat 74 ice-creams (erm, that's a joke) or do something to reward yourself!

Right – enough talking, let's get to it!

Are you ready #NOSBOSS???

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	2km walk 3 rounds: 2 x burpees 5 x push-ups 5 x sit-ups <small>Rest remainder of minute</small>	5 Rounds of: 30 Sec Jump Squat 30 Sec Wall Sit 30 Sec Lunges <small>2 min rest between sets</small>	Walk 3kms <small>Abdominal Circuit</small>	Take a break!	5 Rounds of: 100m sprint 20 Jump Squats 5 Pull Ups <small>1 min rest between sets</small>	Walk 4kms <small>Abdominal Circuit</small>	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2	2km run/walk 4 rounds: 5 x burpees 10 x push-ups 20 x sit-ups <small>1 min rest between sets</small>	5 Rounds of: 45 Sec Jump Squat 45 Sec Wall Sit 45 Sec Lunges <small>2 min rest between sets</small>	Run/Walk 3kms <small>Abdominal Circuit</small>	Take a break!	30 Sec Each x 4 Rounds Lunges Tricep Push-Ups Jump Squats Incline Push-ups <small>1 min rest between sets</small>	Run/Walk 4kms <small>Abdominal Circuit</small>	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	3km Run 5 rounds 10 x Burpees 20 x Push-Ups 25 x Sit-ups <small>1 min rest between sets</small>	5 Rounds of: 60 Sec Jump Squat 60 Sec Wall Sit 60 Sec Lunges <small>2 min rest between sets</small>	Run 3kms <small>Abdominal Circuit</small>	Take a break!	45 Sec Each x 4 Rounds Lunges Tricep Push-Ups Jump Squats Incline Push-ups <small>1 min rest between sets</small>	Run 4kms <small>Abdominal Circuit</small>	Take a break!
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4	4km Run 5 rounds 20 Burpees 30 x Push-Ups 40 x Sit-ups <small>1 min rest between sets</small>	5 Rounds of: 60 Sec Jump Squat 60 Sec Wall Sit 60 Sec Lunges 100m Sprint <small>2 min rest between sets</small>	Run 3kms <small>Abdominal Circuit</small>	Take a break!	45 Sec Each x 4 Rounds Burpees Pushups Jump Squats Sprints <small>1 min rest between sets</small>	Run 4kms <small>Abdominal Circuit</small>	Take a break!

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CONGRATS - YOU DID IT!

See, now that was easy, wasn't it!

Why not go ahead and download our Middle Man #NOSBoss Training Program, or get on the mailing list to be notified about the FREE training sessions we put on in the run up to NOS events?

Here's the link you need - [Click Me!](#)

We look forward to seeing you out on the NOS course, #NOSBoss!

