



# Get the best out of your body

See the results you deserve in this  
nine week personalised programme

Delivered by **BODYCOMPLETE**

Contact  
us for  
Consultation  
**07970 170 241**



11 St Thomas Street, Scarborough, YO11 1DY

Facebook: Body Complete Fitness Solutions    Instagram: bodycomplete1  
admin@bodycomplete.co.uk    www.bodycomplete.co.uk

**Developed especially for those that want to  
receive the benefits from personalised, tailored  
plans whilst still enjoying the support of  
like-minded individuals in a friendly environment.**

In each of the nine weeks your body will be asked to experience the most effective ways to fulfil its potential through mobility, strengthening of muscles, accelerated cardio capacity and increasing your metabolic rate. This creative programme will burn fat, increase muscle and improve your fitness, giving you the best chance to see life changing improvements.



**Goal Achievement**

**Added perks**

Access to BC4X classes  
24 hr Client Care

**FMS**

Functional Movement Screening  
Body Movement Assessment  
Personalised home programmes

**Accountability**

Individual Goal Setting  
Body Composition and Measurements  
Regular feedback and review sessions

**Nutritional Guidance**

Focused dietary advice  
21 Day menu plan and recipes  
Introduction of positive lifestyle habits

**Semi Private Coaching**

Personalised session of 1 hour  
No more than 6 clients per session



from **BODYCOMPLETE**



# SEMI PRIVATE TRAINING TABLE

## WEEK 1 - 5

		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	06.30	Dead Legs	KB Overdrive	Medball Madness	Metabolic Increase	Plyometrics
	09.30					
	17.30					
TUESDAY	10.00	Dead Legs	KB Overdrive	Medball Madness	Metabolic Increase	Plyometrics
	12.00	Pilates	Pilates	Pilates	Pilates	Pilates
	17.30	HIIT	HIIT	HIIT	HIIT	HIIT
	18.30	Dead Legs	KB Overdrive	Medball Madness	Metabolic Increase	Plyometrics
WEDNESDAY	06.30	Jelly Legs	KB Insanity	Full on Core	Cardio Burn	Supersets
	09.30	HIT Core				
	17.30	Movement	Movement	Movement	Movement	Movement
	18.30	Jelly Legs	KB Insanity	Full on Core	Cardio Burn	Supersets
THURSDAY	10.00	Jelly Legs	KB Insanity	Full on Core	Cardio Burn	Supersets
	12.00	Tabata	Tabata	Tabata	Tabata	Tabata
	17.30	HIIT	HIIT	HIIT	HIIT	HIIT
	18.30	Jelly Legs	KB Insanity	Full on Core	Cardio Burn	Supersets
FRIDAY	06.30	Jelly Legs	KB Insanity	Full on Core	Cardio Burn	Supersets
	09.30	Upwardly Mobile				
	12.30	Square Root of Core = Abs				
SATURDAY	09.00	High Intensity Circuits				

# SEMI PRIVATE TRAINING TABLE

WEEK 6 - 9

		WEEK 6	WEEK 7	WEEK 8	WEEK 9
MONDAY	06.30	Tabata	Gut Buster	AMRAP	Mobility Heaven
	09.30				
	17.30				
TUESDAY	10.00	Tabata	Gut Buster	AMRAP	Mobility Heaven
	12.00	Pilates	Pilates	Pilates	Pilates
	17.30	HIIT	HIIT	HIIT	HIIT
	18.30	Tabata	Gut Buster	AMRAP	Mobility Heaven
WEDNESDAY	06.30	Tri Sets	Ultimate Core	AMRAP11	Super Stretch
	09.30	HIT Core	HIT Core	HIT Core	HIT Core
	17.30	Movement	Movement	Movement	Movement
	18.30	Tri Sets	Ultimate Core	AMRAP11	Super Stretch
THURSDAY	10.00	Tri Sets	Ultimate Core	AMRAP11	Super Stretch
	12.00	Tabata	Tabata	Tabata	Tabata
	17.30	HIIT	HIIT	HIIT	HIIT
	18.30	Tri Sets	Ultimate Core	AMRAP11	Super Stretch
FRIDAY	06.30	Tri Sets	Ultimate Core	AMRAP11	Super Stretch
	09.30	Upwardly Mobile	Upwardly Mobile	Upwardly Mobile	Upwardly Mobile
	12.30	Square Root of Core = Abs			
SATURDAY	09.00	High Intensity Circuits	High Intensity Circuits	High Intensity Circuits	High Intensity Circuits

# TRAINING ESSENTIALS

There are certain sessions that we at BodyComplete see as “Core” to our programme and your fitness.

## They are the *building blocks to* improving your fitness

The below are 3 essential sessions that lead your body to achieve improved balance, stability and mobility which is essential to achieving strength, endurance and power gains.

SESSION	DESCRIPTION	ARTICLES OF INTEREST
<p><b>Thursday &amp; Saturday</b>  <b>High Intensity Circuit Training</b></p>	<p>Circuit training can help you maximize the amount of calories you burn during your workouts as well as throughout the rest of the day following the exercise session. Circuit training is an exercise method in which you perform six to 10 exercises in a row, with minimal rest between them, it's a highly effective way to burn fat, improve your strength, muscular endurance or muscle size.</p>	<p><a href="#">Why circuits aid weight loss</a></p>
<p><b>Wednesday</b>  <b>HIT Core</b></p> <p><b>Friday</b>  <b>Square Root of Core = Abs</b></p>	<p>This session trains muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability especially when you take other classes that require you to use heavier weights. Core training does not only target the front part of your body but the back side as well, working on muscles that make up your back, and also your glutes.</p>	<p><a href="#">Abdominal exercises alone are never enough</a></p>
<p><b>Friday</b>  <b>Upwardly Mobile</b></p> <p><b>Wednesday</b>  <b>Movement, Strength and Mobility</b></p>	<p>Mobility is one of the keys to longevity in fitness. Working on mobility will also unleash A LOT of hidden potential in your body. Working on mobility will help you break through plateaus and improve your overall health. You also need mobility to get strong and move easier and more efficiently. Mobility work will allow you to maximize your progress in anything you do whether it's increasing the size of your muscles, building strength or developing movement skills.</p>	<p><a href="#">Why Mobility is important in any training programme</a></p>

# THE BODY COMPLETE 9 WEEK SEMI-PRIVATE PROGRAMME

WEEK	SESSION	DESCRIPTION	ARTICLES OF INTEREST
<p><b>1</b></p>	<p><b>Mon &amp; Tues</b> Dead Legs</p> <p><b>Wed, Thurs &amp; Fri</b> Jelly Legs</p>	<p>Focus is directed at your lower limb &amp; core area. Why?</p> <p>Because that's where the ultimate strength for your whole body comes from. For example, Increased squat depth = greater knee, hip &amp; Ankle mobility = increased metabolism = muscle strength = increase calorie burn = The Body You Always Wanted!</p>	<p>Why Men need to do specific strength training on their legs</p> <p>The Proven benefits of strength training</p> <p>Find out why the SP Programme is designed with your needs in mind</p>
<p><b>2</b></p>	<p><b>Mon &amp; Tues</b> Kettle Bell Overdrive</p> <p><b>Wed, Thurs &amp; Fri</b> Kettle Bell Insanity</p>	<p>One of the biggest benefits is that all of the exercises are essentially total body exercises. This means you get total body strengthening and conditioning with one single tool.</p> <p>Virtually every fitness goal you want could be accomplished with a kettlebell, but don't mistake me saying that this is the only thing you should do.</p>	<p>Kettle Bells are the magic weight training tool</p> <p>What's So Special About Kettle bells Any Way?</p>
<p><b>3</b></p>	<p><b>Mon &amp; Tues</b> Med ball Madness</p> <p><b>Wed, Thurs &amp; Fri</b> Full on Core Conditioning</p>	<p>Medicine ball training is one of the best ways to maximise your route to fitness success. Med ball exercises promote variety for highly effective responses in your body. Training with a med ball helps to develop total body power, muscular endurance and flexibility.</p> <p>Do you do 200 crunches a day at home? Unfortunately, exercising just like that will not get rid of fat or give you the six-pack you desire. That's where we step in and strengthen a variety of trunk muscles known as 'the core'. This highly effective session will make sure you go away with an ab-tastic stomach!</p>	<p>The medball revolution</p> <p>The real benefits of a strong Core</p>
<p><b>4</b></p>	<p><b>Mon &amp; Tues</b> Metabolic Increase</p> <p><b>Wed, Thurs &amp; Fri</b> Cardio Burn</p>	<p>In order for your body to function as efficiently as it can, we need to raise your heart rate. These two sessions do this in a controlled and effective way. You will hear comments like "I didn't know my hair sweated?!" Without even knowing it you will be conditioning your heart and burning fat.</p>	<p>Why circuits aid weight loss</p> <p>6 benefits of Cardio</p>
<p><b>5</b></p>	<p><b>Mon &amp; Tues</b> Plyometrics</p> <p><b>Wed, Thurs &amp; Fri</b> Super Sets</p>	<p>Plyometric training focuses on increasing the strength and efficiency of your muscles. By involving 'jumping' action into your program you will see massive gains in speed and muscle strength which leads to an increased metabolism and calorie burning</p> <p>Supersets will blast the fat while toning your muscles for a lean, firm body. According to "Fitness Magazine", you can burn up to three times more calories than a regular strength training workout. You burn more calories because you move rapidly from one set to the next with practically no rest.</p>	<p>Plyometrics is the perfect muscle building exercise format</p> <p>Superset for a full body workout</p>

# THE BODY COMPLETE 9 WEEK SEMI-PRIVATE PROGRAMME

WEEK	SESSION	DESCRIPTION	ARTICLES OF INTEREST
<p><b>6</b></p>	<p><b>Mon &amp; Tues</b> Tabata</p> <p><b>Wed, Thurs &amp; Fri</b> Tri Sets</p>	<p>The name Tabata comes from the man who invented it - Dr. Izumi Tabata, a Japanese physician and researcher. Since you are performing these exercises at a very high intensity, your body will have to work much harder to keep it up. This will cause your heart to pump fast and your metabolism to jump, which you want if you are planning on losing fat. Your metabolism will stay at that high not only during the workout, but after the workout as well. This means that your body will be burning fat for hours after.</p> <p>Torch your metabolism with Tri-sets. Working 3 exercises for one muscle group, is a sure fire way to burn fat, increase muscle and send your body into a fitness frenzy.</p>	<p>Tabata defined</p> <p>Tri-sets=Fitness-Frenzy</p>
<p><b>7</b></p>	<p><b>Mon &amp; Tues</b> Gut Buster</p> <p><b>Wed, Thurs &amp; Fri</b> Ultimate Core</p>	<p>Week 7 is all about the mid-section of your body. We have combined traditional stomach exercises with the latest in core workouts to fuse together the best from around the fitness profession.</p>	<p>Abdominal exercises alone are never enough</p> <p>Why Core exercises are essential to fitness plan</p>
<p><b>8</b></p>	<p><b>Mon &amp; Tues</b> AMRAP</p> <p><b>Wed, Thurs &amp; Fri</b> AMRAP II</p>	<p>'As Many Rounds/Reps As Possible' In today's fast paced world, this is the major benefit of high intensity training. It can save a lot of precious time. So instead of putting in hours of training, a person can obtain even better results in lesser time. It's a win-win situation. Plus its much fun!</p>	<p>Why AMRAP is High Intensity</p>
<p><b>9</b></p>	<p><b>Mon &amp; Tues</b> Mobility Heaven</p> <p><b>Wed, Thurs &amp; Fri</b> Super Stretches</p>	<p>Mobility is one of the keys to longevity in fitness. Working on mobility will also unleash A LOT of hidden potential in your body. Working on mobility will help you break through plateaus and improve your overall health. You also need mobility to get strong and move easier and more efficiently. Mobility work will allow you to maximize your progress in anything you do whether it's increasing the size of your muscles, building strength or developing movement skills.</p> <p>Stretching is very important for flexibility, range of motion and injury prevention. Incorporating stretching into workouts is crucial for a healthy body and mind. It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles, as well as giving you a emotional kick start.</p>	<p>Why Mobility is important in any training programme</p> <p>Stretch yourself to a healthier mind and body</p> <p>To stretch or not to Stretch</p>

# Semi Private Coaching



The program you are about to commit to is designed with one thing in mind...

*'To get the*  
**best out of**  
**your body**  
**& mind** to give you the  
*results you want to see.'*

I will guide you through the programme, covering all areas of fitness in a fun and challenging way. My main aim is to make sure you get the correct advice and instruction in a safe environment. I really hope you enjoy the experience as much as we do.

11 St Thomas Street, Scarborough, YO11 1DY

 Body Complete Fitness Solutions     bodycomplete1  
admin@bodycomplete.co.uk    www.bodycomplete.co.uk