



*Hannah*  
& FITNESS

MY FITNESS DIARY



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## My Fitness Diary

WEEK ONE - FREE WORKOUTS



# A SNEAKY PREVIEW

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Welcome a taster of my upcoming fitness journal....

With this challenge I hope to give you the determination, motivation and drive to be the best, healthier version of yourself.

When I first began my fitness journey I was convinced that I had to endure endless diets, cardio sessions and give up all the foods I enjoyed. Oh how I was wrong! This journey is anything but restrictive. I've always said from the beginning that you should do what you love and love what you do. Simple. With that, I alternated my lifestyle into something that suits me. I workout during the week, I lift weights, I include cardio sessions into my workout's and I also stuff my face with pizza and chocolate on the weekend. It's all about a balanced and moderate lifestyle. Don't consider this challenge as a diet or a 'forced' plan of action to lose some weight. That kind of thinking doesn't work! Consider it as a lifestyle change. This is your life and your choice so make it work for YOU!

This challenge/guide is based around my typical workout schedule. My goal right now is to look the best I can for the summer. Therefore, I incorporate the use of weights and limited cardio in this challenge to help burn fat, increase cardiovascular activity and help shape my body. Why weights? The use of weights helps to tone your body, create body definition and burn fat by boosting your metabolism which burns calories. The more muscle you have, the more calories you burn. Don't worry, you won't turn into a body builder, nor will you get 'manly'. It takes a lot of weight, time and dedication for women to grow muscles like men! Instead, lifting weights will give you a leaner and toned appearance.

The challenge itself will run for 8 weeks, exactly. It will be divided into two phases with two workout sections, 'WORKOUT A' and 'WORKOUT B'. You'll be repeating some exercises which may seem strange at first but this will help you to develop correct form for the exercises given, therefore on the second round you're encountering that specific exercise, you can more effectively stimulate the muscles. However, other various workouts are included in the challenge to force your body to adapt to the exercises which in turn, increase progress results.

# DISCLAIMER & GLOSSARY

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## DISCLAIMER

- I am not a qualified trainer. This challenge/guide comes from my own inspiration based on my personal workout schedule that works for me. By participating in this challenge you accept to do so at your own risk.

- I am not liable for any harm or damage which may come from using my challenge/guide.

- Although this is a free challenge please do not share this challenge without my personal knowledge. I have worked hard to produce free content for you all which helps deliver engagement and traffic towards my personal website and social media channels. This in turn, allows me to keep continuing what I love and producing FREE content for you all. If anybody you know is interested in my challenge/guide then please direct them to my website or Instagram.

@hannahandfitness

[www.hannahandfitness.com](http://www.hannahandfitness.com)

## GLOSSARY

SETS - The amount of repetitions performed without stopping.

REPS - The amount of times an exercise is repeated. E.g, 10 reps x bicep curls = 10 curls of the bicep in one set.

SUPERSET - An exercise performed straight after another exercise without stopping.

TRI-SET - A superset but contains three exercises all repeated after each other without stopping.

DB - Dumbbell

BB - Barbell

KB - Kettlebell

# ABOUT ME

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**IT'S NOT ABOUT HOW YOU LOOK.  
IT'S ABOUT HOW YOU SEE  
YOURSELF AND FEEL INSIDE.**



I've never been quite the enthusiast for fitness. Up until the age of 20 I went out almost every weekend, recuperated with takeaways and made bad food choices. I had no idea what a healthy lifestyle consisted of. Don't get me wrong, I have never been overweight or exactly big but I wasn't healthy and you certainly wouldn't have caught me exercising. Now, at the age of 23 I'm a completely different person. I lift weights (and love it), I have a healthy balanced diet, I'm full of motivation, I push myself to my limits and I strongly believe in doing what you love. That motto has kind of got me to where I am today.

# MY FITNESS DIARY: **WEEK 1**

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**MON - PUSH WORKOUT**

**TUE - PULL WORKOUT**

**WED - ABS AND CARDIO**

**THURS - LEGS (QUADS + CALVES)**

**FRI - SHOULDERS + HIIT**

**SAT - LEGS (HAMSTRINGS + GLUTES) + LISS**

A push/pull training system allows you to train more often with the effect of burning more fat. Not only does this mean you can tailor workouts easier to suit your goals and needs but it also allows the body to train in a manner where it doesn't overstress body parts which in turn means you can train harder and more frequently.

## PUSH WORKOUT

It's quite simple really. A push day typically involves the 'pushing' muscles - shoulders, chest and triceps.

## PULL WORKOUT

A pull workout involves the 'pulling' muscles - back and biceps.

**EQUIPMENT YOU WILL NEED** - If completing at home

Dumbbells  
Barbell  
Barbell rack (optional)  
Resistance bands  
Kettlebell

4 MINUTE

# TABATA

HIGH INTENSISTY WORKOUT

BURPEES

10 SEC REST

JUMPING LUNGES

10 SEC REST

JUMPING SQUATS

10 SEC REST

PUSH UP BURPEES

10 SEC REST