
Four Week Fat Loss Beginners Workout

Matt Lovell

Disclaimer

The information provided in this document should not act as a replacement for the relationship you have with your Doctor or Healthcare Professional. Any information provided is not medical advice and should not be substituted for regular consultation with your Doctor or Healthcare Professional.

The information contained is provided as an educational service, which can assist you in helping you lose weight and feeling better.

The information contained in this document is for information purposes only. If you have any concerns about your health, you should contact your Doctor or Healthcare Professional before following any of the recommendations set out in this document.

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7 day Preparation: Example

Day	Activity (pick 1 or 2)	Duration
Monday	Get off the bus/train 2-3 stops early and walk to work in the morning (and/or evening)	15-20mins
	Walk up the stairs to your office, don't use the lift!	5mins
	Invest in an exercise machine (X-trainer, bike etc.) – pedal while you're watching your favourite soap or the evening news	20-30mins
Tuesday	20mins exercise machine – before work	20mins
	Get off the bus/train 2-3 stops early and walk to work in the morning (and/or evening)	15-20mins
Wednesday	Walk up the stairs to your office, don't use the lift!	5mins
	Attend a beginners exercise class at your local gym in your lunch break or after work e.g. – Aerobic, Boxercise, Spinning etc	45-60mins
Thursday	Get off the bus/train 2-3 stops early and walk to work in the morning (and/or evening)	15-20mins
	20mins exercise machine – before AND after work	20mins
Friday	Attend a beginners exercise class at your local gym in your lunch break or after work e.g. – Aerobic, Boxercise, Spinning etc	45-60mins
Saturday	Cycle for 30mins in front of the TV or with the radio/music playing	30mins
	Take the kids for a kick around in the park	45-60mins
Sunday	Go for a walk with the dog/kids/on your own	60mins

14 Day Intensive

(repeat programme for 2 weeks): Example – duration in brackets (mins)

DAY	ACTIVITY (AM/PM)	
MONDAY	Exercise Bike – Constant Pace (30) OR Rowing Machine – Constant Pace	Treadmill: Brisk walk – Varying Speed (30–45) Core workout (15-20)
TUESDAY	Walk/Jog to work (30-45)	Body Pump class (60) OR Compound Exercises: Bench Press 3 x 10 Squats/Leg Press 3 x 10 Tricep Dips 3 x 10 Lat Pulldown 3 x 10 Shoulder Press 3 x 10 Deadlift/Hamstring Curl 3 x 10
WEDNESDAY	Exercise Bike – Hill Program (25)	Treadmill: Interval Training (30)
THURSDAY	X-Trainer – Constant Pace (20-30)	Circuits class (60)
	Core workout (15-20)	
FRIDAY	Spinning class (30-60)	Walk/Jog home from work (30-45)
SATURDAY	Body Pump class (60) OR Compound Exercises: Bench Press 3 x 10 Squats/Leg Press 3 x 10 Tricep Dips 3 x 10 Lat Pulldown 3 x 10 Shoulder Press 3 x 10 Deadlift/Hamstring Curl 3 x 10	Rowing Machine (15-30) OR X-Trainer (30)
SUNDAY	RECOVERY	Treadmill: Interval Training (30)

7 Day Maintenance: Example

Day	Activity	Duration
Monday	Treadmill: Interval Training OR Walk/Cycle to work	30-45mins
Tuesday	Body Pump class	60mins
Wednesday	Walk/Cycle to work	30-45mins
Thursday	Circuit class	60mins
Friday	X-Trainer – Constant Pace	30-45mins
Saturday	Boxercise class OR Spinning class	60mins 45-60mins
Sunday	Recovery	n/a

Glossary:

Interval Training:

A type of physical training that involves bursts of high intensity work, followed by a recovery phase. This can be used in any type of cardiovascular activity. An example of this is when on a treadmill (or out for a run) pick up your speed to a fast jog (almost sprint) for 1 minute, then slow down to a walk/light jog for 2 minutes – repeat this several times. Interval training can also be used for resistance based cardio work. For example a Spinning class involves increasing resistance against which you pedal for a period of time – again bursts of high intensity work.

Interval training is used in many sports such as football, rugby and athletics and is considered by many to be the best method of inducing fat loss.

Constant Pace:

Select a resistance level that is challenging but manageable and stick to a constant speed throughout the duration of the exercise rather than varying speed and/or resistance. This form of training helps to build up endurance and improve fitness levels.

Hill Program:

Most cardiovascular exercise machines (within a gym or home use) have a pre-recorded 'Hill' program on them. This varies the resistance level increasing/decreasing your work rate throughout the programme. An excellent way to improve fitness whilst burning fat.

Compound Exercises:

These exercises are designed to move the body through more than one joint. For example, Squats move through the hip & knee joint. This additional functioning of joints allows more muscles to become activated, which means faster and in particular individuals.....more tone!

Core Workouts:

Uses exercises to work your transverse abdominals and obliques to strengthen and improve posture as well as helping to give you a killer 6-pack!

Body Pump:

This is a resistance based class that works on the principal that lighter weight and more repetitions means leaner muscle – it also burns some serious calories off! In your average class you will burn between 350-500kcal in an hour's class.

Circuit class:

A combination of cardiovascular and resistance exercises aimed to improve fitness, tone and reduce fat loss – it can be done by **anyone** (male or female) who is looking to achieve any of these goals.

Spinning class:

Spinning is a form of high-intensity exercise using a static exercise bike. A typical class involves a single instructor at the front of the class who leads the participants through routines that are designed to simulate terrain and situations similar to riding a bike outdoors. Some of the movements and positions include hill climbs, sprints and interval training.

Matt Lovell



Matt Lovell

Matt began his interest in sports at an early age starting Karate at 12. These interests led to a life-time obsession with all things training, nutritional and health related.

After gaining his instructors qualification in Karate, he went onto coach fitness at his local amateur boxing club.

After completing a degree in Political Philosophy at Bristol, Matt couldn't keep away from the health and fitness arena and qualified as a personal trainer; eventually running his own company in the City. This led to developing his other passion: nutrition. Matt undertook a further three years of study at the Institute of Optimum Nutrition.

He went on to spend time on Harley Street, specializing in elite sports, female hormonal health and body composition management.

The contacts he made through this work led to a spell, working as nutritionist with Millwall football club during which time they made the play-off for the Premiership and also qualified for the FA cup final.

In 2002 Matt started working with the England Rugby Team and was part of Clive Woodward's team that lifted the World Cup in 2003. He continues in the same role working with the England team and was a member of the team who against all the odds reached the final of the 2007 Rugby World Cup. Matt is the Sports Nutritionist for London Wasps, London Irish, Saracens and Leicester Rugby Clubs.

Matt currently runs his own elite performance based company. This is aimed at elite athletes and corporations and includes all levels of health related performance. He has written the popular Fat Loss Program '[Four Week Fat Loss](#)' and '[Regenerate](#)' a muscle building anabolic program.