

BUSY MUM WORKOUTS

Guide



BUSYMUM
Fitness

www.busymumfitness.com

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Welcome

Welcome to your exercise journey with Busy Mum Fitness! Whether you are already exercising, or you are returning to exercise, or have never exercised at all we are excited to work with you to ensure you feel comfortable and confident about the workouts

For those of you who are new to exercising we understand it can be quite daunting but we are here to show you step by step how to build the habit of daily exercise into your lifestyle.

So get ready to step outside of your comfort zone and embrace the process of training your body to become fitter, stronger and healthier through effective exercise



IMPORTANT:

BUSY MUM FITNESS is not an injury rehabilitation program. If you have any injuries please let your trainer know before commencing exercise

How to Use This Guide

This guide is designed to give you the information you need to know to get started with your Busy Mum Workouts

Our aim of this guide is to give you the essential information you need to get started without overwhelming you.

Your coach will then work to work with you throughout the program to coach you on the finer details of your exercise journey

Please take your time to read through each section thoroughly.

When you come to a section that you would like to know more about or have any questions on then head across to the Facebook group and post your question on the group wall. Tag your trainer in for a quicker response

Let's get started!!!

Exercise & Fat Loss

Sedentary Lifestyles = FAT GAIN

In the nutrition guide you will recall we spoke about energy balance. Energy Balance is the relationship between how much energy you take in via food vs how much of that energy you use via your internal and external processes.. One of the major factors that contributes to obesity and fat gain is our sedentary lifestyles.

When we continue to take in large amounts of energy (Calories from food) and don't use up this energy (Calories Out) we store the energy on our bodies as fat

It's important to understand that exercise alone (Calories out) will seldom result in Fat Loss.

First and foremost you must reduce the amount of energy you take in through food (calories in) Once you are eating in a calorie deficit exercise will THEN help create more of a deficit. Think of it like the "Booster" to your results

Benefits of Exercise

Aside from its effects on your fat loss, exercise has also been proven to increase mental health, and wellbeing, sleep, Cardiovascular health, promote brain function, increase life expectancy and relieve stress..... Do any of those benefits sound appealing?!

What is Hiit Training & Why Do We Choose This Method?

HIIT Training

HIIT stands for High Intensity Interval Training. HIIT workouts combine short bursts of intense exercise with periods of rest or lower-intensity exercise.

For our exercise program you don't need any weights or equipment - you will be using your own body weight as the resistance when you are performing the movements.

Effective Exercise

The benefits of BodyWeight HIIT are that you are both burning energy and toning your muscles at the same time. Our workouts are efficient - We know that our Busy Mums often don't have hours to spend working out so we have chosen the body weight exercises that best address your whole body whilst at the same time burning through excess energy to create more of a calorie deficit

Short, Simple and Effective Exercise for Busy Mums!

Exercise Timing

Intensity & Frequency

When is the best time to exercise?

For a busy Mum the answer to this is simple - Whenever you can fit it in to your schedule!

For many of our Mums they find the best time to do it is first thing, before the day begins. Our energy levels are generally at a higher level first thing and it feels great to start the day with a win and get the endorphins flowing! However like we said, the BEST time is different for everyone - choose the time that works best for YOU!



How hard should I be working?

HITT workouts are designed to challenge your cardiovascular fitness and also your strength - it should not be “easy” but it should not be impossible to complete the sessions. As a guideline you should be working at an intensity that would make it very hard to hold a conversation due to your breathing, and your muscles should be close to fatigue as you approach the rest break. The sessions are intense but they are short - Give it 100%

What if I miss a work out or get interrupted during it?

Whilst we encourage you to schedule in your workouts as part of your weekly planning we KNOW that the life of a Busy Mum doesn't always go to plan!

If you don't have the time to do a full workout or you get interrupted then just complete what you can. A 12 minute workout is still effective and way better than doing no workout so just use the time that you have available. If you miss a workout you dont need to try and catch up on it by doubling up the next day, Just continue with the next workout

How many workouts per week

Our program is based on 6 daily sessions of between 6-24 minutes per week plus 1 rest day



Recovery Protocols

Exercise is a stress on the body - albeit a “healthy” stress - therefore initially you may feel some discomfort up to a couple of days after exercise if you are a newbie

Here are our top tips to ensure you are recovering from your sessions well

Warm Ups & Cool Downs

We have included a warm up and cool down video on the website. Please ensure you are taking the time to include these - especially if you are exercising first thing in the morning before your body has naturally warmed up through movement



Hydration

Prior: Hydrate with a glass of water prior to exercise -this is particularly important if you are exercising first thing upon rising as your body has not had any water for some time while you sleep

During: Sip on water as needed

After: Rehydrate with a glass of water after exercise to replace lost fluids



Supplementation

For stiff muscles we recommend soaking in an Epsom salts bath and or supplementing with magnesium

Sleep

Your body repairs, rebuilds and rejuvenates itself during your sleep. It is during our REM sleep that when your muscles grow and your body recovers from exercise. Ensure you have established a sleep routine that includes winddown rituals to optimise the amount of sleep you can get as a busy Mum.

Have a chat with your coach if you need guidance around this



What

If I Am Unable to Perform a Movement or Have More Than 20Kg to Loose?

Consistency creates improvement

If you are new to exercise some of the movements may initially feel awkward and difficult to execute. Many of our Mums are complete beginners when they start our exercise programs but through practice and perseverance they master the movements and as they do their confidence around exercise grows - Yours will to

We encourage you to take your time and go at your own pace. You do not have to try to keep up with Kelly on the Video - Just ease your way into things, keep practicing and find your flow

Previous Injuries & Exercise Alternatives

If you are physically unable to complete a movement either due to injury or any other reason please connect with your coach on the Facebook Group to request an alternative

A note for our Mums with more than 20kgs to lose

For our Mums that are joining us with more than 20 kgs to lose you may find it more appropriate to begin with the 6 or 12 minute workouts for the first few weeks and building up to the longer ones. If you are in this category and finding that the High Intensity Workouts place too much stress on your joints at this stage of your journey then please reach out to your coach if you would like to discuss some alternative strategies to increase your daily exercise expenditure

What If I Am Unsure I Am Performing The Exercise Correctly?

There are demonstrations for each exercise on the website under “Library Tab”

The easiest way however is to have someone record you doing the exercise from as many angles as possible and send it to your coach for feedback

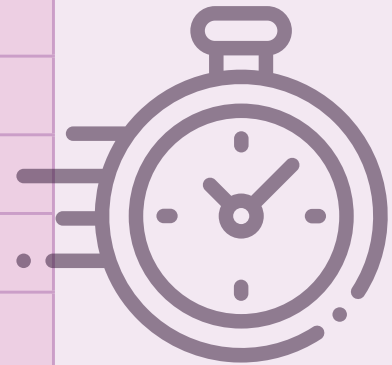
How TO USE THE HIIT VIDEO SESSIONS

- Our Workouts videos are located on the Website in under the Training Tab for each Module
- Please ensure you have watched the Welcome Video
- There are 6 workouts for the week, You will complete one workout per day with 1 rest day
- Choose advanced or beginner depending on your current fitness level
- 3 of the workouts each week are 24 minutes long and the other 3 are 6-12 minute blasts.
- You will alternate between a 24 minute work out one day, and a shorter 6-12 minute blast the next day

Your Weekly EXERCISE SCHEDULE

The exercise has been structured as follows over a 7 day period

Day 1	Work Out 1	24 Minutes
Day 2	Work Out 2	6 -12 Minutes
Day 3	Work Out 3	24 Minutes
Day 4	Work Out 4	6 -12 Minutes
Day 5	Work Out 5	24 Minutes
Day 6	Work Out 6	6 -12 Minutes
Day 7	REST	



We encourage you to schedule these into your weekly plan at the beginning of the week and treat them like an appointment you have with yourself. If you have to miss your training session either reschedule it for the same day, or if you can't then just commit to getting to the next one done tomorrow

What if the sessions are too challenging / not challenging enough?

Each week the sessions will increase in intensity to progress you.

We want you to push yourselves each week to get better however if you feel you need to stay in the same week for a little longer that is fine. Same goes for if the exercise is too easy - you can either do the advanced version, or skip ahead a week

Can I do more exercise?

Absolutely, so long as you feel you are recovering well from your sessions.

TO PURCHASE BUSY MUM SUPPLEMENTS 

www.busymumhealth.co.nz

