



ANY TIME ANYWHERE

You can get yourself into great shape no matter how busy you are. All you need is your own body, a spare 10 minutes, a bit of motivation and a push in the right direction... We've got the last 2 covered for you right here - LETS GO!!

**FROM FORMER TAEKWONDO WORLD
CHAMPION AND NINJA WARRIOR UK STAR
HENRY COOKEY**



■ IN THIS GUIDE

you'll learn everything you need to step into the world of Fitness and a healthy life.

All it takes is:

10-30 minutes per session.

Things you'd find around any house.

And a plan of what to do. (don't worry, we've got you covered there)

But first, let me tell you a bit about me and HC:FIT



Hi, I'm Henry Cookey, a former Olympic Taekwondo fighter, 5-time British Champion, 2014 Commonwealth Games bronze medalist, 2023 ITF World Champion.

I've competed on Ninja Warrior UK 3 times, I own a Ninja Warrior gym in Liverpool, and I've been a certified personal trainer for over a decade.

Now forget about all that shiny stuff.

Let's talk about why I am giving this valuable step-by-step guide for free...

I'll keep it simple

I want to give you the best start so you love your training journey and make it a part of your life.

Take away the guess work and make it easy for you.

"There's definitely a catch..."- says Geoff from across the gym.

Well, you're actually not wrong, Geoff...

Imagine you transform your life with this free guide?

Smash all the gains you want, discover all the basics, get in great shape from home, impress all your friends, etc, etc...

Wouldn't you think I run a pretty good program, tell your mates, and consider jumping in on my personalised sessions? (PSST, I recommend you do - [click here](#), it's super fun to train with other people in the same boat as you, and you get a full program made just for you.)



■ THE PROGRAM



I'm not just doing this to bamboozle you into getting on a "VIP" package with me; Although I'd love you too, I'm not just in this for the money (I'm really not 😊)

I simply want to spread the Ninja Training culture wider to help more people rediscover the joy of staying active and becoming healthy.

Forget all the boring *Push this weight up, put it down, bend over...* blah, blah, blah.

I don't like the dull monotony, and I'll never make anyone do it.

ANYWAY, let's get to the point and dive into the good stuff

Here's how your program will work

You'll need 10-30 minutes each session and you train 3-4 times a week (you'll probably want more, but don't go too wild, trust me.)

Between the sets you can take 30-60 seconds to chill before you start the next set
And if you're wondering what level of strength you are, you can check out this quiz to get a good idea. [Click here](#) or scan this QR code



Here's all the fancy high-tech equipment you need:

Chairs, towels, water bottles and walls

Seriously, that's all you need!!

Are you ready?

LETS GO!!!

■ GETTING STARTED

Some people might be a bit nervous and might think it's gonna be too hard, but trust me, the best way to get started is to GET STARTED!

Just give it a go, start at your level (the quiz told you this) and work your way up, you'll surprise yourself with how much you can do.

Let's get warmed up first



GET SET

It's really important to warm up before your workout, it gets the blood pumping, gets your muscles ready to work, prevents injuries and starts you feeling great before you go. Now stand up straight, here's what we're gonna do:



HEAD OVER AND FOLLOW ALONG

■ WARM-UP (~2mins)

Do all of these for about
10 seconds each



1. Rotate your Neck
Up/Down/Left/Right



2. Swing your Arms
Forward & Back
(Full Circles)



3. Swing your Arms
In & Out
(Full Stretch)



4. Rotate your waist
Elbows up
(Full Stretch)



5. Swing your Hips
Round and Round
BIG Circles - both ways



6. Knees up
One at a time
High as you can



7. Lunge forward
Stretch long
Alternating legs



8. Rock your knees
Back and Forward
Stay standing up



9. Squat Up & Down
Keep your back straight
Heels flat, up and down



10. Twist your ankles
Round and round
big toe on the floor



11. Jog High Knees
Nice and high
Pump those arms!



12. Star Jumps
Nice and Dynamic
Arms High - Legs wide

"Anything worth having is worth
taking time for.
-Make that time worthwhile!"



WORKOUT 1 (~10mins)

You're warmed up and
you're ready... LETS GO!

Now you're ready to have a go! Work through exercises #1-5. Each one has 3 levels, pick your level and give it a try. When you're first starting, it's OK to start low and work your way up, or drop the level down if it feels too hard (don't give up too easily though, you'll be surprised how much you can do!)

LET'S DO 3 SETS OF 10-15 OF EACH OF THESE WITH
30-60 SECONDS REST IN BETWEEN

GO

YOU GOT THIS!!

1. Push Ups (Upper Body Strength)



Beginner: Wall Push-ups – Stand facing a wall, arms shoulder-width apart around chest height on the wall. Lean your body towards the wall, then push back up straight. Now keep going!



Intermediate: Incline Push-ups (use a chair) – 3 sets of 10-15 reps. Place your hands on a chair or couch, lower yourself down, then push back up. Keep your body straight and your core tight.



Advanced: Full Push-ups – Do regular push-ups from the floor. Add variations (narrow grip or clapping) if that's too easy. Do it on your knees if it's too hard, but KEEP YOUR BACK STRAIGHT!

2. Rows and pulls (Upper Body Strength)

Beginner: Towel Rows – Loop a towel around a sturdy door handle, a rail, or anything solid. Hold both ends, lean back, and pull yourself up. KEEP YOUR ABS TIGHT AND BODY STRAIGHT!

Intermediate: Chair Rows – Grab a chair or stool, bend forward at the waist and pull it towards your body. Keep The arms close to your sides. OR lie under a strong table and pull yourself up

Advanced: Pull-ups – Get creative here, find anything you can hang from, **SAFELY!** Door frame, stairs, tree, bar, anything solid. Grip with your hands over the top pull your shoulders back and pull up squeezing through your back. KEEP YOUR CORE TIGHT!



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VIDEO DEMOS
[HC-FIT.CO.UK/ATAW](https://www.hc-fit.co.uk/ataw)

WORKOUT 1

KEEP GOING

3. Legs (Lower Body Strength)



Beginner: Chair squats – Sit on a chair with your back straight, feet shoulder width apart and flat on the floor. Lean slightly forward then just stand up! Sit down again and repeat.



Intermediate: Normal Squats – Feet shoulder width apart, back straight and chest up. Push your bum back and squat down, KEEP YOUR FEET FLAT ON THE FLOOR, CHEST UP AND BACK STRAIGHT! Go down as low as you can manage then come back up nice and controlled. Feel that burn in your thighs :)



Advanced: Bulgarian Split Squats – As fun as they sound... Put 1 foot back on a chair (or bed or box) hop forward with the other foot, then squat down WITH YOUR BACK STRAIGHT! Try and keep the weight even between your 2 feet and not too far forward. Come back up and do it again

4. Abs (Core Strength and Stability)

Beginner: Knee plank – Go down on your hands and knees and put your elbows on the floor. Position so your elbows are under your shoulders or a bit in front. KEEP YOUR ABS TIGHT AND BODY STRAIGHT FROM SHOULDERS TO KNEES! Imagine trying to pull your belly button into your back and your chest between your shoulders. 3x 30–60 secs



Intermediate: Elbow Plank – Elbows down, hands together, legs straight and up on your toes. Push your knees up, back straight and KEEP A STRAIGHT LINE FROM YOUR SHOULDER TO YOUR HEEL! Make sure your bums not up in the air and your hips aren't sagging down. Nice straight line! 20 – 60 seconds x 3 KEEP THAT CORE TIGHT!



Advanced: Side elbow planks – Lie on your side, stick your elbow on the floor, then push the side of your foot into the floor, push your hips up, straighten up and balance on the side of one foot and your elbow. KEEP YOUR CORE TIGHT! The arm can go straight up or on your side, basically anywhere but the floor! 30 secs each side x3



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VIDEO DEMOS
[HC-FIT.CO.UK/ATAW](https://www.hc-fit.co.uk/ataw)

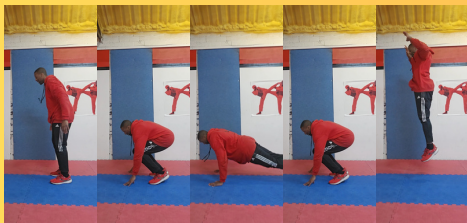
WORKOUT 1

NEARLY THERE... YOU'RE
DOING GREAT!!!

5. Cardio (Heart, Lungs and Energy)



Beginner: Step Ups – Grab a chair, stool, box (sturdy) or... a step. Step up onto it and back down. If you can, try and drive the knee up in front of you at the top to work your balance as well. Work your arms opposite to your legs to keep balance. Keep your back straight and make sure you stand tall and proud at the top! Step back down, swap legs and go again!



Intermediate: Burpees – From standing, squat down and go into a push up position, then jump (or walk) your feet back to the straight position. Jump (or walk) them back in then stand back up, and repeat. Add a jump at the end of each for extra spice! Do a press up at the bottom to make it sizzle!



Advanced: Reverse Burpees – Standing straight, jump straight up in the air and raise your arms, then squat right down, sit on your bum (might want to stick a pillow down to soften the landing) and roll onto your back. Stretch your arms and legs out straight KEEPING YOUR CORE TIGHT (dish position), then snap back in, lean forward and come back up onto your feet. Then jump up and do it again.

**YES, YOU LEGEND! That's the hard part done,
you can relax! We're gonna do a cool-down
now, head over and follow along!**



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VIDEO DEMOS
[HC-FIT.CO.UK/ATAW](https://www.hc-fit.co.uk/ataw)

COOL-DOWN

**You've worked hard, let's chill out
now and finish off right**

It's really important to cool down after a workout because it helps your body gradually come back to normal state. It's a nice way to ease out of the intensity, bringing your heart rate back down and relaxing your muscles. It also stops you feeling stiff and sore later on, which is always a win! Think of it as giving your body a little TLC after all the hard work, so you feel refreshed and ready to go again next time. Take it slow, enjoy the stretch, and just breathe—it's your time to unwind.

CHILL

**Do all of these for about
10 seconds each**



1. Swing your Arms
Forward & Back
(Slow Full Circles)



2. Swing your Arms
In & Out
(Full Stretch)



3. Rotate your waist
Elbows up
(Full Stretch)



4. Swing your Hips
Round and Round
BIG Circles – both ways



5. Lunge forward
Stretch long and hold
Lean back stretch hips



6. Stretch Calves
One at a time
Push your heel down



7. Stretch Quads
Grab your ankle and pull
your heel to your bum



8. Reach for your toes
Keep your legs straight
bend at the waist and reach
as far as you can



9. Arm Across

Arm out straight across your chest, pull on the back of your up elbow with the other arm



10. Stretch Tall

Link your fingers and stretch up high, then lean over side to side holding each



11. Stretch Over

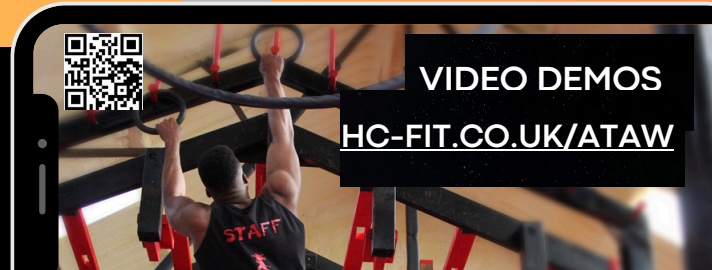
Stretch and lean forward as far as you can, then back as far as you can



12. DONE!!

Thank you for being a cool-down legend!

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VIDEO DEMOS
HC-FIT.CO.UK/ATAW

WORKOUT 2 (~10mins)

Here's another workout routine
to mix in on different days

The key to staying consistent is keeping things interesting - Mixing up your workouts not only stops them getting monotonous but also works the muscles in different ways, accelerating your progress. REMEMBER TO WARM UP FIRST!!

WE'RE STILL DOING 3 SETS OF 10-15 OF EACH OF THESE
WITH 30-60 SECONDS REST IN BETWEEN
SAME RULES APPLY

GO

LETS GO!!

1. Push Ups (Upper Body Strength)



Beginner: Chair Push-ups – Lean on a chair or table and push up and down. Make sure you keep your body straight and tight.

Intermediate: Diamond Push-ups – Just like a push up, but put your hands together in the shape of a diamond, try and press down so your chest is on the diamond, then press back up.

Advanced: Decline Push-ups – Stick your feet on a box, chair, bed or anything higher than the floor and go for it! Make sure you don't sink at the hips or stick your bum up high. Nice tight strong core!

2. Rows and pulls (Upper Body Strength)

Beginner: Towel Pull downs – Grab a towel, hold one end in each hand, stretch it taught and hold it above your head, then keeping the tension, pull it down to the top of your chest. Try and pull through your back and squeeze shoulder blades together

Intermediate: Water bottle Rows – Doesn't have to be water bottles; anything with a bit of weight that you can hold! Bend over forward keeping your back straight then pull the weights straight up to your sides. Keep the movement smooth and controlled.

Advanced: Towel Pull-ups – Make sure you've got a strong towel and something strong to hang it from... **I take no responsibility for broken furniture or ripped towels!!** Grab both ends and go for it, pull your chest up to the towel and rotate your hands inwards..



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WORKOUT 2

KEEP GOING

3. Legs (Lower Body Strength)



Beginner: Wall Sits – Lean your back against the wall and slide down into a squat position, knees at about 90 degrees, and hold it for 30 – 60 seconds. 2 or 3 times please :)



Intermediate: Sumo Squats – Like a normal squat but spread your feet a bit wider than shoulder width. Turn them out slightly and push your hips forward then squat down. Keep your chest up, back straight and knees pushed out. **Feel that burn in your thighs and glutes :)**



Advanced: Pistol Squats – Stand on one leg using a chair (or something) for balance or support, keeping the other leg extended in front of you, squat down as far as you can. Let go of the chair when you feel strong enough, or go down and use the chair to help get back up.

4. Abs (Core Strength and Stability)

Beginner: Standing Oblique Crunches – Stand with your feet hip-width apart. Lift up one knee up to the side while bringing the same-side elbow down toward it, squeezing the side muscles (“obliques”). Repeat both sides alternating.



Intermediate: Dead Bugs – Lie down on your back with your arms out straight towards the ceiling and your knees bent at about 90 degrees. Lower one arm back past your head and straighten the opposite leg toward the floor, then bring it all back to the start position. Alternate both sides and try and keep your back flat on the floor. This is a *fun* one for the coordination... **Laughs**



Advanced: V-Ups – Lie flat on your back with your legs out straight and your arms straight back past your head. Work that core hard and bring both arms and both legs up to meet in the middle. Try to come up and balance on your coccyx then control it back down. Try 1 arm and 1 leg at a time if you want to build up to it.



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VIDEO DEMOS

HC-FIT.CO.UK/ATAW

WORKOUT 2

NEARLY THERE... LET'S
GET IT!!!

5. Cardio (Heart, Lungs and Energy)



Beginner: Marching / Jogging on the spot - High knees and get the arms working. One leg at a time for the easy version, continuously at speed for a bit more of a challenge. Go as fast as you can for 30-60 seconds. 2 or 3 times please :)



Intermediate: Star Jumps - I'm sure you know what these are... Arms and legs in, arms and legs out, in, out, in, out, shake it all about. Maybe ignore the last bit... You know what to do! 30-60 seconds 2 or 3 times!



Advanced: Tuck Jumps - Jump as high as you can and tuck your knees up into your chest, then land and do it again! Take a bounce or 2 in between or try and do them continuously without stopping. if you want an in between level you can do the jumps without tucking.

YES, YOU LEGEND! That's another workout in the bag!! Time to relax, go back and do the same cooldown you did for Workout 1, then give yourself a big High-5 for all the gains you've made!



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■ BONUS ABS!

Having a strong core doesn't just look good, it's also vital for your overall fitness, your balance, and stopping yourself from getting injured. SO, here's some bonus core exercises to add into your routine, do on your days off, or chop and change to keep things spicy.



1. Bicycle Crunches

Beginner: Keep both your feet on the floor and bring one knee to your chest while twisting the opposite elbow towards it. Alternate each time and do 6-10 each side.

Intermediate: Just like before, but lift both legs off the floor and try and hold one out straight on each rep.

Advanced: Lift your back off the floor and balance on your bum while you do it. 1 leg out straight each time and twist right round!



2. Leg Raises

Beginner: Bent knees – Lie on your back with your knees bent, lift both feet off the floor toward the ceiling then lower them back down slowly. Do 3 sets of 10-12,

Intermediate: Straight Legs – Do the same thing, but keep your legs out straight and tighten your lower abs. Lift them straight up keeping them as straight as you can.

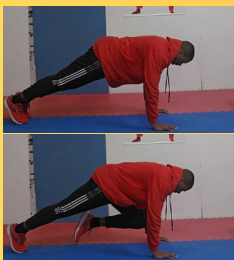
Advanced: Weighted Leg Raises – Find anything (like a water bottle or a small bag) with a bit of weight to it, stick it between your feet and go for it!

3. Russian Twists

Beginner: Keep your feet on the floor and reach over side to side while you're sitting down. Do 15-20 each side

Intermediate: Lift your feet off the floor to make it a bit harder. Balance on your bum and keep your core tight. 15-20 each side

Advanced: Grab something with a bit of weight to it like a water bottle or book and hold it while you're twisting. You're a machine now so do 3 sets of 20 - 30 each side!



4. Mountain Climbers

Beginner: On your hands and feet, arms straight, bring 1 knee in at a time towards your chest, then put it back and repeat on the other side. Keep going for 30 - 60 seconds. X3

Intermediate: Speed it up, switching your knees nice and quickly, keeping your core strong and tight. Make sure your knees are coming in, not just flicking your heels back....

Advanced: Add a push-up after every 4 - 10 reps to spice it up a bit! Go as fast as you can and KEEP THAT CORE STRAIGHT AND TIGHT!

5. Flutter Kicks

Beginner: Lie on your back with your hands under your hips, and flutter your legs up and down with your knees slightly bent. Keep going for 30-60 seconds, and do 3 sets.

Intermediate: Keep your legs straight and lower them down closer to the floor each time to make it a bit harder. 20-60 seconds, 3 sets if you can

Advanced: Lift your shoulders up to Balance on your bum and tighten that core while you do it. Stretch your arms straight back behind your head for even more spice! BUT KEEP THAT CORE TIGHT!!! 30-60 seconds here, 3 sets if you can



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-Make that time worthwhile!"



■ Tips for success

WIN

Follow these 2 workouts and throw in some of the bonus core workouts, you'll see big results in no time! Here's a few extra tips to guarantee your success.



FOCUS ON FORM – Make sure you're keeping all the right positions with good posture, you'll get the most out of every exercise and you won't hurt yourself. **DON'T RUSH!**

KEEP YOUR CORE TIGHT – I've said it all through, I'll say it again! This will help strengthen your muscles more effectively and you'll improve your overall balance & stability. Seriously, even things like squats. Try it!



BELIEVE IN YOURSELF – You can do so much more than you think, set optimistic goals and push for them. Set little targets to hit along the way and every one of them is a win motivating you to keep going!

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STAY CONSISTENT – You're pretty busy so it's more important to train regularly, even if the workouts are shorter. Something's always better than nothing, so try to do something even if it's just a couple of minutes every day.

STAY HYDRATED! Water is REALLY important! Drink loads of it! Especially before and after workouts!! Try keeping a water bottle round you all day.



YOU DO HAVE TIME – You don't always need a massive block of time to get a workout in. Especially if you're busy you can break the sessions into 5 minute blocks. Even 1 minute is better than zero minutes!

REST AND RECOVER – Listen to your body! If you're feeling too sore or dead, it's okay to take a rest day or pick a lighter workout. Too much can be worse than not enough...

MOVE AS MUCH AS YOU CAN – Try your best to stay active throughout the day. Go for walks when you get a break, do squats while your brushing your teeth, or do planks while the adverts are on. Get creative!



VIDEO DEMOS

HC-FIT.CO.UK/ATAW



MIX IT UP - KEEP IT FRESH

Keep your workouts fun and interesting and it's easy to keep them going! Here's a few tips you can try after your first week or so.



1

MIX AND MACH: Alternate between WORKOUT 1 and WORKOUT 2 every other session to dodge the workout monotony and engage different muscles.

2

CIRCUITS: For an extra challenge, smash out the exercises as a circuit with minimal rest between sets. Do one set of each exercise, then repeat the circuit 3 or 4 times.

3

TIME CHALLENGE: For some of the exercises (like wall sits, plank holds, or V-ups, etc), challenge yourself to hold the position for as long as you can... Try and make it longer each session, then beat your record!

"Anything worth having takes time.
-Make that time worthwhile!"



■ Complete list of Exercises

As another little treat, here's a list of all the workouts we've used! You can mix and match and create your own workout, pick one from each section, make a circuit, make a game of it and pick them at random, or just do the odd exercise at random points throughout the day. Have some fun with it to keep things interesting.

PUSH UPS (UPPER BODY STRENGTH):

1. WALL PUSH-UPS (BEGINNER)
2. INCLINE PUSH-UPS (INTERMEDIATE)
3. FULL PUSH-UPS (ADVANCED)
4. CHAIR PUSH-UPS (BEGINNER)
5. DIAMOND PUSH-UPS (INTERMEDIATE)
6. DECLINE PUSH-UPS (ADVANCED)

PULL MOVEMENTS (BACK AND BICEPS):

1. TOWEL ROWS (BEGINNER)
2. CHAIR ROWS (INTERMEDIATE)
3. PULL-UPS (ADVANCED)
4. TOWEL PULL-DOWNS (BEGINNER)
5. WATER BOTTLE ROWS (INTERMEDIATE)
6. TOWEL PULL-UPS (ADVANCED)

LEGS (LOWER BODY STRENGTH):

1. CHAIR SQUATS (BEGINNER)
2. NORMAL SQUATS (INTERMEDIATE)
3. BULGARIAN SPLIT SQUATS (ADVANCED)
4. WALL SITS (BEGINNER)
5. SUMO SQUATS (INTERMEDIATE)
6. PISTOL SQUATS (ADVANCED)

CARDIO/EXPLOSIVE MOVEMENTS:

1. STEP-UPS (USING A CHAIR) (BEGINNER)
2. BURPEES (INTERMEDIATE)
3. REVERSE BURPEES (ADVANCED)
4. MARCHING/JOG HIGH KNEES (BEGINNER)
5. STAR JUMPS (INTERMEDIATE)
6. TUCK JUMPS (ADVANCED)

CORE STRENGTH AND STABILITY:

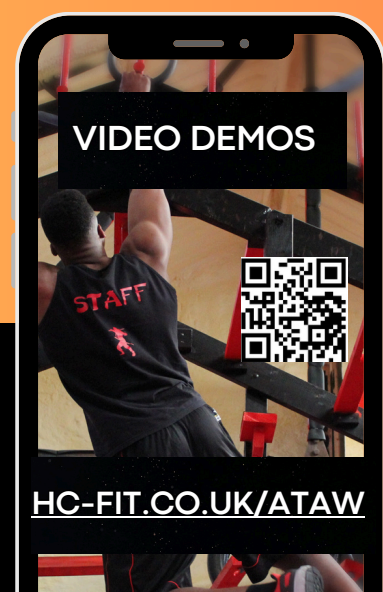
1. KNEE PLANK (BEGINNER)
2. ELBOW PLANK (INTERMEDIATE)
3. SIDE PLANK (ADVANCED)
4. BICYCLE CRUNCHES (BEGINNER, INTERMEDIATE, ADVANCED)
5. LEG RAISES (BEGINNER, INTERMEDIATE, ADVANCED)
6. RUSSIAN TWISTS (BEGINNER, INTERMEDIATE, ADVANCED)
7. MOUNTAIN CLIMBERS (BEGINNER, INTERMEDIATE, ADVANCED)
8. FLUTTER KICKS (BEGINNER, INTERMEDIATE, ADVANCED)
9. STANDING OBLIQUE CRUNCHES (BEGINNER)
10. DEAD BUG (INTERMEDIATE)
11. V-UPS (ADVANCED)

COOLDOWN AND STRETCHING:

1. ARM SWINGS
2. HIP ROTATIONS
3. CALF STRETCH
4. LUNGES
5. STANDING QUAD STRETCH
6. REACH FOR YOUR TOES
7. ARM ACROSS YOUR CHEST:
8. ARM ACROSS YOUR BACK
9. STRETCH TALL
10. STRETCH OVER



**"Anything worth having takes time.
-Make that time worthwhile!"**



■ SUCCESS STORIES

THESE GUYS TRAINED IN THE GYM WITH ME, BUT YOU CAN SEE HOW MUCH OF AN IMPACT HAVING A TRAINING ROUTINE AND STICKING TO IT HAS HAD ON THEIR LIVES.



HAYLEY, 34

"I CAN'T BELIEVE HOW GOOD I FEEL!
I FEEL CONFIDENT, STRONG, I'M
EATING WELL, THE BELLY'S GONE
AND I'VE LOVED THE PROCESS!"

PETE, 40

"I NEVER THOUGHT THIS COULD BE
POSSIBLE IN 6 WEEKS!! BUT, I WAS
MOST AMAZED WITH HOW GREAT I
FELT THE WHOLE WAY THROUGH!
FULLY ADDICTED NOW!"



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■ SUCCESS STORIES

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ANDY, 45

"MY PERSONAL GOALS FROM THE PROGRAMME WERE TO LOSE SOME OF THE FLAB AND PAUNCH, BECOMING MORE FLEXIBLE, AS WELL AS STRENGTHENING UP TO HELP PREVENT INJURIES SO I COULD GET BACK TO RUNNING WITHOUT BREAKING DOWN.

THE PROGRAMME WAS RELATIVELY SIMPLE (MAKING IT EASIER FOR ME TO FOLLOW!) BUT PROVIDED STRUCTURE WHILST BEING FLEXIBLE ENOUGH TO FIT AROUND A BUSY WORK AND FAMILY SCHEDULE.

FOR NUTRITION ADVICE IT WAS TO BASICALLY EAT THE RIGHT FOODS AND NOT NECESSARILY WORRY ABOUT PORTION SIZES, WHICH WAS A RELIEF! I BASICALLY CUT OUT ALL THE CRAP STUFF, WEEKDAY DRINKING AND ATE WELL THROUGHOUT THE PROGRAMME. IT ACTUALLY BECAME QUITE EASY TO STICK TO THESE IMPROVED EATING AND DRINKING HABITS.

AT THE START OF THE PROGRAMME, I WAS SHOCKED AT HOW WEAK MY LEGS AND CORE WERE, AS I STRUGGLED WITH SOME VERY BASIC EXERCISES WITHOUT WOBBLING LIKE A BOWL OF JELLY. BUT, WITHIN JUST THE 1ST COUPLE OF WEEKS I HAD NOTICED A BIG IMPROVEMENT IN CORE AND LEG STRENGTH AND WAS AMAZED AT HOW QUICKLY I WAS YIELDING SOME OF THE BENEFITS.

AT FIRST, I WAS DREADING FACE TO FACE THESE SESSIONS BUT SOON BEGAN TO LOOK FORWARD TO THESE AND BECAME ONE OF THE HIGHLIGHTS OF MY WEEK. IT WAS IN THESE SESSIONS WHERE HENRY WOULD TARGET SPECIFIC AREAS AND REALLY PUSH ME TO ACHIEVE MORE THAN I WOULD HAVE ATTEMPTED ALONE. THESE HELPED PROVIDE BELIEF, DIRECTION, AND EXTRA MOTIVATION.

I FOUND THE STRETCHING REGIME BEFORE EACH WORKOUT TO BE PARTICULARLY BENEFICIAL AND I'M CONVINCED HELPED MY FAILING, INJURY PRONE BODY TO REMAIN INJURY-FREE THROUGHOUT THE PROGRAM. MY CORE STRENGTH SEEMS TO HAVE IMPROVED MASSIVELY FROM WHERE I STARTED FROM, AND I FIND MYSELF LOOKING FORWARD TO THE CORE EXERCISES THAT LEAVE THAT ABDOMINAL BURN! MIDWAY THROUGH THE PROGRAM IT WAS NOTICEABLE AT HOW MUCH EXTRA ENERGY I SEEMED TO HAVE THROUGHOUT THE DAY. **I ALSO STARTED TO FEEL BETTER ABOUT MYSELF AND MENTALLY BECAME MORE POSITIVE IN GENERAL.**

NOW THAT THE 6 WEEKS ARE OVER, I AM VERY HAPPY WITH THE RESULTS AND BENEFITS THIS HAS BROUGHT. THIS IN ITSELF HAS GIVEN ME THE MOTIVATION TO CONTINUE TRAINING AND SET NEW GOALS. THE PAUNCH HAS NOW GONE, THE LOVE HANDLES ARE NEXT!"

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VIDEO DEMOS

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■ SUCCESS STORIES

ABBEY, 29



"I THINK THE BEST THING IS ACTUALLY LIKE HOW MUCH BETTER I'VE GOT IN LAST SIX WEEKS. I DIDN'T KNOW HOW MUCH PROGRESS I'D ACTUALLY BE ABLE TO SEE. WHEN I STARTED SIX WEEKS AGO I ACTUALLY COULDN'T DO A SINGLE PRESS UP, AND NOW I CAN DO 10! EVEN THOUGH I COME OUT EVERY SESSION FEELING ABSOLUTELY WRECKED, WHICH IS TOTALLY WHAT I WANT, IT'S BEEN REALLY NICE TO ACTUALLY BE ABLE TO SEE THAT DIFFERENCE. IN TERMS OF WHAT I NEED, WHAT I WANTED THE SESSIONS TO BE, THEY'VE BEEN LIKE EVERYTHING AND MORE!"

ALL OF THESE TRANSFORMATIONS WERE ACHIEVED IN JUST 6 WEEKS! THE BEST PART ABOUT IT IS HOW MUCH THEY'VE LOVED THE PROCESS AND THEY'RE NOW CONFIDENT TO KEEP IT GOING AS A PART OF THEIR LIVES AND NOT SOMETHING THEY'RE JUST DRAGGING THEMSELVES THROUGH.

I BELIEVE IN YOU

BELIEVE IN YOURSELF

YOU CAN MAKE THIS HAPPEN!

**"Anything worth having is worth taking time for.
-Make that time worthwhile!"**



Thank You!

Hopefully, you had fun being active!
Keep up the hard work, and greatness will follow.
Remember, commitment gets you started.
But consistency gets to the finish line

Now let me ask you this:

If there were a way you could
get a personalised program &
support from an expert, a great
community driving you forward,
meals delivered to your house,
and diet support...

Is that something that you
would potentially like to know
more about?

Brilliant! Click or
scan to discover 



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