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ADVANCED

THE DOCTOR'S 6 WEEK WEIGHT LOSS + BODY TRANSFORMATION

RESISTANCE TRAINING PLAN

WEEK 1 & 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 WALL SITS 2 min hold x 3 reps	 PUSH UPS 5 sets x 25 reps	 BEAR CRAWLS FORWARD 5 sets x 15 steps forwards	 PUSH UPS 5 sets x 25 reps	 MOUNTAIN CLIMBING 5 sets x 25 reps	 WALL SITS 2 min hold x 3 reps	 BURPEES 5 sets x 25 reps
 STAR JUMPS 4 sets x 20 reps	 BURPEES 4 sets x 25 reps	 LUNGES & JUMP TO OPPOSITE LEG 4 sets x 20 reps	 RUSSIAN TWISTS 4 x 1.5 min	 STAR JUMPS 4 sets x 20 reps	 STEP UP JUMPS ONTO STEP 5 sets x 20 reps	 PUSH UPS 5 sets x 25 reps
 MOUNTAIN CLIMBING 5 sets x 25 reps	 RUSSIAN TWISTS 4 x 1.5 min	 STEP UP JUMPS ONTO STEP 5 sets x 20 reps	 BURPEES 4 sets x 25 reps	 LUNGES & JUMP TO OPPOSITE LEG 4 sets x 20 each leg	 BEAR CRAWLS FORWARD 5 sets x 15 steps	 RUSSIAN TWISTS 4 x 1.5 min






















WEEK 3 & 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 RUSSIAN TWISTS 5 x 1 min	 PUSH UPS 5 sets x 20 reps	 MOUNTAIN CLIMBING 5 sets x 20 reps	 RUSSIAN TWISTS 5 x 1 min	 STAR JUMPS 4 sets x 15 reps	 BEAR CRAWLS FORWARD 5 sets x 10 steps	 STEP UP JUMPS ONTO STEP 5 sets x 15 reps
 STEP UP JUMPS ONTO STEP 5 sets x 15 reps	 BEAR CRAWLS FORWARD 5 sets x 10 steps forwards	 LUNGES & JUMP TO OPPOSITE LEG 4 sets x 15 reps	 BURPEES 4 sets x 20 reps	 STEP UP JUMPS ONTO STEP 4 sets x 15 reps	 MOUNTAIN CLIMBING 5 sets x 20 reps	 BURPEES 4 sets x 20 reps
 BURPEES 4 sets x 20 reps	 STAR JUMPS 4 sets x 15 reps	 WALL SITS 1.5 min hold x 5 reps	 PUSH UPS 5 sets x 20 reps	 WALL SITS 1.5 min hold x 5 reps	 LUNGES & JUMP TO OPPOSITE LEG 4 sets x 15 reps	 STAR JUMPS 4 sets x 15 reps

THE DOCTOR'S 6 WEEK WEIGHT LOSS + BODY TRANSFORMATION

RESISTANCE TRAINING PLAN

WEEK 5 & 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <p>WALL SITS 2 min hold x 3 reps</p>	 <p>PUSH UPS 5 sets x 25 reps</p>	 <p>BEAR CRAWLS FORWARD 5 sets x 15 steps</p>	 <p>PUSH UPS 30 sec holds x 5 reps</p>	 <p>MOUNTAIN CLIMBING 30 sec holds x 5 reps</p>	 <p>WALL SITS 2 min hold x 3 reps</p>	 <p>BURPEES 5 sets x 25 reps</p>
 <p>STAR JUMPS 4 sets x 20 reps</p>	 <p>BURPEES 4 sets x 25 reps</p>	 <p>LUNGES & JUMP TO OPPOSITE LEG 4 sets x 20 reps</p>	 <p>RUSSIAN TWISTS 4 x 1.5 min</p>	 <p>STAR JUMPS 4 sets x 20 reps</p>	 <p>STEP UP JUMPS ONTO STEP 5 sets x 20 reps</p>	 <p>PUSH UPS 5 sets x 25 reps</p>
 <p>MOUNTAIN CLIMBING 5 sets x 25 reps</p>	 <p>RUSSIAN TWISTS 4 x 1.5 min</p>	 <p>STEP UP JUMPS ONTO STEP 5 sets x 20 reps</p>	 <p>BURPEES 4 sets x 25 reps</p>	 <p>LUNGES & JUMP TO OPPOSITE LEG 4 sets x 20 reps</p>	 <p>BEAR CRAWLS FORWARD 5 sets x 15 steps forwards</p>	 <p>RUSSIAN TWISTS 4 x 1.5 min</p>