

Pretty & POWERFUL

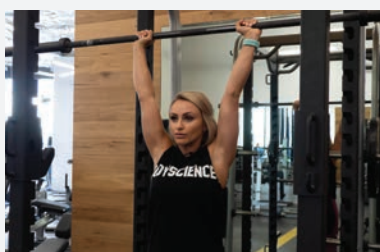
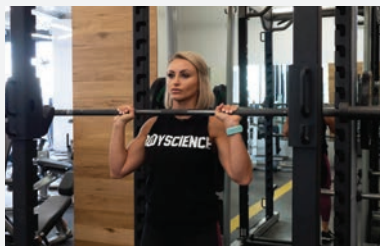
HIIT & RESISTANCE

Training

For chicks who lift

Barbell Overhead Press

Build strong shoulders, chest & arms
Develops core stability



1. Hold barbell just above chest with overhand grip
2. Hands slightly wider than shoulder-width apart
3. Press the bar up & fully extend elbows
4. Slowly return to starting position

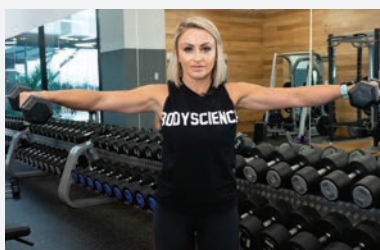
Aim for 8-12 reps to build muscle & strength
3-4 sets

Tips

Elbows & forearms should be vertical
Press bar straight up - not behind or in front of head
Variation: Try the seated barbell press or dumbbell press

Dumbbell Side Raise

Build round, athletic shoulders
Targets the hard-to-hit lateral head/side delt



1. Stand with feet shoulder-width apart, holding dumbbells with palms facing inward
2. Raise arms out to sides until they're at shoulder height
3. Pause at the top, lower to starting position

Aim for 12 reps
Complete 3-4 sets

Tips

Keep torso stationary & maintain control to avoid using momentum. Try increasing intensity with drop sets: Perform 10 reps at a heavier weight. Decrease weight & perform 10 more reps

Landmine Press

Target those shoulder/delts (and look hardcore doing it!)
Also works upper chest, abs, traps & triceps



- 1.** Stand with feet shoulder-width apart or take split-stance, opposite leg forward
- 2.** Hold the bar in one hand at shoulder height
- 3.** Press the weight up with one arm, keeping it in line with your shoulder rather than moving it towards the middle of your body

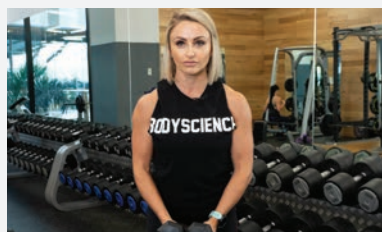
Aim for 12-15 reps
Complete 3 sets

Tips

To put more weight in the shoulders, try this from the floor in a half-kneeling or double kneeling position. No landmine machine in your gym? Anchor the end of a barbell in a weight plate or corner of the wall

Shoulder Finisher

Take the challenge! Cap off your shoulder workout with a challenging finisher that'll squeeze every last ounce out of those delts.



Dumbbell lateral raise

- 1.** Stand with feet shoulder-width apart, holding dumbbells with palms facing inward
- 2.** Raise arms out to sides until they're at shoulder height
- 3.** Pause at the top, lower to starting position

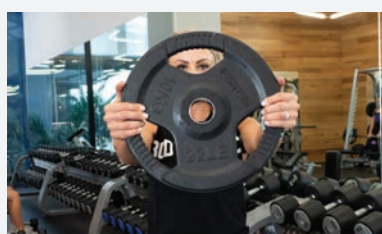
Complete 10 reps



Front raise with a twist

- 1.** Hold barbell plate at 3 & 9 O'clock
- 2.** Rotate slowly side to side

8-10 reps each side



Complete 4 sets or until failure

Single Arm Dumbbell Row

Develop a strong, toned back
 Targets the latissimus dorsi, rhomboids & trapezius
 Unilateral exercise helps correct imbalances



1. Set up a flat bench. Place the right knee on the bench and bend forward at the waist until your upper body is parallel to the floor, placing your right hand on the bench for support
2. Hold dumbbell in left hand with your back straight. This will be your starting position.
3. Pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side and torso stationary.
4. Squeeze the back muscles at the top of the contraction and then lower the dumbbell back to the starting position.
5. Repeat on opposite side.

8-10 reps each side
 Complete 3-4 sets

Tips

Use the full range of motion, getting a good stretch at bottom. Keep upper torso stationary and don't let biceps take over

Seated Row

Target the middle & upper back



1. Set up a low pulley row machine with a V-bar. Hold V-bar handles with neutral grip, feet on platform and knees slightly bent.
2. Sit up straight, arms extended in front of you to feel a nice stretch in lats.
3. Keeping torso stationary, pull handles back towards torso.
4. Squeeze shoulder blades together and slowly release back to starting position.

10-12 reps
 Complete 3-4 sets

Tips

Maintain an upright upper body. Keep torso stationary and ensure a slow, controlled motion

Lat Pulldown

Get ready to work the largest back muscle, the latissimus dorsi



- 1.** Sit cable station with a straight bar attached to the top pulley. Keep your feet planted firmly on the floor.
- 2.** Using an overhand grip, hold the bar as wide as comfortable. Try outside shoulder-width for a wide grip.
- 3.** Lean back slightly, approx. 30 degrees, without arching your back.
- 4.** Pull the bar towards the top of your upper chest by drawing the shoulders and upper arms down and back.
- 5.** Squeeze your shoulder blades together, pause and slowly return bar to the starting position.

Aim for 15 reps
Complete 3 sets

Tips

Maintain control and don't rely on momentum
Think of bringing your chest to the bar
Keep elbows pointed straight down

Back Superset

Feel the burn! Superset these two exercises for the perfect finisher to your back workout. Jump straight from one to the other with minimal rest to really exhaust your muscles.



Straight Arm Lat Pulldown

- 1.** Hold the wide bar with a shoulder-width pronated (palms down) grip
- 2.** Stand with arms fully extended
- 3.** Lean torso forward slightly
- 4.** Contract lats to pull bar down to reach your thighs

10-15 reps



Wide Grip Cable Row

- 1.** Set up at a low pulley cable machine, hands slightly wider than shoulder-width apart.
- 2.** Keep chest upright & shoulders down. Pull bar in towards waist.
- 3.** Squeeze shoulder blades together, pause and return weight to the starting position.

10-12 reps



Complete 3-4 supersets

Burpee

Intense full body exercise to burn fat & speed metabolism
Strengthens arms, chest, quads, glutes, hamstrings & abs



1. Squat down and place hands on floor
2. Jump both feet back into plank
3. Lower chest to floor
4. Push up & jump feet back in
5. Explosively jump into air

Tips

Keep your abs tight throughout. Don't forget to breathe!
Add a clap on the end. This will help maintain form and keep you motivated as it signifies the end of each rep.

Box Jumps

Build power, burn calories and increase muscle tone.



1. Stand in front of a box with feet hip-width apart
2. Drop into a quarter squat
3. Extend hips, swing arms & push through feet
4. Land softly on box, stand tall and squeeze glutes

Aim for 3 sets of 10 reps
Increase height over time

Tips

Start with a low box and increase height over time. Most of the power you need comes from your glutes so you need to squat down first to activate them.

Sled Push

Train like an athlete! Develop solid strength in your glutes, calves, hamstrings, quads and core with the sled push.



- 1.** Take an athletic posture, grasp handles and position hands low
- 2.** Lean into the sled, keeping arms straight and brace abdominals
- 3.** Push the sled, taking short fast steps and driving with both feet
- 4.** Focus on extending your hips and knees to strengthen the posterior chain

Push up and back on the track. Rest for 60 secs.
Complete 4-6 sets

Tips

Use as a fat-burning finisher on any leg workout
Add weight for extra resistance

Strength & Conditioning Circuit

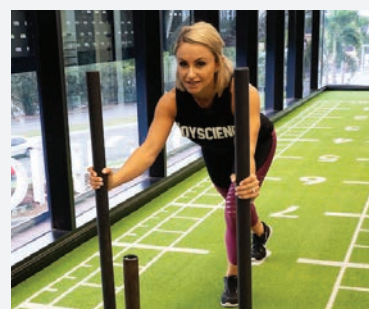
Try this fat-burning circuit training workout that mixes cardio and weights and will have you in and out of the gym in under 30 minutes.



- 1.** Battle ropes, double arm slam
1-2 mins



- 2.** Box jump burpee
Complete 10 reps



- 3.** Sled Push
20 metres up & back

Complete 3-4 rounds with minimal rest for maximum burn

PRETTY & POWERFUL STACK

Get the most from your training with the right supplements! Amp up your energy, recover faster, boost your metabolism and build lean muscle with the Pretty & Powerful Stack.



HydroxyBurn Shred Neuro-Thermogenic

On non-training days take 1 scoop first thing in the morning and another scoop around midday to boost your metabolism, fat burn, energy and mood. On training days, take 1-2 scoops 30mins before your workout to improve energy, focus, performance and fat burn.

HydroxyBurn Lean5 Protein

Take within 30mins of your workout to assist muscle recovery, build lean and toned muscle, and boost your metabolism. Also makes for the perfect high protein, low carb healthy snack between meals.

Green Tea TX100

Take 2 sachets in water daily to assist with metabolism, fat burn, energy, gut health and wellbeing. It's the most delicious way to boost your daily water intake.

Amino BCAA Fuel

The perfect workout partner, Amino BCAA Fuel will replenish electrolytes, keep you hydrated and energised, and deliver essential amino acids and vitamins your body needs. Mix with 300-500mL of water and sip during your training, or at any time on non-training days.