

GET FIT IN

THE OFFICE

GYMPAD 

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GET FIT IN THE OFFICE INTRODUCTION



Do you work very long hours? Do you spend a lot of time in the office or in your place of work? If so, this plan is designed for you. You can keep fit and stay healthy in the comfort of your own office and here's how...

"A one-hour workout is 4 % of your day! There's no excuses"

Do you really not have the time?

If you think about it, you have time to fit in a 30-minute workout and in this guide, we are going to teach you how!

Many people tell themselves that they don't have time in their day, yet they have the same amount of time as everyone else. You may have to use your time differently. It may require getting up early to fit in your workout, going to bed an hour later, whatever it takes always remember: HEALTH IS WEALTH!

Here are our top 10 tips to stay fit whilst at work. Have a read through them and see how you could incorporate them into your daily routine, then try one of our workout programmes at the back!

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GET FIT IN THE OFFICE TOP 10 TIPS

Tip #1 - Schedule your exercise

If you don't plan it into your day, it won't get done. Other things will begin to seem more important and will become your new habit and routine if exercise is not scheduled in. Make a plan to exercise everyday. Use the GymPad Workout Journal to help pre programme your workout in. This will keep you accountable to complete your workout.

Tip #2 - Walk as much as possible

Try walking to work, or if work is too far away to do so, try parking further away from the office and walk from there. Getting a small walk in before getting to the office allows you time to get in the right frame of mind, helps clear your head and gets your body moving before the long day ahead of sitting at your desk.

Tip #3 - Move around the office

It is important to break the habit of a sedentary lifestyle every hour or two. If you want to talk to a colleague, get up and go to his/her desk instead of making a phone call or sending them an email.

Tip #4 - Take the stairs

Start using the stairs instead of taking the elevator. Taking the stairs raises your heart rate, helps protect against high blood pressure, weight gain and clogged arteries. All of which lowers the risk of developing chronic conditions such as diabetes and heart disease.



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GET FIT IN THE OFFICE TOP 10 TIPS



Tip #5 - Your posture

Check your posture and ensure that you sit erect with your shoulders back. Avoid hunching and bending your back whilst sat at your desk. You can perform several simple stretches and exercises throughout the day on your seat, such as stretching your neck by looking up, down, left and right. Also try take a break from typing and roll your wrists in a circular motion. Whilst sitting at your desk you may want try either tapping your feet on the ground or rolling your ankles in a circular motion to keep your muscles working.

Tip #6 - Stand when you can

Whilst working at your desk, look for opportunities that allow you to stand. If possible, stand while performing tasks such as answering the phone or replying to emails.

Tip #7 - Do not skip breakfast

As your metabolism slows down when you are asleep, eating a few hours shortly after you awake, will help boost your metabolism. By eating breakfast your body will now have the energy to perform your daily tasks. You will find that you will concentrate much more on the task in hand.

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GET FIT IN THE OFFICE

TOP 10 TIPS

Tip #8 - Don't snack

Stay away from the vending machines. Say, "no thanks," to all the treats that get passed around the office: cakes, doughnuts, bagels, cookies etc. If you're truly hungry, opt for something healthy, like a piece of fruit, trail mix or nuts.

Tip #9 - Drink lots of water

The average sedentary female is said to need 9 cups (2.1 litres) of water a day. An equivalent male needs 12 cups (2.8 litres). By drinking these recommended amounts of water daily, this will aid with weight loss through making you fuller and less tempted to snack on empty calories. By doing so you will give your body the most important human nutrient that will enable you to perform and feel much better throughout the day.

Tip #10 - Meal prep

If you cook a healthy meal at home, save part of it and take it to work the next day for lunch. Prepare your meals in advance and keep them in the fridge so that you can grab them each day on the way out to work!



START TRACKING YOUR WORKOUTS TODAY

GET 10% OFF YOUR GYMPAD ORDER

| DATE & TIME | | 11 / 08 / 2016 | | AM/PM | | "Excuses don't burn calories" | | | | GYMPAD | | | | | |
|-----------------|-----|----------------|--------|-------|------------------|-------------------------------|------|--------|------|------------------|------|----------|----------------|------------------------------------|--|
| MUSCLE GROUP(S) | | Back + Bicep | | | | | | | | | | | | | |
| EXERCISE | SET | REPS | WEIGHT | REST | EXERCISE | SET | REPS | WEIGHT | REST | EXERCISE | SET | REPS | WEIGHT | REST | |
| 1. Barbell Row | 1 | 10 | 60kg | 1min | 4. TRX Row | 1 | 10 | B/W | 30s | 5. Dumbbell Curl | 1 | 8 | 20kg | 1min | |
| | 2 | 8 | 65kg | 1min | | 2 | 10 | B/W | 30s | | 2 | 8 | 20kg | 1min | |
| | 3 | 6 | 70kg | 1min | | 3 | 10 | B/W | 30s | | 3 | 8 | 20kg | 1min | |
| | 4 | 4 | 75kg | 1min | | 4 | 10 | B/W | 30s | | 3 | 8 | 20kg | 1min | |
| 2. Lat Pulldown | 1 | 10 | 60kg | 1:30 | 6. Preacher Curl | 1 | 10 | 12kg | 1min | CARDIO | TIME | DISTANCE | CALORIES BURNT | NOTES: 10 Minute Row Warm up | |
| | 2 | 10 | 60kg | 1:30 | | 2 | 10 | 12kg | 1min | | | | | | |
| | 3 | 10 | 60kg | 1:30 | | 3 | 10 | 12kg | 1min | | | | | | |
| 3. V Bar Row | 1 | 8 | 80kg | 1:30 | 4 | 10 | 12kg | 1min | | | | | | | |
| | 2 | 8 | 80kg | 1:30 | | | | | | | | | | | |
| | 3 | 8 | 80kg | 1:30 | | | | | | | | | | | |
| | 4 | 8 | 80kg | 1:30 | | | | | | | | | | | |

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OFFICE WORKOUTS

PROGRAMME 1

WELCOME

To programme 1 of the GymPad Office Workouts Guide. This is your training programme for the next 1 week! Try fit this into your daily routine 2-3 times this week before moving onto programme two! NOTE: Try to have at least 2 days rest in between each workout to give your muscles adequate time to repair and rebuild before training again! Do not train full body workouts like these on back to back days, as your muscles will already be sore and unable to lift at full capacity. Lets go!

OFFICE WORKOUT - PROGRAMME 1

| Muscle Group | Exercise | Sets | Reps | Rest |
|--------------|----------------------------|------|------------|------|
| Warm Up | Jogging On Spot | 1 | 20 secs | 0-60 |
| | Jumping Jacks | 1 | 10 | 0-60 |
| Total Body | Pushups (Full or Half) | 3 | 10-12 | 0-30 |
| | Chair Tricep Dip | 3 | 10-12 | 0-30 |
| | Side Lunge | 4 | 12 | 0-30 |
| | Walking Lunge | 4 | 10 per leg | 0-30 |
| | Standing Calf Raise | 3 | 15 | 0-30 |
| | BONUS Flutter Kicks | 3 | 20 | 0-30 |



- Keep your form strict throughout the entire movement of each exercise.
- Try performing this workout as a circuit i.e. one set of each exercise being one round and completing 4-6 rounds!
- Keep a constant tempo throughout each movement, i.e. same pace repetitions.
- Increase/decrease rest periods depending on your fitness level. The shorter the rest period the more intense the workout. Shorten rest periods as you progress each week.
- Lower the sets/reps depending on your fitness level.
- Only try the BONUS exercise at the end if you comfortably complete the rest of the workout.

OFFICE WORKOUTS PROGRAMME 2

WELCOME

To programme 2 of the GymPad Office Workouts Guide. This is your training programme for the next 1 week! Try fit this into your daily routine 2-3 times this week before moving onto programme three! NOTE: Try to have at least 2 days rest in between each workout to give your muscles adequate time to repair and rebuild before training again! Do not train full body workouts like these on back to back days, as your muscles will already be sore and unable to lift at full capacity. Lets go!

OFFICE WORKOUT - PROGRAMME 2

| Muscle Group | Exercise | Sets | Reps | Rest |
|--------------|---|------|------------|------|
| Warm Up | Squat Jumps | 1 | 15 | 0-60 |
| | Arm Swings | 1 | 15 per arm | 0-60 |
| Total Body | Jog On Spot | 4 | 20 secs | 0-30 |
| | SUPERSET Lying Back Extensions/Burpes | 3 | 12/8 | 0-30 |
| | Glute Bridges | 4 | 10 | 0-30 |
| | Chair Tricep Dip | 4 | 10 | 0-30 |
| | SUPERSET Ab Crunch/Heel Touches | 4 | 12/12 | 0-30 |
| | BONUS Bodyweight Squat | 1 | 20 | --- |



- Keep your form strict throughout the entire movement of each exercise.
- Try performing this workout as a circuit i.e. one set of each exercise being one round and completing 4-6 rounds!
- Keep a constant tempo throughout each movement, i.e. same pace repetitions.
- Increase/decrease rest periods depending on your fitness level. The shorter the rest period the more intense the workout. Shorten rest periods as you progress each week.
- Lower the sets/reps depending on your fitness level.
- Only try the BONUS exercise at the end if you comfortably complete the rest of the workout.

OFFICE WORKOUTS

PROGRAMME 3

WELCOME

To programme 3 of the GymPad Office Workouts Guide. This is your training programme for the next 1 week! Try fit this into your daily routine 2-3 times this week before moving onto programme four! NOTE: Try to have at least 2 days rest in between each workout to give your muscles adequate time to repair and rebuild before training again! Do not train full body workouts like these on back to back days, as your muscles will already be sore and unable to lift at full capacity. Lets go!

OFFICE WORKOUT - PROGRAMME 3

| Muscle Group | Exercise | Sets | Reps | Rest |
|--------------|------------------|-------------|------------|------|
| Warm Up | Bodyweight Squat | 1 | 20 | 0-60 |
| | Lunges | 1 | 10 per leg | 0-60 |
| Total Body | Jumping Jacks | 4 | 20 | 0-30 |
| | Wall Sit | 3 | 30 secs | 0-30 |
| | Chair Step Ups | 4 | 10 per leg | 0-30 |
| | Tricep Pushups | 4 | 8-12 | 0-30 |
| | Plank | 4 | 30 secs | 0-30 |
| | BONUS | Squat Jumps | 1 | 20 |



- Keep your form strict throughout the entire movement of each exercise.
- Try performing this workout as a circuit i.e. one set of each exercise being one round and completing 4-6 rounds!
- Keep a constant tempo throughout each movement, i.e. same pace repetitions.
- Increase/decrease rest periods depending on your fitness level. The shorter the rest period the more intense the workout. Shorten rest periods as you progress each week.
- Lower the sets/reps depending on your fitness level.
- Only try the BONUS exercise at the end if you comfortably complete the rest of the workout.

OFFICE WORKOUTS

PROGRAMME 4

WELCOME

To programme 4 of the GymPad Office Workouts Guide. This is your training programme for the next 1 week! Try fit this into your daily routine 2-3 times this week before moving onto programme five! NOTE: Try to have at least 2 days rest in between each workout to give your muscles adequate time to repair and rebuild before training again! Do not train full body workouts like these on back to back days, as your muscles will already be sore and unable to lift at full capacity. Lets go!

OFFICE WORKOUT - PROGRAMME 4

| Muscle Group | Exercise | Sets | Reps | Rest |
|--------------|------------------------------|------|--------------|------|
| Warm Up | Jumping Jacks | 1 | 20 | 0-60 |
| | Wall Sit | 1 | 30 secs | 0-60 |
| Total Body | Bodyweight Squats | 4 | 10 | 0-30 |
| | Walking Lunge With High Knee | 4 | 10 | 0-30 |
| | Elevated Pushup | 4 | 10 | 0-30 |
| | Shoulder Taps | 4 | 8 per side | 0-30 |
| | Knee Pull Ins | 4 | 12 | 0-30 |
| | BONUS Side Plank | 2 | 30 secs/side | --- |



- Keep your form strict throughout the entire movement of each exercise.
- Try performing this workout as a circuit i.e. one set of each exercise being one round and completing 4-6 rounds!
- Keep a constant tempo throughout each movement, i.e. same pace repetitions.
- Increase/decrease rest periods depending on your fitness level. The shorter the rest period the more intense the workout. Shorten rest periods as you progress each week.
- Lower the sets/reps depending on your fitness level.
- Only try the BONUS exercise at the end if you comfortably complete the rest of the workout.

OFFICE WORKOUTS PROGRAMME 5

WELCOME

To programme 5 of the GymPad Office Workouts Guide. This is your training programme for the next 1 week! Try fit this into your daily routine 2-3 times this week.

NOTE: Try to have at least 2 days rest in between each workout to give your muscles adequate time to repair and rebuild before training again! Do not train full body workouts like these on back to back days, as your muscles will already be sore and unable to lift at full capacity. Lets go!

OFFICE WORKOUT - PROGRAMME 5

| Muscle Group | Exercise | Sets | Reps | Rest | |
|-----------------------------------|---------------------|---------------------|------------|------|------|
| Warm Up | Jog On Spot | 1 | 30 secs | 0-60 | |
| | Side Lunges | 1 | 10 per leg | 0-60 | |
| Total Body SUPERSET | Jumping Jacks | 4 | 20 | 0-30 | |
| | High Knees/Pushups | 3 | 20 secs/10 | 0-30 | |
| | Side Leg Raises | 4 | 8 per leg | 0-30 | |
| | Single Leg Deadlift | 3 | 8 per leg | 0-30 | |
| | Spiderman Pushup | 3 | 6-8 | 0-30 | |
| | BONUS | Standing Calf Raise | 3 | 12 | 0-30 |



- Keep your form strict throughout the entire movement of each exercise.
- Try performing this workout as a circuit i.e. one set of each exercise being one round and completing 4-6 rounds!
- Keep a constant tempo throughout each movement, i.e. same pace repetitions.
- Increase/decrease rest periods depending on your fitness level. The shorter the rest period the more intense the workout. Shorten rest periods as you progress each week.
- Lower the sets/reps depending on your fitness level.
- Only try the BONUS exercise at the end if you comfortably complete the rest of the workout.



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