

HOW TO USE THIS GUIDE

Your step-by-step roadmap for using the GHW Weight Loss Workout Programme

START HERE

Read this before beginning the workouts

What this programme is designed to do

This programme combines **warm-up, cardiovascular training, resistance training and recovery** into one practical session. The aim is to help you build consistency, improve fitness, increase daily energy expenditure and support the preservation of lean muscle while working toward weight-loss goals.

How to use the guide

Step 1 — Prepare: Read the exercise instructions and choose the versions that match your current ability. **Step 2 — Warm up:** Complete the five warm-up movements before harder work. **Step 3 — Choose your cardio:** Pick ONE cardio option; you do not need to perform all five. **Step 4 — Strength:** Complete the five strength exercises for 2–3 rounds. **Step 5 — Recover:** Finish with the cool-down and stretches. **Step 6 — Progress:** Gradually increase duration, repetitions, resistance or rounds as your fitness improves.

Your session at a glance

1	WARM-UP	5–7 min	Complete all 5 movements.
2	CARDIO	15–25 min	Choose ONE option.
3	STRENGTH	10–15 min	5 exercises × 2–3 rounds.
4	COOL DOWN	5–7 min	Complete all stretches gently.

How hard should it feel?

Easy: comfortable conversation. **Moderate:** breathing is faster but controlled and you can speak in short sentences. **Hard:** breathing is heavy and conversation is difficult. Start at a manageable level and build gradually.

The progression rule

When you can complete the programme comfortably with good technique, change **one thing at a time**: add 2–5 minutes of cardio, add a few repetitions, increase resistance slightly, or progress from 2 to 3 rounds. Quality comes before quantity.

Safety first

Stop if you experience sharp pain, chest pain, faintness or unusual shortness of breath. Use stable equipment and appropriate footwear. If you have an injury, medical condition, are pregnant, or are returning to exercise after a long break, obtain appropriate professional guidance before starting.

Understanding Your Workout

The original workout image below gives you the quick-reference version. The following pages expand each movement with step-by-step instructions, form cues, repetitions and alternatives so you know exactly how to perform the programme.

BASIC WORKOUT FOR WEIGHT LOSS

Simple. Effective. Consistent.



DURATION: 30–45 MINUTES



FREQUENCY: 4–5 DAYS / WEEK



GOAL: BURN CALORIES,
BOOST METABOLISM,
SUPPORT WEIGHT LOSS

1 WARM-UP (5–7 MINUTES)

• Prepare your body and increase blood flow.

HEEL TAPS



1 MINUTE

INCHWORMS



1 MINUTE

CAT-COW STRETCH



1 MINUTE

BUTT KICKS



1 MINUTE

HIGH KNEE JOG



1 MINUTE

2 CARDIO (20–25 MINUTES)

• Get your heart rate up and burn calories.

BURPEES



20–30 MINUTES

OR

SKATER JUMPS



20–25 MINUTES

OR

FAST FEET



20–30 MINUTES

OR

BATTLE ROPE



15–20 MINUTES

OR

STEP-UPS



20–30 MINUTES

3 STRENGTH TRAINING (10–15 MINUTES)

• Build lean muscle and boost metabolism.

GOBLET SQUAT



12–15 REPS

BENT OVER FLY



10–12 REPS

HIP THRUST



12–15 REPS

BICYCLE CRUNCH



20–30 REPS

4 COOL DOWN & STRETCH (5–7 MINUTES)

• Relax your muscles and improve flexibility.

DOWNWARD DOG



30 SECONDS

PIGEON STRETCH



30 SECONDS EACH SIDE

STANDING SIDE STRETCH



30 SECONDS EACH SIDE

THREAD THE NEEDLE



30 SECONDS EACH SIDE

SEATED SPINAL TWIST



30 SECONDS EACH SIDE



TIPS FOR SUCCESS

- ✓ Stay consistent.
- ✓ Eat balanced, whole foods.
- ✓ Drink plenty of water.
- ✓ Get enough sleep.
- ✓ Track your progress and celebrate small wins.



REMEMBER

Weight loss is a journey, not a race.
Focus on progress, not perfection.
You've got this!



♥ BE STRONGER THAN YOUR EXCUSES. YOUR FUTURE SELF IS WATCHING!

Before You Begin

Have water available, wear comfortable training clothing and choose an environment where you can move safely. If using weights, start lighter than you think you need and focus on technique. During the cardio section, choose an option that matches your current fitness and impact tolerance.

Rest and recovery

Recovery is part of the programme. You do not need to train hard every day. Use walking, mobility or easy movement on recovery days and allow your body time to adapt.

Weight loss is not only about the workout

Training is one part of the process. Nutrition, hydration, sleep, daily movement and consistency all contribute to results. The goal is to build habits you can repeat rather than rely on occasional extreme workouts.

1. Warm-Up

Complete all five movements for approximately 1 minute each. Keep the pace comfortable and focus on smooth movement.

VISUAL REFERENCE ? SEE PAGE 3 FOR THE VISUAL EXAMPLE OF EACH EXERCISE

Reps / Time: 1 min

Step-by-step: Stand tall. Bend one knee and tap the heel behind you. Alternate sides rhythmically.

Form: Stay upright and light on your feet.

Purpose: Raises body temperature.

INCHWORMS

Reps / Time: 1 min

Step-by-step: Hinge forward, place hands down, walk them to a plank, then walk back and stand.

Form: Brace the core; move slowly.

Purpose: Warms shoulders, hamstrings and trunk.

CAT-COW STRETCH

Reps / Time: 1 min

Step-by-step: On hands and knees, round the spine gently, then open the chest and extend the spine.

Form: Move with your breathing.

Purpose: Mobilises the spine.

BUTT KICKS

Reps / Time: 1 min

Step-by-step: Jog or march while bringing each heel toward the glutes.

Form: Land softly and keep the torso tall.

Purpose: Warms legs and raises heart rate.

HIGH KNEE JOG

Reps / Time: 1 min

Step-by-step: Jog or march while lifting knees comfortably toward hip height.

Form: Stay tall and use the arms naturally.

Purpose: Prepares hips and legs.

2. Cardio

Choose ONE option. Start around 15 minutes and gradually build toward 20–25 minutes. If using intervals, try 45 seconds of work followed by 30 seconds of easy recovery.

VISUAL REFERENCE ? SEE PAGE 3 FOR THE VISUAL EXAMPLE OF EACH EXERCISE

Reps / Time: 15–20 min

Step-by-step: Squat, step or jump back to plank, return to standing and reach tall. Repeat at a steady pace.

Form: Keep the core braced; step instead of jump for lower impact.

Purpose: Full-body conditioning.

SKATER JUMPS

Reps / Time: 15–20 min

Step-by-step: Step or jump side-to-side, landing softly on one leg while the other leg reaches behind.

Form: Keep the knee aligned with the foot.

Purpose: Lateral conditioning.

FAST FEET

Reps / Time: 15–20 min

Step-by-step: Take quick small steps in place while keeping the torso tall and arms active.

Form: Stay relaxed and controlled.

Purpose: Elevates heart rate simply.

BATTLE ROPE

Reps / Time: 15–20 min

Step-by-step: Hold the ropes and create alternating or double-arm waves from a stable stance.

Form: Slight knee bend; keep trunk stable.

Purpose: Whole-body conditioning.

STEP-UPS

Reps / Time: 15–20 min

Step-by-step: Place one foot on a stable step, stand through that leg, then step down under control and alternate.

Form: Use a stable surface and control the descent.

Purpose: Lower-impact cardio and leg work.

3. Strength Training

Complete 2–3 rounds. Rest approximately 45–60 seconds between exercises. Select a load that makes the final few reps challenging while maintaining good technique.

VISUAL REFERENCE ? SEE PAGE 3 FOR THE VISUAL EXAMPLE OF EACH EXERCISE

GUIDE

T SQUAT

me: 12–15 reps

step: Hold the weight close to the chest. Sit the hips down and back, then drive through the feet to

ees track with toes; keep the chest controlled.

: Quads, glutes and core.

OVER FLY

me: 10–12 reps

step: Hinge at the hips with a neutral spine. Open the arms to the sides, then return slowly.

e light weights and avoid swinging.

: Upper back and rear shoulders.

RUST

me: 12–15 reps

step: With the upper back supported on a stable bench, drive through the feet to lift the hips, then control.

nish with the glutes without over-arching the back.

: Glutes and hip strength.

LE CRUNCH

me: 20–30 total

step: Lie on your back. Bring the opposite elbow toward the opposite knee while extending the other nate.

ove slowly and do not pull on the neck.

: Core control.

4. Cool Down & Stretch

Perform each movement gently. Stretch to mild tension, never pain, and use slow breathing as your heart rate comes down.

VISUAL REFERENCE ? SEE PAGE 3 FOR THE VISUAL EXAMPLE OF EACH EXERCISE

Reps / Time: 30 sec

Step-by-step: From hands and feet, press hips back and up while gently lengthening the back of the legs.

Form: Knees may stay slightly bent.

Purpose: Gentle posterior-chain stretch.

PIGEON STRETCH

Reps / Time: 30 sec each side

Step-by-step: Bring one leg forward in a comfortable bent position and extend the other behind. Lean gently only if comfortable.

Form: Never force the hip position.

Purpose: Glutes and hips.

STANDING SIDE STRETCH

Reps / Time: 30 sec each side

Step-by-step: Reach one arm overhead and gently lean to the opposite side.

Form: Keep feet grounded and avoid twisting.

Purpose: Side-body mobility.

THREAD THE NEEDLE

Reps / Time: 30 sec each side

Step-by-step: From hands and knees, slide one arm under the other and rotate gently through the upper back.

Form: Move slowly and comfortably.

Purpose: Upper-back and shoulder mobility.

SEATED SPINAL TWIST

Reps / Time: 30 sec each side

Step-by-step: Sit tall and rotate gently toward one side, then switch.

Form: Rotate through the torso without forcing the neck.

Purpose: Gentle trunk mobility.

Alternatives & Progressions

The programme should meet you where you are. Use an easier alternative when needed, then progress when the movement feels controlled and repeatable.

MAKE IT EASIER

Lower impact or reduce resistance

Cardio	Replace jumping with marching, step-ups or lateral steps.
Squat	Use a chair and reduce depth.
Chest	Use a wall push-up or lighter dumbbells.
Core	Use dead bugs instead of bicycle crunches.
Hip thrust	Use a floor glute bridge.

MAKE IT HARDER

Progress one variable at a time

Cardio	Add 2–5 minutes or increase work intervals.
Strength	Increase resistance once the top of the rep range feels controlled.
Rounds	Move from 2 to 3 rounds before adding lots of extra exercises.
Tempo	Use a slower lowering phase for more control.
Range	Increase range only when alignment and control remain strong.

Weekly Training Structure

A simple starting schedule is 3 full workout days per week, with easy movement or recovery between sessions. More experienced clients may use 4–5 training days depending on recovery.

Monday	Full workout	Warm-up + cardio + strength + cool-down
Tuesday	Recovery	Walking, mobility or easy movement
Wednesday	Full workout	Warm-up + cardio + strength + cool-down
Thursday	Recovery	Rest or easy movement
Friday	Full workout	Warm-up + cardio + strength + cool-down
Saturday	Optional cardio	20–30 min easy/moderate activity
Sunday	Rest	Recovery

Track your progress

Record the date, cardio option, duration, weights/repetitions and how you felt. Look for improvements in strength, stamina, movement quality and consistency—not only changes on the scale.

Client checklist

- [] Warm-up completed

- ☐ Cardio completed
- ☐ Strength completed for 2–3 rounds
- ☐ Cool-down completed
- ☐ Hydration and recovery considered
- ☐ One small win recorded

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This guide is for general educational and fitness purposes and is not a substitute for individual medical assessment or treatment.