



WELCOME TO THE
BRIDGE THE GAP
WORKOUTS
WITH
AMY WILLERTON



AMY WILLERTON



Contents

| | |
|------------------|----|
| Disclaimer | 3 |
| Training Terms | 4 |
| What You Need | 6 |
| Workout Overview | 7 |
| Warm Up | 8 |
| Cool Down | 9 |
| Foundations | 10 |
| Workouts | 11 |

Disclaimer

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Amy Willerton.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amy Willerton accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

Training Terms

Your plan contains several different training methods.

Below you will find information on each one and how it works.



Super Sets

A super set involves performing 2 exercises back to back with no rest in between. Once both exercises have been completed you then take the given rest time before starting the super set again. This is a very time-efficient way to workout.



Tri Sets

A tri set involves performing 3 exercises back to back with no rest in between. Once all 3 exercises have been completed you then take the given rest time before starting the tri set again. This is a very time-efficient way to workout.



Sets & Reps

Short for repetition, a rep is the number of times you perform a specific exercise, and a set is the number of cycles of reps that you complete.



Interval Training

Interval Training involves performing an exercise and working hard for a given time period, followed by a given rest time before moving onto the next exercise.

Training Terms

Your plan contains several different training methods.

Below you will find information on each one and how it works.



Rest Time

Displayed in minutes and/or seconds, you will find a range of different rest periods throughout the plan. This is always given as a guide. If at any time you feel you need a little longer, listen to your body and take some more rest if needed.



Multiple Sets

Multiple sets involve performing a given number of reps of an exercise, then taking a rest before repeating the exercise again.

What You Will Need



You can do all of the workouts either at home or in the gym. If you're exercising at home you will need a kettlebell (or two kettlebells if you wish to choose different weights for different exercises), which can be purchased cheaply and easily online or at your local sports retailer.

In each workout, when selecting your weight, always be sure to choose a weight that challenges you but also allows you to maintain good form and technique.

For my top picks for kettlebells click the button below.

For Kettlebells [CLICK HERE](#)

Workout Overview

Each week you will have 4 workouts to complete.



Instructions

You have 4 workouts to complete each week, each one focusing on an element of fitness.

Additional Information

In all of your workouts, when using a kettlebell, always ensure the weight you select is challenging, making your last few reps or seconds of each set a struggle, while always being able to maintain good technique.

Once you've completed the initial 6 week plan, you can go back and start again at week 1 and make the workouts more challenging by doing one or more of the following:

- Increase the number of kilometres you cover on your active recovery days
- Increase the weight of your kettlebell(s)
- Have shorter rest periods
- Complete more sets
- Complete more reps in your interval training workouts

Weeks:

Week 1

Monday: Sweat 1: Full Body Interval Workout
Tuesday: Sculpt 1: Full Body Resistance Workout
Wednesday: Core 1
Thursday: Rest
Friday: Sweat 1: Full Body Interval Workout
Saturday: Active Recovery (3-5km)
Sunday: Active Recovery (3-5km)

Week 2

Monday: Sculpt 1: Full Body Resistance Workout
Tuesday: Sweat 1: Full Body Interval Workout
Wednesday: Core 1
Thursday: Rest
Friday: Sculpt 1: Full Body Resistance Workout
Saturday: Active Recovery (3-5km)
Sunday: Active Recovery (3-5km)

Week 3

Monday: Sweat 2: Full Body Interval Workout
Tuesday: Sculpt 2: Full Body Resistance Workout
Wednesday: Core 2
Thursday: Rest
Friday: Sweat 2: Full Body Interval Workout
Saturday: Active Recovery (4-5km)
Sunday: Active Recovery (4-5km)

Week 4

Monday: Sculpt 2: Full Body Resistance Workout
Tuesday: Sweat 2: Full Body Interval Workout
Wednesday: Core 2
Thursday: Rest
Friday: Sculpt 2: Full Body Resistance Workout
Saturday: Active Recovery (4-5km)
Sunday: Active Recovery (4-5km)

Week 5

Monday: Sculpt 3A: Lower Body Resistance Workout
Tuesday: Sculpt 3B: Upper Body Resistance Workout
Wednesday: Core 3
Thursday: Rest
Friday: Sweat 3: Full Body Interval Workout
Saturday: Active Recovery (5km)
Sunday: Active Recovery (5km)

Week 6

Monday: Sculpt 3A: Lower Body Resistance Workout
Tuesday: Sculpt 3B: Upper Body Resistance Workout
Wednesday: Core 3
Thursday: Rest
Friday: Sweat 3: Full Body Interval Workout
Saturday: Active Recovery (5km)
Sunday: Active Recovery (5km)



Warm Up

At the start of each workout always ensure you warm up.

To unlock the videos, click the Play button and enter the password 'bridge'.
If you need help at any time please email support@powah.com.



Abdominal Prep
x 12-15

Glute Bridge
x 12-15

T Squat
x 12-15

Squat & Rotate
x 12-15

Active Hamstring Stretch
x 12-15

Active Adductor Stretch
x 12-15

Roll Down
x 8-10

Plank Lunge
x 12-15

Pike Active Calf Stretch
x 12-15

Hip Twist
x 12-15 each side



Warm Up



Cool Down/Full Body Stretch

At the start of each workout always ensure you warm up.

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Hold each stretch for 30-60 seconds

Hamstrings (lying)

Lower Back & Glutes (lying)

Full Body (lying)

Quadriceps (lying)

Child's Pose

Child's Pose Reach Through

Hip Flexor (kneeling)

Calf (kneeling)

Adductor (seated)

Lats (seated)

Triceps (seated)

Chest

Upper Back



The Foundations

To ensure you get the most out of all of the workouts, and to help you improve your posture and core function, we recommend that you include this short core stability and strength workout in your daily routine. It can be done on it's own, or can be added to your workout pre warm up.



Dead Bug x 10

Table Top & Upper Body Rotation x 10

Glute Bridge x 10

Glute Bridge (toes lifted) x 10

Single Leg Glute Bridge (right) x 10

Single Leg Glute Bridge (left) x 10

Push Up From Floor x 10

Hover x 10 seconds

Side Plank (right) x 30 seconds

Side Plank (left) x 30 seconds

Overhead Split Squat (right) x 10

Overhead Split Squat (left) x 10

'Engaging your core' is a phrase that is used frequently in the fitness industry, but what does it really mean?

Watch this video to learn what it means and how to do it properly.



The Foundations

Workouts

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Sculpt 1: Full Body Resistance Workout (Kettlebell)



Training System: Multiple Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between sets

KB Squat x 12-15

KB Single Arm Row x 12-15 each side

KB RDL x 12-15

KB Single Arm Chest Press x 12-15 each side

KB Swing x 12-15

KB Overhead Press x 12-15

Sweat 1: Full Body Interval Workout (Body Weight)



Training System: Intervals
40 seconds per exercise
20 seconds rest between exercises
3-4 sets

Speed Squat
Press Up
Side Lunge & Reach
Walk Out
Side to Side Shuffle
Wood Chop

Workouts

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Core 1



Training System: Multiple Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between sets

Hover x 12-15 (exhale on lift)

Heel Slide x 12-15 each side

Half Roll Back x 12-15

Side Plank Clam (right) x 12-15

Side Plank Clam (left) x 12-15

Toe Tap x 12-15 each side

Sculpt 2: Full Body Resistance Workout (Kettlebell)



Training System: Super Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between super sets

A1: KB Dead Lift x 12-15
A2: KB Split Stance Single Arm Row x 12-15 each side

B1: KB Side Lunge x 12-15 each side
B2: KB Narrow Press x 12-15

C1: KB Glute Bridge x 12-15
C2: KB Upright Row x 12-15

Workouts

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Sweat 2: Full Body Interval Workout (Body Weight)



Training System: Intervals
45 seconds per exercise
15 seconds rest between exercises
3-4 sets

Floor to Ceiling Squat
Plank Row
Lunge & Kick
Shadow Boxing
Squat & Side Knee Lift
Arm Crawl

Core 2



Training System: Super Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between super sets

A1: Single Leg Stretch x 12-15 each side
A2: Superman x 12-15 each side

B1: Hover Pike x 12-15 (inhale on lift)
B2: Bow & Arrow x 12-15 each side

C1: Side Plank Hip Lift (right) x 12-15
C2: Side Plank Hip Lift (left) x 12-15

Workouts

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Sculpt 3A: Lower Body Resistance Workout (Kettlebell)



Training System: Tri Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between tri sets

A1: KB Suitcase Reverse Lunge x 12-15 each side
A2: KB Sumo Squat Pulse x 12-15
A3: KB Dead Lift x 12-15

B1: KB Staggered RDL x 12-15 each side
B2: KB Side Lunge x 12-15 each side
B3: KB Pass Under Lunge x 12-15

C1: KB Goblet Curtsey Lunge x 12-15 each side
C2: KB Kneel To Stand x 12-15
C3: KB Swing x 12-15

Sculpt 3B: Upper Body Resistance Workout (Kettlebell)



Training System: Tri Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between tri sets

A1: KB Alternating Sumo Row x 12-15 each side
A2: KB Single Arm Chest Press x 12-15 each side
A3: KB Overhead Press x 12-15

B1: KB Narrow Press x 12-15
B2: KB Single Arm Bent Over Row x 12-15 each side
B3: KB Kneeling Halo x 12-15 each side

C1: KB Bottoms Up Curl x 12-15
C2: KB Skull Crusher x 12-15
C3: KB Rotational Press x 12-15 each side

Workouts

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Sweat 3: Full Body Interval Workout (Body Weight & Kettlebell)



Training System: Intervals
50 seconds per exercise
10 seconds rest between exercises
3-4 sets

KB Single Arm Swing
KB Squat & Press
KB Side Lunge & Press Forward
KB Clean
KB Snatch
KB RDL & Row

Core 3



Training System: Tri Sets
12-15 reps per exercise
3-4 sets
30-40 seconds rest between tri sets

A1: Scissors x 12-15 each side
A2: Diagonal Superman x 12-15 each side
A3: Reverse Curl x 12-15

B1: Hover Shoulder Tap x 12-15 (exhale on lift)
B2: V Sit Arm Lift x 12-15
B3: Bridge & Curl Up x 12-15

C1: Side Plank Rotation (right) x 12-15
C2: Side Plank Rotation (left) x 12-15
C3: Back Extension x 12-15



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