

RENEW

RENEW def. give fresh life or strength to; revive.

In this program we will work towards creating fresh habits that will help you establish a new routine. Your path to a healthy lifestyle is a process not a project; there is no end date. Sure, there may be seasons in which your lifestyle is on track, and some seasons when it is not, but the quest to put your health as a priority is ongoing. Use this program as a chance to renew your commitment to putting your body's needs first so that you can rock your days to their upmost potential.

Training

The workouts in this program will challenge you, but they will also bring about change and results. Plateaus will be broken and you will reach new levels of fitness. The program is broken into three phases, all of which build onto each other for safe training and maximum results.

Phase 1 will create the foundation to stimulate your metabolism and get your body primed for training and advanced fat burning.

- Burn Circuits : Burn Baby, Baby Burn! In these workouts the focus will be full-body circuit combos of cardio and strength. The target is to help get you fitter, burn off calories and toxins and get your muscles lit.
- Cardio Hitts: Tune in to your favourite playlist and get ready to crank out out some cardiovascular conditioning. The goal of these workouts is to torch calories in the immediate moment and improve your heart strength and your wind.

Phase 2 will focus on muscle building designed to improve performance and sculpt a new shape.

- Sculpt Training: Strength training has the power to permanently alter your metabolic rate. Sculpt workouts will focus on increasing muscle strength for improved metabolism and long-term calorie burn.

Phase 3 will be where you max out your training to really stimulate the fat burning potential. You'll combine and build on the skills you've already developed and will have the opportunity to specialize your training targeting your favourite areas.

- Hot Spots: We all have body parts that we would like to train with a little more focus and these workouts will do just that. These are short, add-on exercises that you can tack on to bigger workouts for max results tailored to your individual preferences. Remember that strength training has the power to sculpt your body and change it's shape. Your hot spots just need your attention.

Nutrition

The nutrition basics of this program will compliment the training styles of each phase.

Phase 1 recommendations are based on those suggested for fat loss and detoxing the body.

Phase 2 recommendations are based on those suggested for fat loss and lean muscle building.

Phase 3 recommendations will have optional techniques to stimulate further fat loss and lean out.

No matter where you are on your wellness journey, this program will give you all the tools and tips to really light you up so you can shine like new. UPtraining team, it is time to RENEW!