



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

t: 604.341.1509 e: info@fitnesswithpj.com w: www.fitnesswithpj.com

Scott Lunn

Working with Scott is a trainer's dream. He is motivated and he is always willing and ready to make the necessary changes to reach his fitness goals.

Although he came to me to help him lose weight, it became very apparent during his initial fitness assessment that he also needed to work on his core and his aerobic conditioning.

Through a progression of core movements, as well as a variety of high-intensity anaerobic drills, I have been able to increase both Scott's core strength, his ability to run longer *and* at a faster pace, and lose that 30 pounds that he came to me for.

Here is a sample of one of Scott's workouts that I have termed "The 300 Workout":

Warm-up: Stairmaster Level 6, 8 minutes

1. Jump Squats
2. Stagger Alternating Push-ups - from knees
3. Lunges, alternating
4. Push-ups off bench
5. Prisoner Up and Down - off mat with weighted bar
6. Side Plank with hip drops
7. Kneeling Pulldowns
8. Burpees (no push up)
9. Renegade row (12lb)
10. Double Crunch

30 reps of each exercise with no rest in between. Complete the whole circuit of 10 exercises, making it 300 reps, and then rest for 1:00 and perform again. Perform the circuit for a total of 3 times.

Stretch: hamstrings, hip flexors, back extensors, adductors, pecs, lats

View Scott's exercises by logging onto [**b ur own trainer**](#) and try them out for yourself! Print the exercises off, or download them onto your i-pod or mp3 player.