



# FEEL GOOD

## BOOYAH BODY WORKOUT PLAN

Ready to become BFFs with your endorphins? This 4 week plan mixes cardio exercises with a little strength training to give you a full body workout that helps you become faster, fitter and feel darn good. To keep those endorphins pumping, do things that get you up and active on the days you're not working out.

**B**  
BEGINNER

**50**  
MINUTES

**4**  
WEEKS

### DAY 1

#### WARM UP

5-10 minutes of cardio exercises, like walking or cycling, at a light-moderate intensity. You should begin to build up a bit of a sweat and feel your muscles loosening up as you prepare for your exercises.

#### EXERCISES

##### ① MACHINE SEATED CHEST

##### PRESS

**SETS**  
2

**REPS**  
15

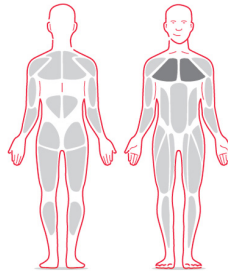
##### STARTING POSITION

Sit on the chest press machine, adjust the seat to position the middle of

##### MUSCLE GROUP

chest

your chest at the height of the handles. Grasp the handles with an overhand grip, keeping your elbows aligned between your wrists and shoulders. Use the optional foot lever to release the weights.



## MOVEMENT

Press the lever until your arms are almost extended  
Return to the starting position Repeat

## EQUIPMENT

chest machine

## ② ALTERNATE DUMBBELL

### FRONTAL RAISES

**SETS**  
2

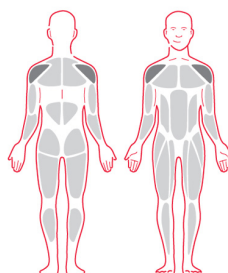
**REPS**  
15

## STARTING POSITION

Grasp two dumbbells and allow them to hang by your hips.

## MUSCLE GROUP

shoulders



## MOVEMENT

With a slight bend to your elbows, slowly raise the

dumbbells directly in front of your body until they reach shoulder level, one at a time Contract your upper arms at the top of the movement and then slowly return the dumbbells back to the starting position Repeat



## EQUIPMENT

dumbbells (traditional)

### 3 DUMBBELL ALTERNATE ARM

## CURLS

**SETS**  
2

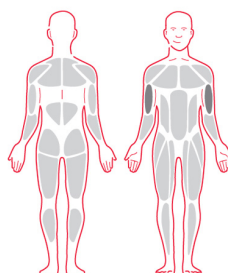
**REPS**  
15

## STARTING POSITION

Grasp a dumbbell in each hand and allow them to hang at your sides with your hands facing away from your body. Press your elbows into your sides and keep them stable.

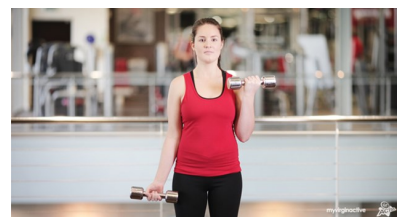
## MUSCLE GROUP

biceps



## MOVEMENT

Slowly curl one dumbbell up towards your shoulders and contract your biceps Then slowly reverse



direction and return to the starting position Repeat

## EQUIPMENT

dumbbells (traditional)

## 4 BENT OVER TRICEP

### EXTENSION

SETS

2

REPS

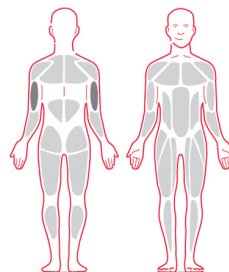
15

### STARTING POSITION

Stand with your feet shoulder width apart and bend slightly forwards. Place a dumbbell in each hand and bend your elbows, positioning them with your upper arms parallel to the floor.

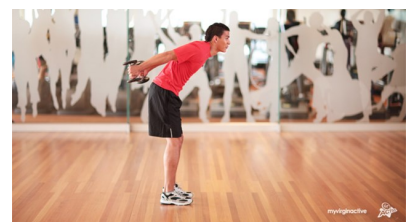
### MUSCLE GROUP

triceps



### MOVEMENT

Slowly straighten your arms, contracting your triceps until your forearms are parallel to the floor. Bend your elbows and return to the starting position Repeat



## EQUIPMENT

dumbbells (traditional)

5 STEPPING

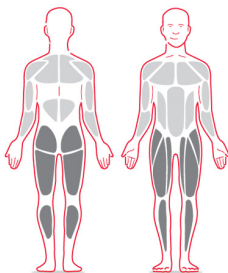
TIME  
5 min

STARTING POSITION

As you climb onto the stepper, the pedals will sink until the resistance is activated. As you select the level you want, start stepping to remain close to the controls.

MUSCLE GROUP

lower body



MOVEMENT

Step up and down as if you are climbing stairs without lifting your feet off the pedals



EQUIPMENT

stepper

6 MACHINE ABDOMINAL

CRUNCHES

SETS  
2

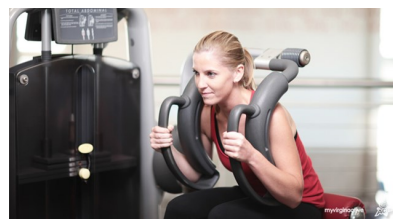
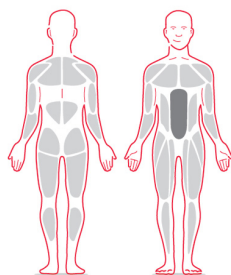
REPS  
20

STARTING POSITION

MUSCLE GROUP

Adjust your seat height so that the center of your hip joint is directly in line with the center of rotation of the lever. Begin in a seated position with your knees and hips flexed at 90 degrees.

abdominals



## MOVEMENT

Push forwards with your chest against the padded bar, as if curling your shoulders and upper back so that your chin moves towards your chest as your upper body is curling towards your thighs. Slowly control the weight as it returns to the starting position. Stop just short of the starting position, then repeat the movement as you exhale and crunch forwards.

## EQUIPMENT

abdominal machine

## 7 CYCLING

**TIME**  
5 min

### STARTING POSITION

Make sure that you're comfortably positioned on the bike, with only a slight

### MUSCLE GROUP

lower body

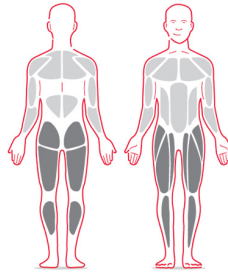
bend in your knee when your legs are extended.

## MOVEMENT

Start pedalling to light up the console and select your programme preference

## EQUIPMENT

upright bike



## 8 MACHINE LEG PRESS

**SETS**  
2

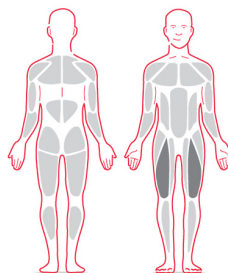
**REPS**  
15

## STARTING POSITION

Sit on the leg press machine, placing your feet in the middle of the footpad. Adjust the seat so that your knees form a 90-degree angle.

## MUSCLE GROUP

quadriceps



## MOVEMENT

Push against the footpad until your knees are almost fully extended. Lower back to the starting position. Repeat.

## EQUIPMENT



leg machine

## 9 MACHINE LEG CURL

**SETS**  
2

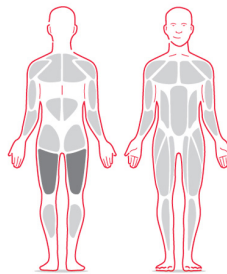
**REPS**  
15

### STARTING POSITION

Sit at the leg curl machine with your ankles placed over the cushioned lever. Your knees should be positioned in line with the fulcrum.

### MUSCLE GROUP

hamstrings



### MOVEMENT

Pull the lever towards you by bending your knees, then slowly return to the starting position Repeat



### EQUIPMENT

leg machine

## 10 STANDING CALF RAISES

**SETS**  
2

**REPS**  
10

### STARTING POSITION

Stand with your feet shoulder width apart and

### MUSCLE GROUP

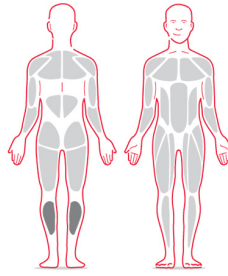
calves



your toes pointing towards the front.

## MOVEMENT

Raise your heels off the floor and hold this position for a few seconds. Return to the starting position. Repeat.



## EQUIPMENT

no equipment (strength)

## 11 STANDING CHEST STRETCH

SETS  
1

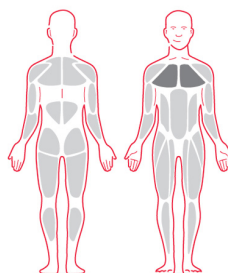
HOLD  
30 sec

### STARTING POSITION

Stand up straight with your feet shoulder width apart. Clasp both of your hands together behind your back.

### MUSCLE GROUP

chest



## MOVEMENT

Take a deep breath in, lifting your rib cage and at the same time lifting both of your arms away from your buttocks, until you feel a stretch in your chest and the front of your shoulder. Hold the stretch.



## EQUIPMENT

no equipment

## 12 STANDING SHOULDER

### STRETCH

**SETS**  
1

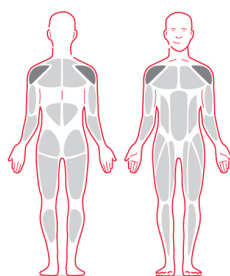
**HOLD**  
30 sec

### STARTING POSITION

Stand with your feet shoulder width apart, bringing one of your arms across your body at chest level.

### MUSCLE GROUP

shoulders



### MOVEMENT

Lock that arm in place and stretch it by using your other arm



## EQUIPMENT

no equipment

## 13 KNEELING BACK STRETCH

**SETS**  
1

**HOLD**  
30 sec

### STARTING POSITION

### MUSCLE

Begin on all fours with your back rounded towards the ceiling.

## MOVEMENT

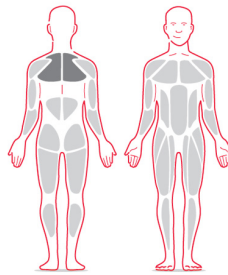
Drop your head and bring your hands closer to your knees to feel the stretch even more

## EQUIPMENT

no equipment

## GROUP

upper back



## 14 STANDING QUAD STRETCH

SETS  
1

HOLD  
30 sec

## STARTING POSITION

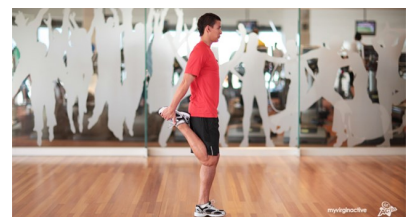
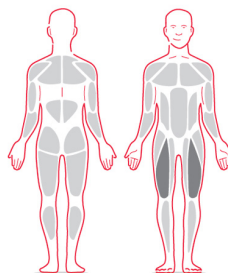
Stand on one leg, making sure that your abdominal muscles are activated and that you are balanced.

## MOVEMENT

Pull your other foot up towards your bottom, keeping your knees together and pushing your pelvis forwards slightly until you feel a stretch in your quadriceps or thigh muscle

## MUSCLE GROUP

quadriceps



## EQUIPMENT

no equipment (balance)

### 15 SUPINE HAMSTRING STRETCH

SETS  
1

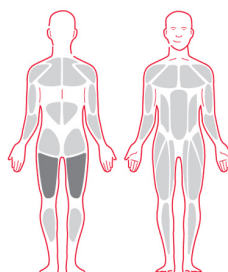
HOLD  
30 sec

#### STARTING POSITION

Lying on your back, bend one leg and plant that foot on the floor.

#### MUSCLE GROUP

hamstrings



#### MOVEMENT

Grasp the other leg with a towel or band and straighten it slowly, until you feel a mild hamstring stretch in the straight leg. Hold the stretch.



#### EQUIPMENT

no equipment

### 16 CALF STRETCH

SETS  
1

HOLD  
30 sec

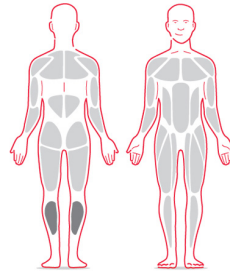
#### STARTING POSITION

Standing a little away from

#### MUSCLE GROUP

a solid support structure (a wall), lean on the support with your forearms. Bend one leg and place the other leg straight behind you.

calves



## MOVEMENT

Transfer your weight and hips gently over the front bent leg and keep the heel of your back foot on the ground with your toes facing the front



## EQUIPMENT

no equipment

## Cardio Strength Balance

### COOL DOWN

5-10 minutes of cardio exercises, like walking or cycling, at a light-moderate intensity.

Your breathing and heart rate should return to normal by the end of the cool down.

Perform the stretching exercises following your cool down.

## DAY 3

### WARM UP

5-10 minutes of cardio exercise, like walking or cycling at a light-moderate intensity. You should begin to build up a bit of a sweat and feel your muscles loosening up as you prepare for your exercises.

### EXERCISES

#### ① MACHINE-SEATED LAT

#### PULLDOWN

**SETS**  
2

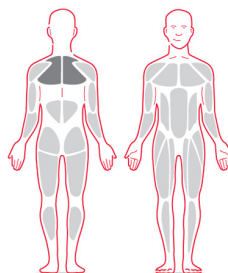
**REPS**  
15

#### STARTING POSITION

Sit on a bench with your knees supported. Take hold of the bar with a wide, overhand grip (fingers curling around the bar away from you).

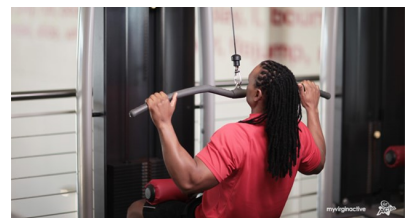
#### MUSCLE GROUP

upper back



#### MOVEMENT

Lower the bar to your chin level and return slowly to the starting position  
Repeat



#### EQUIPMENT

back machine

## 2 DUMBBELL LATERAL RAISES

**SETS**  
2

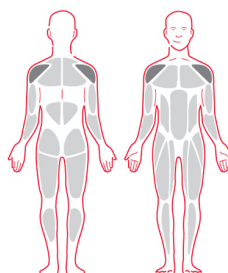
**REPS**  
15

### STARTING POSITION

Grasp a dumbbell in each hand and allow them to hang by your hips (the head of the dumbbell faces forwards).

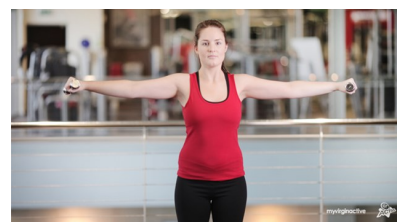
### MUSCLE GROUP

shoulders



### MOVEMENT

Raise the dumbbells up and out to the sides until they reach shoulder level. Slowly return the dumbbells back to the starting position. Repeat.



### EQUIPMENT

dumbbells (traditional)

## 3 DUMBBELL HAMMER CURLS

**SETS**  
2

**REPS**  
15

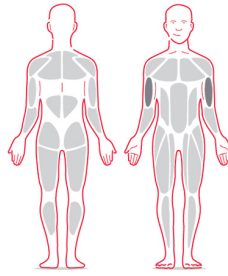
### STARTING POSITION

Grasp a dumbbell in each hand and allow them to hang at your sides with

### MUSCLE GROUP

biceps

your palms facing each other. Assume a comfortable stance with a slight bend to your knees and press your elbows into your sides, keeping them stable.



## MOVEMENT

Curl the dumbbells up towards your shoulders and contract your biceps. Slowly reverse the direction and return to the starting position. Repeat.

## EQUIPMENT

dumbbells (traditional)

## 4 ROWING

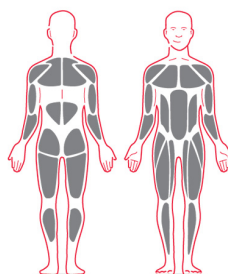
**TIME**  
10 min

### STARTING POSITION

Hook your feet into the footstraps so that you are comfortable and able to maintain power. With your knees bent, grasp the handle and contract your abdominal muscles.

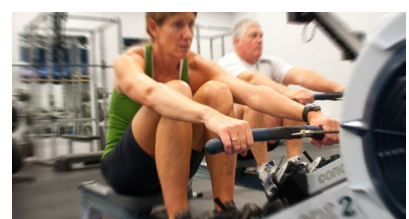
### MUSCLE GROUP

full body



### MOVEMENT

Kick back with your legs while pulling back on the handle.





handle, until the handle is almost in contact with your chest Slide back towards the starting position, letting your arms go first and then your knees

## EQUIPMENT

concept 2 rower

## 5 CRUNCHES

SETS  
2

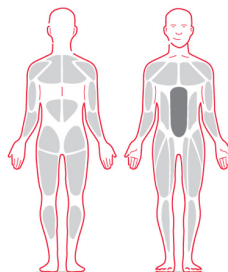
REPS  
20

### STARTING POSITION

Lie flat on your back with your knees bent and your hands positioned across your chest, behind your head or on your thighs in front of you.

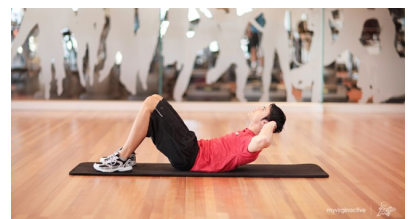
### MUSCLE GROUP

abdominals



### MOVEMENT

Contract your abdominal muscles and lift your shoulders off the ground



## EQUIPMENT

no equipment (strength)

6

## LOWER BACK EXTENSION

SETS

2

REPS

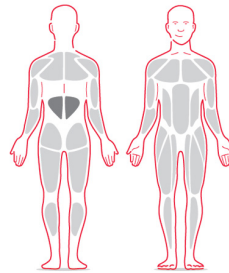
10

### STARTING POSITION

Adjust the seat and back pad to your body's dimensions, then place your feet under the foot pads. Keep your legs straight and tightened while doing this exercise, but never with your knees locked.

### MUSCLE GROUP

lower back



### MOVEMENT

Move backwards on the machine. Pause, exhale, and return to the starting position. Repeat.

### EQUIPMENT

back machine

7

## MACHINE LEG PRESS

SETS

2

REPS

15

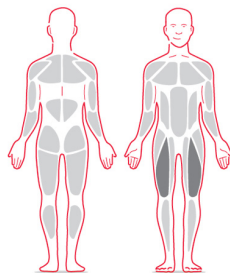
### STARTING POSITION

Sit on the leg press machine, placing your feet

### MUSCLE GROUP

quadriceps

in the middle of the footpad. Adjust the seat so that your knees form a 90-degree angle.



## MOVEMENT

Push against the footpad until your knees are almost fully extended  
Lower back to the starting position Repeat



## EQUIPMENT

leg machine

## 8 LUNGE

**SETS**  
2

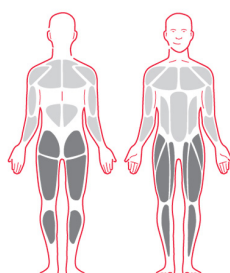
**REPS**  
10

### STARTING POSITION

Stand with your feet shoulder width apart and your arms at your sides.

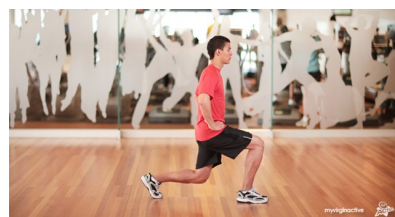
### MUSCLE GROUP

lower body



### MOVEMENT

Step forwards, bending your front leg as well as your back leg In this lunge position, your toes should be facing the front, the back heel should be lifted and the knee of the front leg shouldn't be bent



beyond the toes Return to the starting position  
Repeat

## EQUIPMENT

no equipment (strength)

## 9 MACHINE STANDING CALF

### RAISES

**SETS**

2

**REPS**

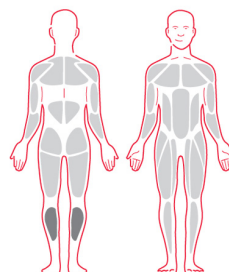
10

### STARTING POSITION

Place your shoulders under the pads provided and position your toes facing forwards. The balls of your feet should be secured on top of the calf block with your heels extending off it. Push the lever up by extending your hips and knees until your torso is standing upright.

### MUSCLE GROUP

calves



### MOVEMENT

Raise your heels as you breathe out Make sure that your knee is kept stationary at all times  
There should be no bending at any time

Return to the starting position Repeat

## EQUIPMENT

leg machine

## 10 STANDING CHEST STRETCH

SETS  
1

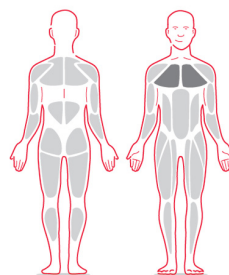
HOLD  
30 sec

### STARTING POSITION

Stand up straight with your feet shoulder width apart. Clasp both of your hands together behind your back.

### MUSCLE GROUP

chest



### MOVEMENT

Take a deep breath in, lifting your rib cage and at the same time lifting both of your arms away from your buttocks, until you feel a stretch in your chest and the front of your shoulder Hold the stretch



## EQUIPMENT

no equipment

11

## STANDING SHOULDER

### STRETCH

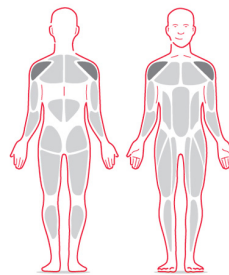
**SETS**  
1**HOLD**  
30 sec

#### STARTING POSITION

Stand with your feet shoulder width apart, bringing one of your arms across your body at chest level.

#### MUSCLE GROUP

shoulders



#### MOVEMENT

Lock that arm in place and stretch it by using your other arm



#### EQUIPMENT

no equipment

12

## KNEELING BACK STRETCH

**SETS**  
1**HOLD**  
30 sec

#### STARTING POSITION

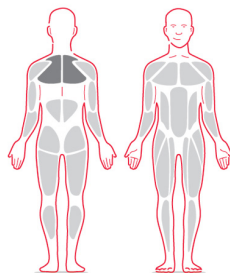
Begin on all fours with your back rounded towards the ceiling.

#### MUSCLE GROUP

upper back

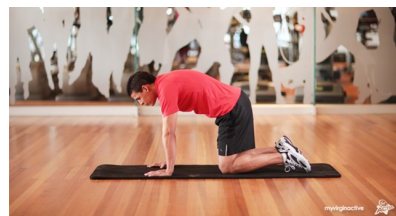
## MOVEMENT

Drop your head and bring your hands closer to your knees to feel the stretch even more



## EQUIPMENT

no equipment



## 13 STANDING QUAD STRETCH

SETS  
1

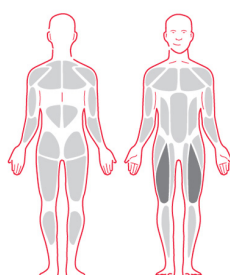
HOLD  
30 sec

### STARTING POSITION

Stand on one leg, making sure that your abdominal muscles are activated and that you are balanced.

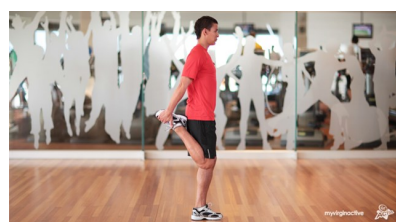
### MUSCLE GROUP

quadriceps



## MOVEMENT

Pull your other foot up towards your bottom, keeping your knees together and pushing your pelvis forwards slightly until you feel a stretch in your quadriceps or thigh muscle



## EQUIPMENT

no equipment (balance)

## 14 SUPINE HAMSTRING STRETCH

**SETS**  
1

**HOLD**  
30 sec

### STARTING POSITION

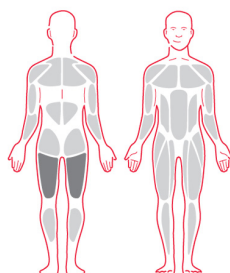
Lying on your back, bend one leg and plant that foot on the floor.

### MOVEMENT

Grasp the other leg with a towel or band and straighten it slowly, until you feel a mild hamstring stretch in the straight leg. Hold the stretch.

### MUSCLE GROUP

hamstrings



### EQUIPMENT

no equipment

## 15 CALF STRETCH

**SETS**  
1

**HOLD**  
30 sec

### STARTING POSITION

Standing a little away from a solid support structure (a wall), lean on the support with your forearms. Bend one leg

### MUSCLE GROUP

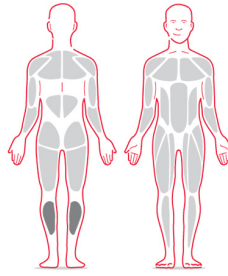
calves



and place the other leg straight behind you.

## MOVEMENT

Transfer your weight and hips gently over the front bent leg and keep the heel of your back foot on the ground with your toes facing the front



## EQUIPMENT

no equipment

## Cardio Strength Balance

### COOL DOWN

5-10 minutes of cardio exercise, like walking or cycling at a light-moderate intensity.

Breathing and heart rate should return to normal by the end of the cool down.

Perform the stretching exercises following your cool down.

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**myvirginactive**

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