



Sam's Fitness Journey

We started following Sam's fitness journey last fortnight. The following factsheet comprises of Sams workout for this fortnight, his food homework

Goals – To lose 12kgs in 6 months, better posture, better mental health, more energy.

Starting Weight: 120.7kgs

Exercise Homework – 2 sessions by himself at his gym replicating his personal training sessions (4 sessions in one fortnight minimum)

Sam's Workout

D.B Seated Squats	2 x 12 reps @ 12.5kgs/Db
Machine Chest Press	2 x 12 reps @ 35kgs
Unilateral Lat Pull Downs	3 x 12 reps @ 15kgs /side
Tricep Dips (feet on floor)	2 x 15
Plank - Modified	2 x 45seconds

Sam's Food Homework:

To eat breakfast every day

To add 1 piece of fruit to his daily diet

Cut back sugar intake in soft drinks, milk drinks and diet drinks and alcohol.

Stay tuned tonight @ 9:40 (ish) pm on QueerRadio Brisbane 102.1fm 4ZZZ to hear Sams reults #LIVEONAIR