

# Workout #1

## Full Body Conditioning

### Get Working

EXERCISE	REPS	SETS	NOTES
BB RDL	8 - 10	N / A	Complete the 4 exercises as a circuit for 4 sets.  Rest when needed and go again when you can.  If there's time finish with a walk for as long as your time gives you.
EZ BAR BICEP CURL	8 - 10	N / A	
DB THRUSTER	8 - 10	N / A	
60 SECOND RUN	1% G*	N / A	

**Push the button below for your workout video.**

**Watch here**

*\*1% G means a 1% gradient on the treadmill*

A man in a yellow shirt is lifting a barbell in a gym. The background is a white brick wall. The text is overlaid on the image.

# JUST BEFORE YOU GO...

## ***LET ME TELL YOU MORE ABOUT***

### HOW TO LOSE YOUR NEXT 7LBS IN 28 DAYS...

I've got a very special programme I know you're going to love.  
And It's going to cost you zero pounds too.

Evo-43: The Top 10 Finishers is part of the Evo-43: 28 Day  
Workout Programme designed with you in mind.

I know that your job is your daily hustle right, but if you're  
struggling to find the time to train around your busy 9-5,

it's also your weight loss struggle too!

Let's have it right – when your job is a demanding juggling act  
and you're spinning all the plates.

Finding time for the gym feels like a distant dream, right?  
I've been there, and I get it!

4 years ago I had a bad time and put on nearly 4 stone. Being a  
personal trainer too, the shame was real.

But it shows it can happen to us all.

A man in a yellow shirt is performing a deadlift in a gym. He is holding a barbell with weights, and his body is in a powerful, low-to-the-ground position. The background shows gym equipment and a brick wall.

# JUST BEFORE YOU GO...

## ***LET ME TELL YOU MORE ABOUT***

### HOW TO LOSE YOUR NEXT 14LBS IN 28 DAYS...

So while you're rushing between those never-ending meetings, deadlines that just won't quit and that mountain of emails.

Who's got time to get to the gym?

But here's the deal mate.

If you're serious about your health and you want to feel 100% confident in your clothes again, If you want to meet the leaner, stronger future you who's smashing the pants off life.

I've got a game-changer for you.

With short, super effective workouts that you can squeeze in even on the busiest of days!

No more sacrificing your health for your job mate.

It's time to balance the scales and prioritise your life! So I'm asking you to re-frame how you see your hectic schedule.

A man in a yellow shirt is performing a barbell squat in a gym. The background is a white brick wall. The text is overlaid on the image.

# JUST BEFORE YOU GO...

## ***LET ME TELL YOU MORE ABOUT***

### HOW TO LOSE YOUR NEXT 14LBS IN 28 DAYS...

Your daily grind isn't a roadblock—it's your training ground mate.

So TODAY make the decision to master your health, learn exactly how to drop your next 14lbs and keep it off for good.

I've cracked the code on getting fit AROUND the chaos that is your double busy life.

There's no more excuses.

Let's get real results, even with that calendar of yours.

Click the link below and take advantage of your Evo-43: 28 Day Workout Programme for the grand total of zero pounds.

Why wouldn't you?

**[YES I WANT TO LOSE 14 LBS IN 28 DAYS](#)**

Show up, work hard and go get what you want.  
Yours in health  
Coach Rick.