



*Zanna Van Dijk*  
Adidas Global Ambassador • Personal Trainer • Author

# Zanna Van Dijk's Legacy St. Regis Maldives Workout

## *Warming Up*

It is essential that prior to any of the workouts you warm up and cool down appropriately. Here is an example warm up routine you could complete before a workout to mobilise your joints and get blood flowing to your muscles; which in turn reduces the risk of injury and increases your physical performance. Do 30 seconds of each exercise.

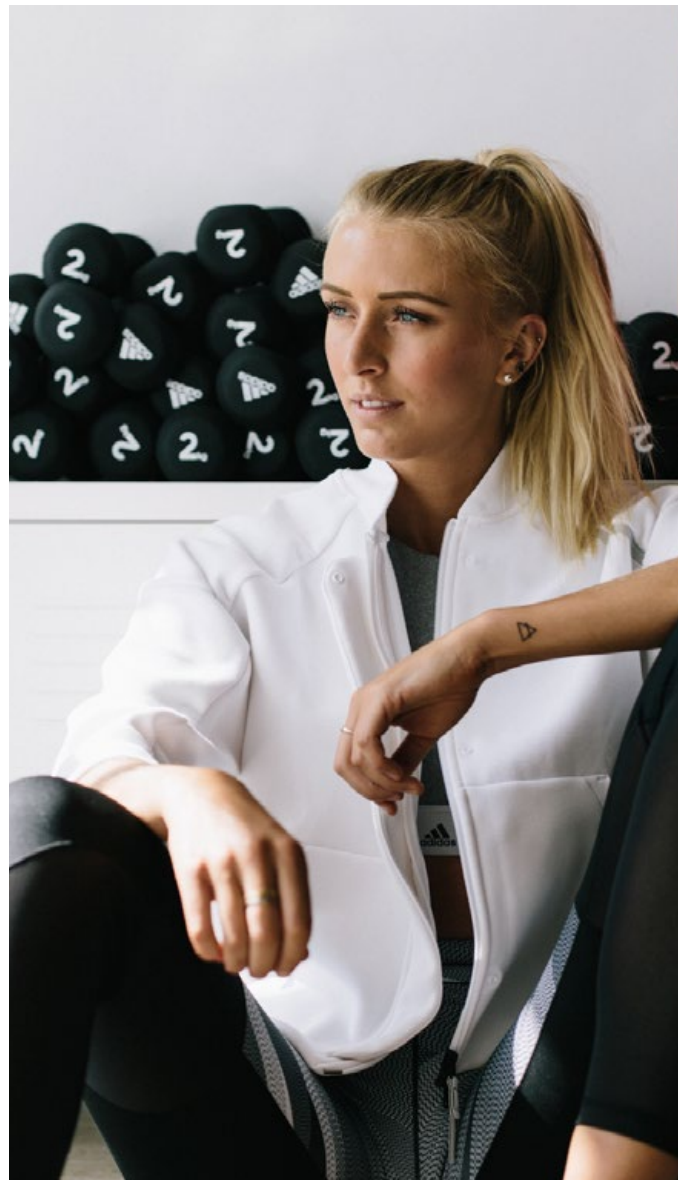
- Alternating lunges with arms overhead
- Squats with hip circles
- Walkouts
- Lumber Twists
- Jumping Jacks

## *Cool Down*

After every workout it is recommended that you spend 5-10 minutes stretching out the muscles that you used. This will help to reduce the soreness you may experience the next day, loosen any tightness and also reduce the risk of injury in the future.

## *The Workouts*

- Beach HIIT
- Full Body Weights
- Upper Body Weights
- Lower Body Weights
- Cardio & Core





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## BEACH HIIT

20 Minute AMRAP.

This workout uses the “AMRAP” structure which stands for “as many rounds as possible”. This means you complete the circuit of exercises as many times as you can in a designated time period, for this workout it is 20 minutes, taking rest as and when you need it. This structure allows you to work at a high intensity for a short period of time, giving you the most time efficient workout possible.

Complete the exercises on the beach, as the sand adds resistance.

### *The Circuit:*

50m shuttle run  
5 Burpees  
10 Push Ups  
20 Squats  
30 Lunges  
40 Mountain Climbers

### *Top Tip:*

Note down how many rounds you complete and then challenge yourself to beat your score when you repeat the workout. It is a great way to track your fitness levels.

## UPPER BODY WEIGHTS

This workout is designed to strengthen your upper body using resistance and is split into supersets. A superset consists of two exercises completed back to back, for example a chest press immediately followed by push ups. This method allows you to complete more exercises in a shorter period of time, leading to a more efficient and intense workout. After each superset, take 1 minute to 90 seconds rest before repeating.

Note: With the weighted workouts, please use a weight which challenges you. The final few reps should be a real struggle, but you should be able to maintain good form throughout the full set.

### *Back Superset:*

Lat Pull Down - 3 sets of 10 reps  
Bent Over Dumbbell Row - 3 sets of 10 reps

### *Shoulder Superset:*

Shoulder Press Machine - 3 sets of 10 reps  
Shoulder Press Free Weights - 3 sets of 10 reps  
(This is actually a drop-set superset. Don't let those words scare you! All you need to do is complete your reps on the shoulder press machine, lifting as heavy as you can with good form. Then grab some significantly lighter dumbbells (about 1/2 the weight of the machine) and complete the second set of reps. This repetition of the same movement with lower weights really challenges your muscles to get stronger!).

### *Chest Superset:*

Chest Press (Dumbbell or Machine) -  
3 sets of 10 reps  
TRX Push Ups - 3 sets to failure  
(as many reps as you can!)

### *Tricep Superset:*

Lying Close Grip Tricep Press - 3 sets of 10 reps  
Lying Overhead Tricep Extension - 3 sets of 10 reps

### *Bicep Superset:*

Incline Dumbbell Curls - 3 sets of 10 reps  
Seated Dumbbell Hammer Curls - 3 sets of 10 reps  
(For the hammer curls, simply twist your palms so they're facing towards each other rather than to the front.)



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## LOWER BODY WEIGHTS

This workout is designed to strengthen your lower body using resistance and is split into two circuits. The first circuit focuses on your quads (the front of your legs) and the second circuit focuses on your hamstrings and glutes (the back of your legs).

Complete all three exercises in each circuit before you rest. Then take 1 minute to 90 seconds to recover, before going again. This workout is short, sweet and sweaty!

Note: With the weighted workouts, please use a weight which challenges you. The final few reps should be a real struggle, but you should be able to maintain good form throughout the full set.

*Circuit 1. Repeat 4 times.*

8 x Squats  
10 x Bulgarian Split Squats each leg (a lunge with your rear foot elevated on a bench)  
12 x Leg Extension

*Circuit 2. Repeat 4 times.*

8 x Romanian Deadlift  
10 x Sumo Squats  
12 x Leg Curl

*Bodyweight Finisher.*

This is optional, but if you're a sucker for sweat then this is for you!

*4 Rounds:*

5 Burpees  
10 Jump Squats  
20 Walking Lunges





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## CARDIO & CORE

This workout focuses around the cardio machines present in the resort gym, namely the treadmill. It is short but intense, totalling to only 30 minutes, so perfect for when you're short on time!

### *Treadmill Workout*

#### Minute

1	Warm up: gentle incline walk
2	Warm up: gentle incline walk
3	Warm up: gentle incline walk
4	Intervals: 25 seconds sprinting, 35 seconds resting (walking or stood on the side of the treadmill).
5	Intervals: 25 seconds sprinting, 35 seconds resting.
6	Intervals: 25 seconds sprinting, 35 seconds resting.
7	Intervals: 25 seconds sprinting, 35 seconds resting.
8	Intervals: 25 seconds sprinting, 35 seconds resting.
9	Intervals: 25 seconds sprinting, 35 seconds resting.
10	Intervals: 25 seconds sprinting, 35 seconds resting.
11	Walking Lunges
12	Jog
13	Walking Lunges
14	Jog
15	Gentle incline walk (mini cool down)

#### Core

Now you're nice and sweaty from the treadmill, its time to take it to the floor and work your core! Complete this circuit 3 times, with 1 minute rest in-between. Feel the burn!

- 15 Second Left Side Plank
- 30 Second Plank
- 10 Sit Ups
- 10 Bicycle Crunches (each side)
- 10 Reverse Crunches
- 30 Second Plank
- 15 Second Right Side Plank



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## FULL BODY WEIGHTS

This workout is designed to strengthen your full body using resistance, and is split into three circuits. Each circuit includes a lower body, upper body and core exercise. Complete all three exercises in each circuit before you rest. Then take 1 minute to 90 seconds to recover, before going again.

Note: With the weighted workouts, please use a weight which challenges you. The final few reps should be a real struggle, but you should be able to maintain good form throughout the full set.

*Circuit: Repeat 3 times.*

Weighted Squats x 10  
Dumbbell Shoulder Press x 12  
Russian Twists x 15

*Circuit 2: Repeat 3 times.*

Walking Lunges x 10 (each leg)  
TRX Row x 12  
Weighted Sit Ups x 15

*Circuit 3: Repeat 3 times.*

Swiss Ball Hamstring Curls x 8-10  
Push Ups to failure (as many as you can!)  
Swiss Ball Crunches x 15

