

Programme Type: 10 Week Home Workout Programme

Training Level: **Beginner**

This Programme is designed for those that are relatively new to resistance and fitness training.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed for those that are looking for general toning and fitness in the comfort of their own home.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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Monday

Cardio and Body Weight Training

Warm Up

20 minutes easy jogging / power walking.

Exercise	Reps	Sets	Rest Between Sets
Press Ups / Modified P/Ups	15	3	30 seconds
Triceps Dips	15	3	30 seconds
Pull Ups / Assisted Pull Ups	15	3	30 seconds
Sit Ups	15	3	30 seconds
Leg Raises	15	3	30 seconds
Body Weight Lunges	15	3	30 seconds
Floor Superman's	15	3	30 seconds
Body Weight Squats	15	3	30 seconds

Warm Down

Easy jogging / walking 5 minutes. Stretch muscles trained.

Tuesday

Rest

Wednesday

Cardio and Body Weight Training

Warm Up

20 minutes steady running, or 30 mins Power Walking.

Exercise	Reps	Sets	Rest Between Sets
Press Ups / Modified P/Ups	15	3	30 seconds
Triceps Dips	15	3	30 seconds
Pull Ups / Assisted Pull Ups	15	3	30 seconds
Sit Ups	15	3	30 seconds
Leg Raises	15	3	30 seconds
Body Weight Lunges	15	3	30 seconds
Floor Superman's	15	3	30 seconds
Body Weight Squats	15	3	30 seconds

Warm Down

Easy jogging / walking 5 minutes. Stretch muscles trained.

Thursday

Rest

Friday

Cardio and Body Weight Training

Warm Up

20 minutes steady running, or 30 mins Power Walking.

Exercise	Reps	Sets	Rest Between Sets
Press Ups / Modified P/Ups	15	3	30 seconds
Triceps Dips	15	3	30 seconds
Pull Ups / Assisted Pull Ups	15	3	30 seconds
Sit Ups	15	3	30 seconds
Leg Raises	15	3	30 seconds
Body Weight Lunges	15	3	30 seconds
Floor Superman's	15	3	30 seconds
Body Weight Squats	15	3	30 seconds

Warm Down

Easy jogging / walking 5 minutes. Stretch muscles trained.

Saturday

Rest

Sunday

Rest