

## Programme Type: 10 Week 4 Day Weight Loss 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](mailto: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 wish to lose weight. It is a 4 day cardio & weight training programme for those that are relatively new to fitness training.

### 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.

## Programme Type: 10 Week 4 Day Weight Loss Programme

### Monday

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#### Cardio Split

##### Warm Up

5 minutes easy rowing.

Exercise	Time	Intensity
Treadmill	10mins	Steady
X Trainer	10mins	Hard
Cycle	10mins	Steady

##### Warm Down

Easy rowing 5 minutes.

### Tuesday

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#### Cardio

##### Warm Up

5 minutes easy cycling.

Exercise	Time	Intensity
Cycling	10mins	Steady / Hard

##### Warm Down

Easy cycling 5 minutes.

#### Weight Training Programme

Exercise	Reps	Sets	Rest Between Sets
Chest Press	12-15	2	60 seconds
Lat Pulldown	12-15	2	60 seconds
Shoulder Press	12-15	2	60 seconds
Triceps Cable	12-15	2	60 seconds
Biceps Curls	12-15	2	60 seconds
Quadriceps Extension	12-15	2	60 seconds
Leg Curls	12-15	2	60 seconds
Calf Raise	12-15	2	60 seconds

##### Warm Down

Easy rowing 5 minutes, stretch muscles trained.

### Wednesday

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#### Rest

### Thursday

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#### Cardio Split

##### Warm Up

5 minutes easy rowing.

Exercise	Time	Intensity
Treadmill	10mins	Steady

X Trainer	10mins	Hard
Cycle	10mins	Steady

**Warm Down**

Easy rowing 5 minutes

**Friday**

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**Cardio**

**Warm Up**

5 minutes easy cycling.

<b>Exercise</b>	<b>Time</b>	<b>Intensity</b>
Cycling	10mins	Steady / Hard

**Warm Down**

Easy cycling 5 minutes.

**Weight Training Programme**

<b>Exercise</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest Between Sets</b>
Chest Press	12-15	2	60 seconds
Lat Pulldown	12-15	2	60 seconds
Shoulder Press	12-15	2	60 seconds
Triceps Cable	12-15	2	60 seconds
Biceps Curls	12-15	2	60 seconds
Quadriceps Extension	12-15	2	60 seconds
Leg Curls	12-15	2	60 seconds
Calf Raise	12-15	2	60 seconds

**Warm Down**

Easy rowing 5 minutes, stretch muscles trained.

**Saturday**

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**Rest**

**Sunday**

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**Rest**