

## **Programme Type: 10 Week Beginners Lower Body Toning Programme**

### **Training Level: Beginners**

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 are new to weight training and uses predominantly machine weights to exercise the lower body only. It is a 2 day training programme intended to allow plenty of rest and recovery between sets and training days. Once the initial 2 month period is completed you should look to increase the training frequency to 3 days per week.

### **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 Beginners Lower Body Toning Programme

Monday

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### Weight Training Programme

#### Warm Up

5 minutes easy jogging or steady walking.

Exercise	Reps	Sets	Rest Between Sets
Lying Leg Curl	10-12	2	60 - 90 seconds
Quadriceps Extension	10-12	2	60 - 90 seconds
Seated Calf Raise	10-12	2	60 - 90 seconds
Adductor Machine	10-12	2	60 - 90 seconds
Dumbbell Lunges	10-12	2	60 - 90 seconds

#### Warm Down

Easy cycling 5 minutes, stretch lower body muscles.

Tuesday

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Rest

Wednesday

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Rest

Thursday

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### Weight Training Programme

#### Warm Up

5 minutes easy jogging or steady walking.

Exercise	Reps	Sets	Rest Between Sets
Lying Leg Curl	10-12	2	60 - 90 seconds
Quadriceps Extension	10-12	2	60 - 90 seconds
Seated Calf Raise	10-12	2	60 - 90 seconds
Adductor Machine	10-12	2	60 - 90 seconds
Dumbbell Lunges	10-12	2	60 - 90 seconds

#### Warm Down

Easy cycling 5 minutes, stretch lower body muscles.

Friday

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Rest

Saturday

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Rest

Sunday

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Rest