

## Programme Type: 10 Week Beginners Express Weight Training 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 & 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 should you require it during the latter repetitions.

### Programme Explained:

This programme is designed for those with limited time available to exercise during the week due to various time commitments. It is a quick and easy programme working all major body parts in a simple half hour workout. The workout is repeated 3 times weekly.

### 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

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#### Weight Training Programme

##### Warm Up

Rower: 5 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Chest Press	15	1	30 seconds
Lat Pulldown	15	1	30 seconds
Triceps Cable Press	15	1	30 seconds
Shoulder Press	15	1	30 seconds
Biceps DB Curl	15	1	30 seconds
Quadri-cep Extension	15	1	30 seconds
Hamstring Curl	15	1	30 seconds
Standing Calf Raise	15	1	30 seconds
Sit Ups	15	1	30 seconds

##### Warm Down

Cycle: 5 minutes easy

Stretches: Chest, triceps, shoulder, back, quadriceps, hamstrings, calves.

### Tuesday

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#### Rest

### Wednesday

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#### Weight Training Programme

##### Warm Up

Treadmill: 5 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Chest Press	15	1	30 seconds
Lat Pulldown	15	1	30 seconds
Triceps Cable Press	15	1	30 seconds
Shoulder Press	15	1	30 seconds
Biceps DB Curl	15	1	30 seconds
Quadri-cep Extension	15	1	30 seconds
Hamstring Curl	15	1	30 seconds
Standing Calf Raise	15	1	30 seconds
Sit Ups	15	1	30 seconds

##### Warm Down

Cycle: 5 minutes easy

Stretches: Chest, triceps, shoulder, back, quadriceps, hamstrings, calves.

### Thursday

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Rest

Friday

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### Weight Training Programme

#### Warm Up

Treadmill: 5 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Chest Press	15	1	30 seconds
Lat Pulldown	15	1	30 seconds
Triceps Cable Press	15	1	30 seconds
Shoulder Press	15	1	30 seconds
Biceps DB Curl	15	1	30 seconds
Quadricep Extension	15	1	30 seconds
Hamstring Curl	15	1	30 seconds
Standing Calf Raise	15	1	30 seconds
Sit Ups	15	1	30 seconds

#### Warm Down

Cycle: 5 minutes easy

Stretches: Chest, triceps, shoulder, back, quadriceps, hamstrings, calves.

Saturday

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Rest

Sunday

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Rest