

## Programme Type: 10 Week Free Weights Toning Programme

### Training Level: **Intermediate**

This Programme is designed for those with an intermediate level of resistance and fitness training experience.

### 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 have access only to free weights or those who wish to exercise all major body parts using free weights only. It is a 3 day full body programme designed to tone your body without gaining too much muscle bulk.

### 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 Free Weights Toning Programme

### Monday

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#### Weight Training Programme

##### Warm Up

5 minutes easy jog, light bodyweight exercises.

Exercise	Reps	Sets	Rest Between Sets
DB Bench Press	12-15	2	60 seconds
DB Frontal Raise	12-15	2	60 seconds
DB Biceps Curl	12-15	2	60 seconds
DB Triceps kickback	12-15	2	60 seconds
One Arm Row	12-15	2	60 seconds
DB Lunges	12-15	2	60 seconds
DB Calf Raise	12-15	2	60 seconds
Weighted Sit Ups	15	2	60 seconds

##### Warm Down

Easy jog or walk 5 minutes, stretch all major body parts.

### Tuesday

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#### Rest

### Wednesday

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#### Weight Training Programme

##### Warm Up

5 minutes easy jog, light bodyweight exercises.

Exercise	Reps	Sets	Rest Between Sets
DB Bench Press	12-15	2	60 seconds
DB Frontal Raise	12-15	2	60 seconds
DB Biceps Curl	12-15	2	60 seconds
DB Triceps kickback	12-15	2	60 seconds
One Arm Row	12-15	2	60 seconds
DB Lunges	12-15	2	60 seconds
DB Calf Raise	12-15	2	60 seconds
Weighted Sit Ups	15	2	60 seconds

##### Warm Down

Easy jog or walk 5 minutes, stretch all major body parts.

### Thursday

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#### Rest

### Friday

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#### Weight Training Programme

**Warm Up**

5 minutes easy jog, light bodyweight exercises.

Exercise	Reps	Sets	Rest Between Sets
DB Bench Press	12-15	2	60 seconds
DB Frontal Raise	12-15	2	60 seconds
DB Biceps Curl	12-15	2	60 seconds
DB Triceps kickback	12-15	2	60 seconds
One Arm Row	12-15	2	60 seconds
DB Lunges	12-15	2	60 seconds
DB Calf Raise	12-15	2	60 seconds
Weighted Sit Ups	15	2	60 seconds

**Warm Down**

Easy jog or walk 5 minutes, stretch all major body parts. .

**Saturday**

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**Rest**

**Sunday**

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**Rest**