

## Programme Type: 10 Week Wedding Preparation Programme

### Training Level: **Beginner**

This Programme is designed for those that are relatively new to resistance or 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 require it during the latter repetitions.

### Programme Explained:

This programme is designed to prepare you for your wedding day. Lose weight and tone up those shoulders, arms, back and waist for your big day.

### 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 Wedding Preparation Programme

### Monday

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#### Cardio Split

##### Warm Up

5 Minutes easy rowing.

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

##### Warm Down

5 Minutes easy rowing. Stretch major muscle groups.

### Tuesday

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#### Weight Training Programme

##### Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Seated Row	12	2	30 seconds
Lateral DB Raise	12	2	30 seconds
Frontal DB Raise	12	2	30 seconds
Triceps Cable	12	2	30 seconds
Biceps Curl	12	2	30 seconds
Multi Directional Lunges	12	2	30 seconds
Sit Ups	15	2	30 seconds
Oblique Sit Ups	15	2	30 seconds

##### Warm Down

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms, quadriceps, hamstrings. Hold for 30 seconds each side and repeat.

### Wednesday

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#### Rest

### Thursday

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#### Weight Training Programme

##### Warm Up

10 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Seated Row	12	2	30 seconds
Lateral DB Raise	12	2	30 seconds
Frontal DB Raise	12	2	30 seconds
Triceps Cable	12	2	30 seconds
Biceps Curl	12	2	30 seconds
Multi Directional Lunges	12	2	30 seconds
Sit Ups	15	2	30 seconds
Oblique Sit Ups	15	2	30 seconds

**Warm Down**

Easy cycle 5 minutes. Stretch shoulders, chest, upper & lower back, arms, quadriceps, hamstrings. Hold for 30 seconds each side and repeat.

**Friday**

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**Cardio Split****Warm Up**

5 Minutes easy rowing.

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

**Warm Down**

5 Minutes easy rowing. Stretch major muscle groups.

**Saturday**

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**Tempo Session****Warm Up**

5 Minutes easy treadmill or cycle.

<b>Exercise</b>	<b>Time</b>	<b>Intensity</b>
Treadmill OR Cycle	20mins	Very Hard

**Warm Down**

5 Minutes easy treadmill or cycle.

**Sunday**

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**Rest**