

General Health and Fitness Programme (Repeat twice a week)

Exercise	Reps	Sets	Weight	Rest	Technique Points
Dumbbell Squat	12	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> 1. Feet hip width apart and pointing forwards, 2. Lower your body bending at the ankles, knees and hips until your thighs are parallel with the floor 3. Make sure you keep weight on your heels throughout the movement and as you push your body back to the starting position 4. Always keep the knees tracking in line with the 2nd and 3rd toes, if they don't decrease your range of motion until this is achieved
Dumbbell One Arm Row	12 each	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> 1. Using dumbbell, adopt a staggered stance with one foot in front of the other, grab hold of the handle 2. Lean forwards and rest your forearm on the thigh of the front leg 3. Make sure you have a neutral spine with your naval drawn in, pull the dynaband until your shoulders are parallel with the floor 4. Lift the DB up so that your elbow brushes past your ribs achieving full range of motion. Make sure your elbow does not come out to the side 5. Lower the DBand towards the floor until your arm straightens. Make sure you do not drop your shoulder (the shoulder holding the DBand) below the level of the other shoulder
Swiss Ball Leg Curl	12	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> 1. Place both legs on the SB hip width apart with toes facing upwards 2. Lift hips of the floor so that they are in line with ankles and shoulders 3. Turn palms out (supinated) so that they are facing to the ceiling 4. Curl SB towards you keeping toes pointing upwards and keep hips lifted off the floor in line with ankles and shoulders
Press Ups	12	3	Feet raised makes harder or put feet/hands on swiss ball	No Rest Between Sets	<ol style="list-style-type: none"> 1. Place hands one and a half shoulder width distance apart on the floor and fully extend the elbows 2. Make sure feet are shoulder width distance apart and that shoulders, hips, knees and ankles are all in line 3. On the downward phase keep the body in line and flex the elbows so they are pointing outwards 4. Lower till your nose kisses the mat and then return to starting position making sure elbows are fully extended
Machine Seated Row	12	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> 1. Position the trunk perpendicular to the floor, keep knees flexed and feet pointing forward hip/shoulder width apart 2. Pull the weight towards the upper abdomen keep shoulders still and brush elbows by your side 3. Avoid leaning back when pulling the weight back 4. Allow the elbows to slowly extend to the starting position

Exercise	Reps	Sets	Weight	Rest	Technique Points
Plank	30 secs	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> Lying face down, clamp your fingers together and make a triangle between your hands and elbows Draw your naval in, keeping a neutral spine lift your hips and knees off the floor until there is a straight line from your ear through your shoulder, hip, knees and ankles. At this point you should be on your toes and elbows Hold this position for the desired length of time If you experience any pain or discomfort or start shaking stop the exercise
Barbell Split Squats	12 each	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> Step forwards with one leg into an exaggerated stride length Ensure that your feet are still hip width and that both feet are pointing forwards (especially the back foot as most people tend to have the heel turned inwards). Lower yourself towards the floor keeping equal weight distribution between both leg Just before the knee touches the floor push back up into the start position Make sure you extend the front leg fully but not hyper-extended Repeat until you achieve your desired number of repetitions and perform the exercise on the other leg
Dumbbell Shoulder Press	12	3	N/A	No Rest Between Sets	<ol style="list-style-type: none"> Take hold of the dumbbells, raise the dumbbell up level with the top of your shoulder Press the DB up in an arc movement so that the DB finishes over your head Lower the DB back down to the start position, repeat fro desired no of reps

General Health and Fitness Programme - Cardio

Session One

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
1	Warm Up	Cross Trainer	11	70rpm	5 minutes	N/A	70-85% Max Heart Rate	Gradually Increase Heart Rate, level and speed over 5 mins
1	Interval	Treadmill	1-2% incline	10kph 6kph	3 minutes 1 minute	8	85% Max Heart Rate	To work out your HRM (Heart Rate Max) 220 minus age (25years), multiply by 0.85 = 166bpm
1	Long Slow Duration	CII Rower	Drag 130	2'00"/500m	10 minutes	N/A	75-80% Max Heart Rate	Sustain speed throughout
1	Cool Down	Treadmill	N/A	5 to 3.5kph	3-5 minutes	N/A	120bpm (beats per minute)	Aim to get Heart Rate below 100bpm
1	Stretch	Stretch	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Two

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
2	Warm Up	Treadmill	1%	6-10kph	5 minutes	N/A	70-85%	Gradually Increase Heart Rate, speed & level over 5 mins
2	Interval	Cycle	10	80rpm 95rpm	1 minute 2 minutes	10	85%	Push down on pedal through heel and pull up using foot straps - push and pull action
2	Cool Down	Treadmill	N/A	5 to 3.5kph	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
2	Stretch	N/A	N/A	N/A	30sec each x 3sets	3	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Three

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Warm Up	Rower	5	2'10"/500m	5 minutes	N/A	70-85%	Gradually Increase Heart Rate, speed & level over 5 mins
3	Triathlon session	Cycle Run Swim/Row	10 1% N/A	90rpm 12kph Moderate	10km 3km 400metres	N/A	75-80%	Time this session - as soon as begin and stop when completed swim/row. Try to improve each week
3	Cool Down	Treadmill	N/A	5 to 3.5kph	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
3	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back