

Weight Management Programme (Repeat three times a week)

Exercise	Reps	Sets	Weight	Rest	Technique Points
Dumbbell Squat	10, 12, 15	3, 2, 2	N/A	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Wide foot stance approx heels should be in line with outside of shoulders 2. Feet pointing 5 to 1 or 10 to 2 3. Weight on heels before squatting 4. Hips break parallel i.e. centre of hip is slightly lower than centre point of knee
Narrow Grip Seated Row	10, 12, 15	3, 2, 2	N/A	Superset - 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 back to the starting position on the way back
Dumbbell Chest Press	10, 12, 15	3, 2, 2	N/A	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Lying on bench, grip bar at approx just outside shoulder width 2. Lower bar down towards chest keeping bar over midline of chest (in line with nipples) 3. As you do this keep your elbows tucked in to side of torso (this may feel strange at first). This will create a stronger shoulder structure hence avoid shoulder injury 4. Lower bar until bar touches chest and press upwards to start position
Split Squats	10, 12, 15	3, 2, 2	N/A	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Step forwards with one leg into an exaggerated stride length 2. 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). 3. Lower yourself towards the floor keeping equal weight distribution between both leg 4. Just before the knee touches the floor push back up into the start position 5. Make sure you extend the front leg fully but not hyper-extended 6. Repeat until you achieve your desired number of repetitions and perform the exercise on the other leg
Wide Grip Lat Pulldown (Front of Head)	10, 12, 15	3, 2, 2	N/A	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Sit facing the machine. Grasp the bar with a closed grip (pronated grip wider than shoulder width) 2. Slightly lean the torso backwards so the bar can pass by the face 3. Pull the bar in a downward movement towards the upper chest, the elbows should move down and back as the bar is lowered 4. On the upward phase allow the elbow to fully extend back to the starting position
Dumbbell Shoulder Press	10, 12, 15	3, 2, 2	N/A	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Take hold of the dumbbells, raise the dumbbell up level with the top of your shoulder 2. Press the DB up in an arc movement so that the DB finishes over crown of your head 3. Lower the DB back down to the start position, repeat for desired no of reps

Exercise	Reps	Sets	Weight	Rest	Technique Points
Swiss Ball Leg Curl	10, 12, 15	3, 2, 2	N/A	Giantset - 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
EZ Bar Bicep Curl	10, 12, 15	3, 2, 2	N/A	Giantset - no rest between sets	<ol style="list-style-type: none"> 1. Feet hip/shoulder width, hold bar with underhand grip 2. Start with elbows tucked in to body, lift bar leaving approx 15cm gap between shoulder and wrist 3. Lower with control until arms are fully extended
One Dumbbell Overhead Tricep Extension	10, 12, 15	3, 2, 2	N/A	Giantset - no rest between sets	<ol style="list-style-type: none"> 1. Feet hip/shoulder width, hold DB with both hands and take over head 2. Maintain a neutral spine (small arch in lower back) 3. Lower DB behind head until elbow achieve at least 90 degrees 4. xtend arms until arms arms fully extended overhead, repeat

Weight Management Programme - Cardio

Session One

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
1	W'Up	Cycle	8	70rpm	5 minutes	n/a	70-85%	Gradually Increase Heart Rate, level and speed over 5 mins
1	Intervals	Walk or jog	1%	10kph 6kph	2 minute	7	85%	To work out your HRM (Heart Rate Max) 220 minus age (25years), multiply by 0.85 = 166bpm
1	C'Down	TM or walk	n/a	5 to 3.5kph	3-5 minutes	n/a	<120/<12	Aim to get Heart Rate below 100bpm
1	Stretch	n/a	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 HR, 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%	Increase or decrease rest/work to suit fitness level i.e. Harder = Walk 1min run 2 mins , rpt
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