

Attachment 1

PROGRAM EXAMPLE – BEGINNER RESISTANCE PROGRAM (MUSCULAR ENDURANCE)

FitPlus Gym – Guaranteed results or your old body back.						
Program:	Beginner program – Machine weights – 30 minutes					
Warm-up:						
Dynamic exercises – leg swings, arm swings, trunk rotations, wrist and ankle rotations						
Duration will be between 3-5 minutes						
Exercise	Intensity 1RM%	Reps	Sets	Rest	Tempo	Notes/ comments
Lower body: horizontal leg press	60%	15	2	60 sec	303	Keep knees soft on transitions
Upper body pull: seated row	60%	15	2	60 sec	303	Retract scapula, keep elbows in towards your sides.
Upper body push: chest press	60%	15	2	60 sec	303	Adjust machine to suit client height and elbows at a 45 degree angle.
Core: toe taps	60%	15	2	60 sec	303	Activate core and control movement.
Cool-down:						
• 5min. Cross trainer. 50% MaxHR. • Doorway chest stretch, cross body shoulder stretch, standing lat stretch, standing quadriceps stretch, standing hamstring stretch, supine glute stretch . Hold for 30 seconds each side and repeat twice on each side						