

Attachment 2

PROGRAM EXAMPLE – INTERMEDIATE RESISTANCE PROGRAM (HYPERTOPHY)

FitPlus – Gym Guaranteed results or your old body back.

Program: Intermediate program – Free Weights – 30 minutes

Warm-up:

Dynamic exercises – leg swings, arm swings, trunk rotations, wrist and ankle rotations (5-10 reps per movement)

Duration will be between 3-5 minutes

Exercise	Intensity 1RM%	Reps	Sets	Rest	Temp o	Notes/ comments
Lower body: squat	70%	12	3	2 mins	323	Drive weight through heels. Chest up.
Upper body pull: cable row	70%	12	3	2 mins	323	Retract scapula and keep elbows close by your sides.
Lower body: stationary lunge	BW	12	3	2 mins	323	Feet shoulder width apart (like railway tracks)
Upper body pull: assisted chin-up	BW	12	3	2 mins	323	Set the scapula and lead with your chest.
Upper body push: push up	BW	12	3	2 mins	323	Place hands inline with nipples and keep shoulders at a 45degree angle.
Core: russian twist	BW	12	3	2 mins	323	Keep neutral spine and follow the direction you're going with your head.

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