

Attachment 3

PROGRAM EXAMPLE – ADVANCED RESISTANCE PROGRAM (STRENGTH)

FitPlus Gym – Guaranteed results or your old body back.

Program: Advance program – Large functional movements – 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: front squats	75%	8	4	2 mins	323	Weight through whole foot. Parallel angle between torso and chin.
Upper body pull: chin ups	BW	8	4	2 mins	323	Set the scapula and lead with your chest. Slow and controlled eccentric phase
Upper body horizontal push: d-bell bench press	75%	8	4	2 mins	323	Hands inline with the nipples and shoulders at a 45degree angle.
Lower body: step ups with dumbbells	75%	8	4	2 mins	323	Drive on the way up and controlled step back.
Upper body pull: cable one arm rows	75%	8	4	2 mins	323	Retract the scapula and keep your elbows close to your sides
Upper body vertical push: shoulder press	75%	8	4	2 mins	323	Elbows slightly forward and close to your body.

Core: reverse crunches	BW	8	4	2 mins	323	Relax shoulder and head on ground.
Cool-down:						
• 3min. Bike. Lower heart rate to <60% 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						