

NAME



Fitness Goal: Weight Loss & Muscle Tone

Start Weight: 13st 5.8lbs
 Fitness Level: Beginner

Training sessions per week: 4-5
 Maximum Heart Rate: 189-204bpm



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Machine Selection	CV Recumbant Bike	<i>See Resistance Card</i>	<i>Rest</i>	CV Recumbant Bike	<i>See Resistance Card</i>	<i>Rest</i>	<i>Rest</i>
Setting	Manual			Manual			
Duration	15-20 Minutes			15-20 Minutes			
Training heart rate zone	133-147bpm			133-147bpm			
Week 2							
Machine Selection	CV Stationary Bike	CV Stationary Bike	<i>See Resistance Card</i>	<i>Rest</i>	CV Stationary Bike	<i>See Resistance Card</i>	<i>Rest</i>
Setting	Manual	Manual			Manual		
Duration	15-20 Minutes	15-20 Minutes			20-30 Minutes		
Training heart rate zone	133-147bpm	150-160bpm			150-160bpm		
Week 3							
Machine Selection	CV Stationary Bike	CV Stationary Bike	<i>See Resistance Card</i>	<i>Rest</i>	CV Stationary Bike	<i>See Resistance Card</i>	<i>Rest</i>
Setting	Interval	Hills			Interval		
Duration	20-30 Minutes	20-30 Minutes			20-30 Minutes		
Training heart rate zone	150-160bpm	140-160bpm			150-160bpm		
Week 4							
Machine Selection	CV Xtrainer	CV Xtrainer	<i>See Resistance Card</i>	<i>Rest</i>	CV Xtrainer	<i>See Resistance Card</i>	<i>Rest</i>
Setting	Manual	Manual			Manual		
Duration	15- 20 Minutes	15- 20 Minutes			20-30 Minutes		
Training heart rate zone	133-147bpm	133-147bpm			133-147bpm		

RESISTANCE TRAINING CARD

NAME:							
TARGET AREA:	Chest, Back, Shoulders, Biceps & Triceps						
TRAINING METHOD:	Multiple Set						
WARM UP SETS:	1 set of each resistance exercise						
AIMS & OBJECTIVES:	Weight Loss & Muscle Tone						
Warm body up prior to resistance session, either on treadmill or bike, for 10 mins. Choose a weight that allows you to complete the prescribed amount of reps with good form when doing the sets.							
DAY ONE:							
RESISTANCE							
Exercise	Sets	Reps	Weight	Exercise	Sets	Reps	Weight
Bench Press	3	15-20		Abs:			
Pec Deck Fly	3	15-20		Crunches	3	20	
Seated Row	3	15-20		Leg Raises	3	20	
Lateral Pulldown	3	15-20		Side Bends	3	20	
Shoulder Press	3	15-20					
Lateral Raises	3	15-20					
Barbell Curl	3	15-20					
Triceps Pushdown	3	15-20					

RESISTANCE TRAINING CARD

NAME:							
TARGET AREA:	Legs\Glutes,Quadticeps,Hamstrings,Lower back, Calves &Abs						
TRAINING METHOD:	Multiple Set						
WARM UP SETS:	1 set of each resistance exercise						
AIMS & OBJECTIVES:	Weight Loss & Muscle Tone						
Warm body up prior to resistance session, either on treadmill or bike, for 10 mins. Choose a weight that allows you to complete the prescribed amount of reps with good form when doing the sets.							
DAY TWO:							
RESISTANCE							
Exercise	Sets	Reps	Weight	Exercise	Sets	Reps	Weight
Leg Press	3	15-20		Abs:			
Lunges	3	15-20		Crunches	3	20	
Leg Extensions	3	15-20		Leg Raises	3	20	
Leg Curl	3	15-20		Side Bends	3	20	
Seated Calf Raise	3	15-20					

