

EXERCISE PROGRAMME FOR ENDURANCE

NAME:

START DATE:.....

DOB:

M'SHIP NO:

OBJECTIVES:

INSTRUCTOR:

WARM UP	5 MINUTES		INCREASES HEART RATE & MOBILISE THE JOINTS		
STRETCH	6-10 SECONDS		HELPS REDUCE RISK OF INJURY & IMPROVES FLEXIBILITY		
CARDIOVASCULAR TRAINING			TARGET HR ZONE (bpm):		
FAT BURN HR ZONE (bpm):			CARDIO TRAINING HR ZONE (bpm):		
CARDIOVASCULAR TRAINING					
EXERCISE	SEAT	PROGRAMME	LEVEL	TIME (mins)	HR (bpm)
				30	50%- 70% HRmax
STRETCH: As per guide					
RESISTANCE TRAINING					
EXERCISE	SEAT	REPS	SETS	WEIGHT PER SET	COMMENTS
Chest press		20	3		
Lat pull		20	3		
Shoulder press		20	3		
Biceps curl + Triceps extension		15	3		
V-up		10	3		
COOL DOWN	5 MINUTES		DECREASES HEART RATE & BODY TEMPERATURE		
STRETCH	10-15 SECONDS		HELPS REDUCE MUSCLE SORENESS / STIFFNESS & IMPROVES FLEXIBILITY		

“The physically fit can enjoy their vices”

Lord Percival