

## EXERCISE PROGRAMME FOR GENERAL FITNESS (INTERMEDIATE LEVEL)

NAME: .....

START DATE:.....

DOB: .....

M'SHIP NO: .....

OBJECTIVES: .....

INSTRUCTOR: .....

<b>WARM UP</b>	5 MINUTES	<b>INCREASES HEART RATE &amp; MOBILISE THE JOINTS</b>			
<b>STRETCH</b>	6-10 SECONDS	<b>HELPS REDUCE RISK OF INJURY &amp; IMPROVES FLEXIBILITY</b>			
<b>CARDIOVASCULAR TRAINING</b>	30 MINUTES	TARGET HR ZONE (bpm):			
FAT BURN HR ZONE (bpm):		CARDIO TRAINING HR ZONE (bpm):			
<b>CARDIOVASCULAR TRAINING</b>					
EXERCISE	SEAT	PROGRAMME	LEVEL	TIME (mins)	HR (bpm)
				30	50%- 70% HRmax
<b>STRETCH: As per guide</b>					
<b>RESISTANCE TRAINING</b>					
EXERCISE	SEAT	REPS	SETS	WEIGHT PER SET	COMMENTS
Bench press		12	3		
Dumbbell row		12	3		
Dumbbell lateral raise		12	3		
Lunge		12	3		
Seated leg extension		12	3		
Crunch		2	max		
Back extension on mat		2	10		
<b>COOL DOWN</b>	5 MINUTES	<b>DECREASES HEART RATE &amp; BODY TEMPERATURE</b>			
<b>STRETCH</b>	10-15 SECONDS	<b>HELPS REDUCE MUSCLE SORENESS / STIFFNESS &amp; IMPROVES FLEXIBILITY</b>			

## **“The physically fit can enjoy their vices”**

## Lord Percival