EXERCISE PROGRAMME FOR GENERAL FITNESS (NOVICE LEVEL)

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		20 MINUTES		TARGET HR ZONE (bpm):					
FAT BURN HR ZONE (bpm):				CARDIO TRAINING HR ZONE (bpm):					
		CAI	RDIOVASC	ULAR TRA	AINING				
EXERCISE SEAT		PROGRAMME		LEVEL		TIME (mins)		HR (bpm)	
						20		50%- 70% HRmax	
	.ii		STRETCH:	As per gı	uide				
			RESISTAN	CE TRAIN	ING				
EXERCISE		SEAT	REPS	SETS	WEIGHT F	PER SET		COMMENTS	
Chest Press			12	2					
Lat pull			12	2	T .				
Leg press			12	2					
Crunch			12	2					
				15 W	l e				
			7						
			1						
			7	-		J			
	CHUAN I								
	DDa W								
			I						
					72				
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