

EXERCISE PROGRAMME FOR MUSCLE BUILDING

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)
STRETCH: As per guide					
RESISTANCE TRAINING					
EXERCISE	SEAT	REPS	SETS	WEIGHT PER SET	COMMENTS
Day 1					
Barbell bench press		8	5		
Barbell shoulder press		8	5		
Cable triceps extension		8	5		
Barbell squat		8	5		
Crunch		max	2		
Day 2					
Chin up		max	5		
Preacher biceps curl		8	5		
Dead lift		8	5		
Crunch		max	2		
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