



Online Xercise Training Programs

GENERAL FITNESS - LEVEL 3 - 3

Description This program will help your overall fitness level and well being. It has been put together to allow you to start at a comfortable level and slowly increase your workout intensity as your fitness level improves. It is cardio based program so less weight more reps is your aim. The goal of the program is to improve fitness, strengthen muscle and help lose weight.	Easy	Reps	15 - 20			
		Rest	30 secs			
	Hard	Reps	15 - 20	10 - 15		
		Rest	30 secs	30 secs		
	Harder	Reps	15 - 20	10 - 15	8 - 12	
		Rest	20 secs	20 secs	20 secs	

Cardio Workout 30 -45 minutes on cardio machine
Select one or two cardio machines and complete the set time at a pace that is comfortable to you. Record your results in the boxes below.

	Running	Cycling	Cross trainer	Rowing
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Maximum heart rate = $(220 - \text{age}) \times 0.8 =$ Optimum heart rate is $\text{max heart rate} \times 0.65 =$

Date								
Machine								
Time start								
Time finish								
Distance								
Level								
Heart rate								

Weight Workout

Select a weight for each exercise and complete the required number of reps for each set. Record the weight and reps in the space provided.		DATE -				
		Weight	No of Reps	No of Reps	No of Reps	No of Reps
			set 1 / 2 / 3	set 1 / 2 / 3	set 1 / 2 / 3	set 1 / 2 / 3
Chest	Incline press		/ /	/ /	/ /	/ /
	Pec decks		/ /	/ /	/ /	/ /
Shoulder	Seated dumbbell press		/ /	/ /	/ /	/ /
	Upright row		/ /	/ /	/ /	/ /
Legs	Side lunge		/ /	/ /	/ /	/ /
	Bench jumps		/ /	/ /	/ /	/ /
Abs	Roman chair		/ /	/ /	/ /	/ /
	Leg raises		/ /	/ /	/ /	/ /
Tricipes	Nose crusher		/ /	/ /	/ /	/ /
	Kick backs		/ /	/ /	/ /	/ /
Back	Dead lifts		/ /	/ /	/ /	/ /
	Chin pull ups		/ /	/ /	/ /	/ /
Biceps	Hammer curl		/ /	/ /	/ /	/ /
	Preacher curl		/ /	/ /	/ /	/ /

