

Gym program - eight weeks guideline

Exercise	Monday		Wednesday		Friday	
	Sets	Reps	Sets	Reps	Sets	Reps
Stretching and warming up	5 minutes		5 minutes		5 minutes	
Leg developing aerobics						
Cycling	10 minutes		10 minutes		15 minutes	
Leg combination						
Squats	3	12			4	12
Leg presses			4	12		
Thighs isolation						
Leg extensions	3	10	3	10	4	10
Leg curls	3	10	3	10	4	10
Lower legs isolation						
Calf raises	3	20	3	20	4	20
Toe pulls	3	20	3	20	4	20
Lower back combination						
Hyper extensions	3	12			4	12
Good morning exercise			3	12		
Abdominal						
Crunches (upper)	2	20	2	20	3	20
Leg raises (lower)	2	20	2	20	3	20
Leg developing aerobics						
Stairmaster / climbing	10 minutes low resistance		10 minutes high resistance		10 minutes low resistance	
Stretching and cool down	5 minutes		5 minutes		5 minutes	
Total time	1 hour 15 minutes		1 hour 15 minutes		1 hour 15 minutes	

More gym guidelines

1. The above should only be seen as a guideline. You may not be able to do it exactly as set out. You may be at a fitness level beyond this. But it gives a good idea of which muscle groups need to be targeted.
2. For the first two weeks, those who are less fit should start off with light weights.
3. Every second week should see an increase in the weight of your weights used for exercise. This is to stimulate muscle development and growth.
4. If weights were used in your exercise session, make sure you rest your muscles for at least 48 hours. This will help in muscle development.
5. The above outline should be followed as closely as possible, with regards to the order of the exercises.
6. If you'd like to use this program at home, please contact us. We'll advise you how to, on request.
7. It's a good idea to include upper body training into the program. This will give you a balanced overall body development.