

Weight Loss Training Programme

Intermediate

This programme is ideal for those members who complete 6 weeks or more on the beginners programme or those who are regular attending members looking for a change in their programme. The programme differs from the beginners' level as there are varied intervals of intensity. There will be a steady state level of exercise for 2 minutes and a 1 minute period of elevated intensity achieved by increasing the speed, resistance or a combination of both. To add extra calorie burn to your programme, leave short rest periods between sets of resistance exercises creating a circuit style workout.

| | Frequency | Intensity | Duration | Modes | Reps | Sets | Rest Interval |
|-------------------|------------------|--|-----------------|---|-------------|-------------|----------------------|
| CV | 3-4 times p/wk | <u>2 mins</u> 60-75% MHR <u>1 min</u> upto 85%MHR | 40 Mins | Treadmill, X-trainer, Cycle, Rower, Stepper | - | - | - |
| Resistance | 3-4 times p/wk | 45-65% 1RM | 10-20 Mins | 10 Muscle Groups | 15-20 | 2-3 | 30 Secs |

Day 1

| | |
|----------------|---------|
| Treadmill | 10 mins |
| X-trainer | 8 mins |
| Rower | 10 mins |
| Cycle | 12 mins |
| Pec Dec | 2 x 15 |
| Lat Pull-down | 2 x 15 |
| Chest Press | 2 x 15 |
| Shoulder Press | 2 x 15 |
| Bicep Curl | 2 x 15 |
| Leg Curl | 2 x 15 |
| Leg Extn | 2 x 15 |
| Leg Press | 2 x 15 |
| Tricep Press | 2 x 15 |
| Abdominals | 2 x 15 |

Day 2

| | |
|----------------|---------|
| Treadmill | 10 mins |
| Cycle | 10 mins |
| Rower | 8 mins |
| X-trainer | 12 mins |
| Pec Dec | 2 x 15 |
| Lat Pull-down | 2 x 15 |
| Chest Press | 2 x 15 |
| Shoulder Press | 2 x 15 |
| Bicep Curl | 2 x 15 |
| Leg Curl | 2 x 15 |
| Leg Extn | 2 x 15 |
| Leg Press | 2 x 15 |
| Tricep Press | 2 x 15 |
| Abdominals | 2 x 15 |

Day 3

| | |
|----------------|---------|
| Treadmill | 8 mins |
| Cycle | 12 mins |
| X-trainer | 10 mins |
| Rower | 10 mins |
| Pec Dec | 2 x 15 |
| Lat Pull-down | 2 x 15 |
| Chest Press | 2 x 15 |
| Shoulder Press | 2 x 15 |
| Bicep Curl | 2 x 15 |
| Leg Curl | 2 x 15 |
| Leg Extn | 2 x 15 |
| Leg Press | 2 x 15 |
| Tricep Press | 2 x 15 |
| Abdominals | 2 x 15 |

Progression: Progressing of your programme can be made by yourself when you are finding the settings more manageable. You should first increase the intensity of your workout e.g. increasing speed by 0.5/5-10 RPM or increasing the resistance level 1 to 2 etc. before increasing duration. You can reduce the steady state on the CV machines to 1 min 45 secs etc. After a period of 4-6 weeks you can speak or book a time with an instructor to introduce a revised programme.