



CHALLENGER 150

- **WEIGHT LOSS PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)
- **TONING PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)
- **MUSCLE GAIN PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)



CAUTION
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL
BEFORE USING THIS EQUIPMENT.
KEEP THIS MANUAL FOR
FUTURE REFERENCE

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I. SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of TROJAN products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. If any of these instructions or warnings are unclear, please contact Trojan Customer Services on 0861 876526 (0861 Trojan), within the Republic of South Africa.

The equipment is only intended for HOME USE and is NOT INTENDED FOR COMMERCIAL, INSTITUTIONAL AND/OR STUDIO FACILITIES USE.

Contact TROJAN with any questions regarding this classification. It is recommended that all users of TROJAN be informed of the following information prior to use.

HEALTH WARNING



- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35 or have never exercised, are pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

ACCESS CONTROL



TROJAN recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment. Parents or other adults must provide close supervision of children, if the equipment is used in the presence of children.

INSTALLATION



TROJAN recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1m of space around the equipment where access is required to exercise.
- Be installed by our team of installers.

PROPER USAGE



- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that TROJAN equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your TROJAN equipment should only be used by one person at a time.
- Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling your TROJAN equipment to avoid injury.
- Do not attempt to adjust any seats / pads / pulleys / weights or other moving parts while you are on your TROJAN equipment.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- When adjusting any weights, seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain the adjusting pin is fully engaged in the hole to avoid injury.

I. SAFETY INSTRUCTIONS

INSPECTION



- Do not use or permit use of any equipment that is damaged or has worn or broken parts. For all TROJAN equipment use only replacement parts supplied by TROJAN.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Cables and straps pose an extreme danger if used when frayed. Always replace any cable at first sign of wear.
- Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – Preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your TROJAN equipment.
- Before any use, examine all accessories approved for use with the TROJAN equipment for damage or wear.
- Should your Trojan equipment appear damaged or worn, do not attempt to use or repair the equipment yourself. Please contact our service department on 0861 876526 (0861 Trojan) to arrange a repair.

OPERATING WARNINGS



- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all TROJAN equipment.
- Keep children away from all moving parts and away from all strength equipment. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

SELECTORIZED WEIGHT STACKS



- Use only weight selector pins supplied by TROJAN. Should you lose or damage your pin, contact our service department to arrange delivery of a new pin.
- Ensure that weight selector pins are fully inserted as partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove a selector pin if any weights are suspended.
- Never attempt to release jammed weights or pins that are suspended.

USER WEIGHT LIMITATIONS



- This TROJAN CHALLENGER 150 may not be used by persons weighing more than 100kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE

If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 876526 (0861 Trojan)**, within the Republic of South Africa or visit **www.trojanhealth.co.za**.

2. FITNESS TIPS AND TECHNIQUES

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

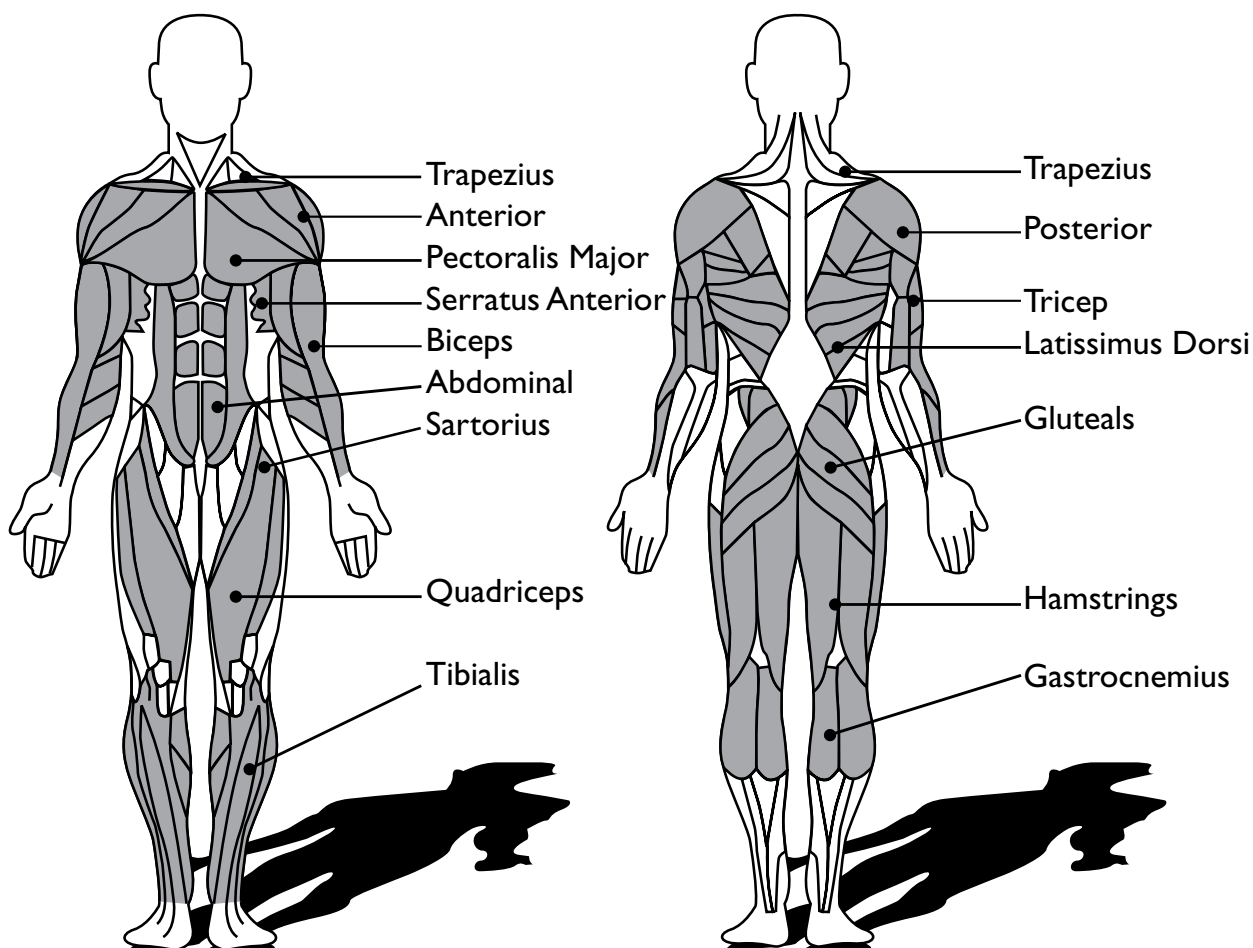
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

CHALLENGER 150 HOME GYM

The exercise routine that is performed with the CHALLENGER 150 HOME GYM will develop the whole body. These muscle groups are highlighted on the muscle chart below.



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

Trojan and the Heart and Stroke Foundation have joined forces to KEEP SOUTH AFRICA MOVING. The Heart and Stroke Foundation South Africa encourages all South Africans to make heart-healthy choices that include daily physical activity, exercise and a balanced diet. Use Trojan, SA's No. 1 selling Home Fitness brand to give you the ability to boost your fitness level and lower your risk of cardiovascular disease.

Visit www.trojanhealth.co.za for equipment choices and exercise programs, and www.heartfoundation.co.za for information on how to adopt a healthy lifestyle.

3. WARM-UP AND COOL-DOWN

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

(Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts.

After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch-never bounce.

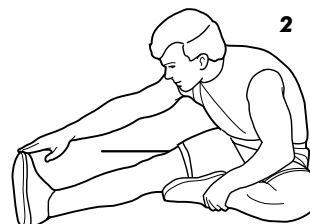
1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.



2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.



4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



For more information on visit www.trojanhealth.co.za

4. TRAINING TERMS:

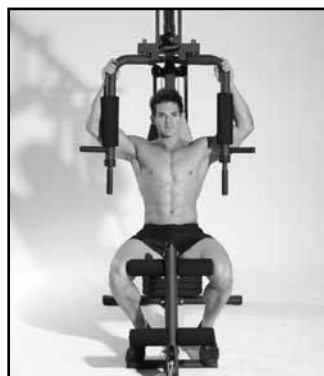
Please familiarize yourself with the following terms before you start exercising. These terms are referred to in the individual training programs.

Duration	In a gym program this will refer to the workout time of the entire program
Intensity	This will refer to the amount of weight used, and the amount of rest given between each set of an exercise
Type	Refers to the type of training, ie strength, resistance, cardio etc.
Reps/ Repetitions	A single cycle of lifting and lowering a weight
Sets	A number of reps performed together ended with a rest period is referred to as a set
Tempo	Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion eg. 2:1:3 - 2 seconds to complete 'push/pull', 1 second pause, 3 seconds to return to start position
% of max.	Is determined as % of 1 repetition of max weight a person can push for any given exercise eg. If you were to press 100kg for only one rep as your max, your training weight for 45% of max for 10 reps would be 45kg pushed 10 times
Superset	This refers to doing the 2nd exercise immediately after completing the first exercise without pausing

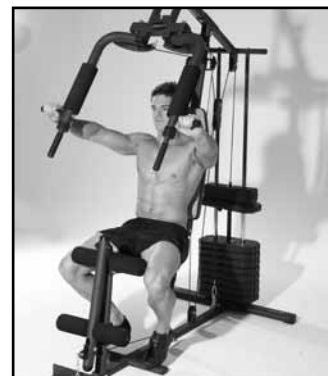
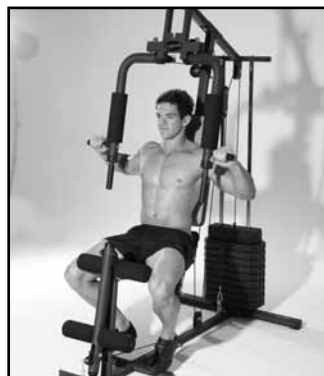
5. EXERCISE TERMS:

CHEST AND SHOULDER

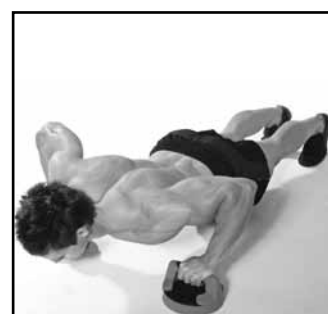
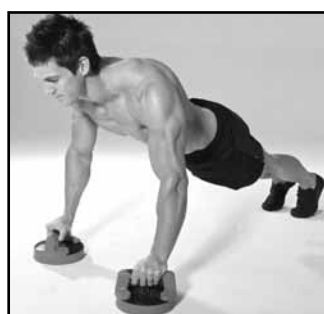
Seated pec deck Seated on the equipment, place elbows and forearm onto pads. Inhale and squeeze pads forward and together applying force through the elbows and forearms. Exhale and return to start allowing a full range and stretch.



Seated chest press Seated on the equipment, grip the lower chest grips in an overhand grip, palms facing the floor. Inhale and push bar forward, exhale and return bars back.



Push ups on floor (or push-up grips) Support yourself face down with your arms shoulder width or more apart, feet together and on toes. Inhale and bend elbows while lowering torso to the ground without arching the lower back, exhale and push back up. (Note: push up handles not included).



5. EXERCISE TERMS (CONT.):

Upright shoulder rows

Stand with legs slightly apart, back straight. Grasp the bar in an overhand grip, with hands shoulder width apart. Inhale and pull the bar up along the body to the chin, keeping the elbows as high as possible. Exhale while lowering back down.



Cable Side Lateral Raise

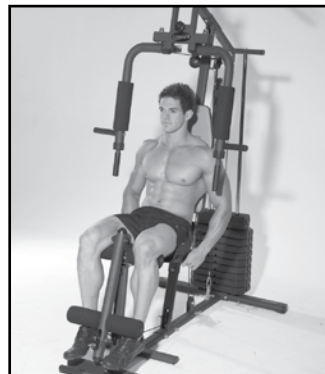
Stand at 90° to the gym with your back straight and legs slightly apart. Grasp ankle strap in your hand and keep your arm next to side. Inhale and raise your arm parallel to the ground to shoulder height. Exhale while lowering back down.



HAMSTRING ,QUAD, FULL LEG

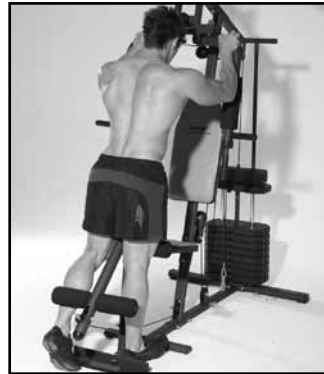
Seated leg extensions

Sit on the seat and slot your ankles behind the ankle pad. Inhale and raise legs in a controlled motion to horizontal. Exhale while lowering legs to start.



EXERCISE TERMS (CONT.):

Standing single leg hamstring curls While standing facing the equipment, position your thighs against the knee pad, and your ankles behind the ankle roll. Inhale, bend at the knee lifting one ankle to glute height, exhale return leg to straight. Alternated between left and right leg.



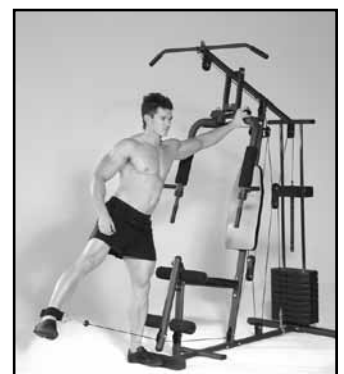
Cable front squats Hold the lower pulley bar in an underhand grip up against your chest: inhale deeply, slightly arch back, rotating pelvis forward, and look forward. With legs shoulder width apart, toes slightly outwards, lower buttocks down towards floor until thighs are horizontal with floor. Exhale and straighten legs to lift torso back up to end motion.



Single leg standing calve raises Stand on one leg with the other leg hanging bent. Use one hand for support or balance, and the other to hold the lower cable. Rise up onto toes, keeping the knee straight or slightly flexed. Then lower back down, returning to start position.



Hip Adduction Stand at 90° to the gym and attach the ankle strap to your leg furthest from the gym. Hold onto the gym for support. Inhale whilst extending your leg outwards. Exhale whilst returning leg to start position.

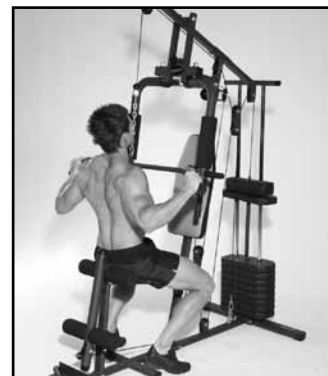
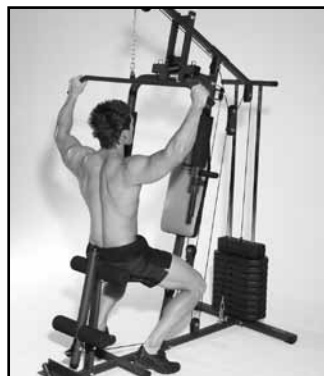


5. EXERCISE TERMS (CONT.):

BACK AND SHOULDER

Lat pull downs

Sit facing the equipment, gripping the bar with a wide overhand grip. Inhale and pull the bar down to chest, while pulling the elbows back. Exhale while returning the arms to start position.



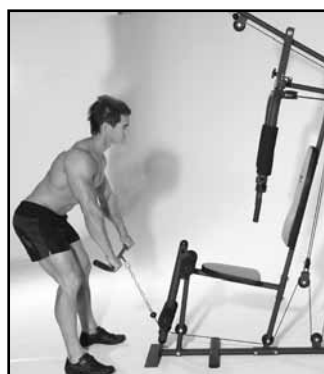
Straight arm lat pull backs

Stand facing the equipment with feet slightly apart, grip bar in overhand grip slightly wider than shoulder width. Inhale bringing arms to thighs, exhale and return arms to starting position.



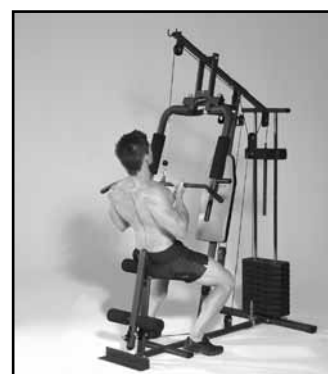
Bent over cable rows with lat bar

Stand facing the lower pulley. Grip the lat bar with wide overhand grip. Back angle should be 45 degree's. Pull the bar up to chest while inhaling, then exhale and return arms to straight.



Narrow reverse grip lat pull down

Sit facing the equipment, gripping the bar with a narrow underhand grip. Inhale and pull the bar down to chest, while pulling the elbows back, exhale while returning the arms to start position.

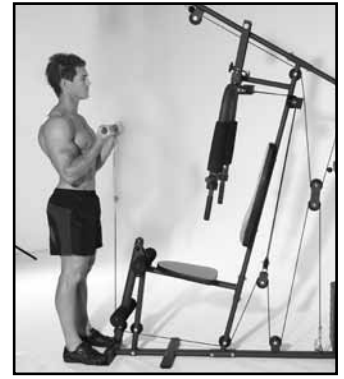
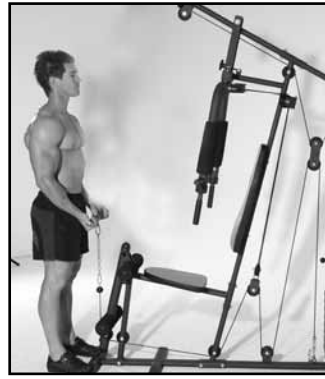


5. EXERCISE TERMS (CONT.):

TRICEP AND BICEP

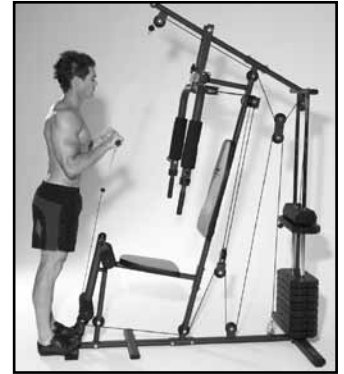
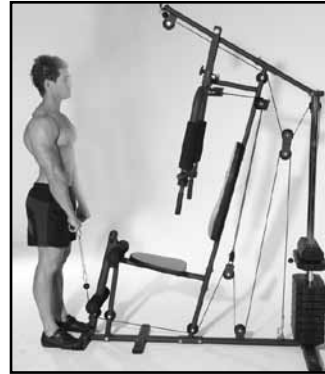
Standing bar bicep curls

Stand with legs slightly apart, arms extended. Grip the bar with an underhand grip. Inhale and raise forearms by bending elbows, keep elbows fixed at your side. Exhale and lower back down.

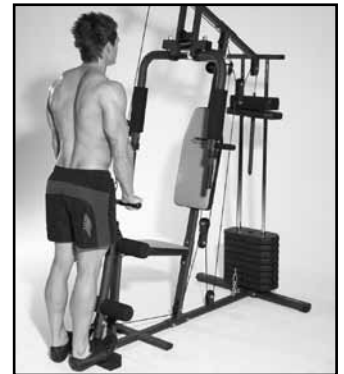


Standing reverse cable curls

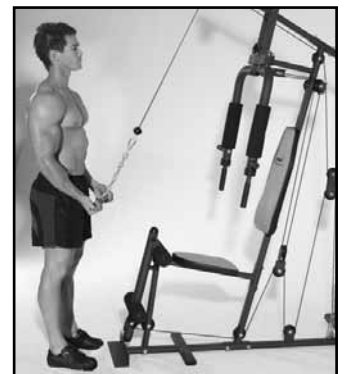
Stand with legs slightly apart, arms extended. Grip the bar with an overhand grip. Inhale and raise forearms by bending elbows, keep elbows fixed at your side. Exhale and lower back down.



Tricep push downs Stand facing the equipment, grip handle from the overhead pulley with an overhand grip. Keeping elbows by your side inhale and straighten forearms by extending. Exhale and lower back in same track of motion.



Reverse grip tricep push downs Stand facing the equipment, grip handle from the overhead pulley with an underhand grip. Keeping elbows by your side inhale and straighten forearms by extending downwards. Keep your wrists fixed. Exhale and lower back in same track of motion.

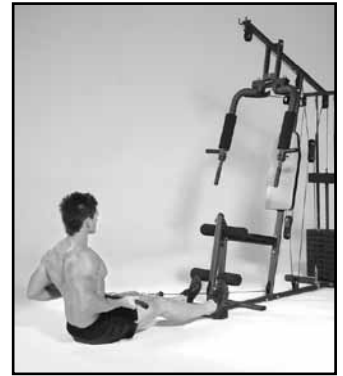


5. EXERCISE TERMS (CONT.):

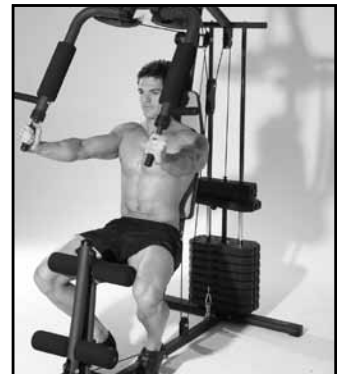
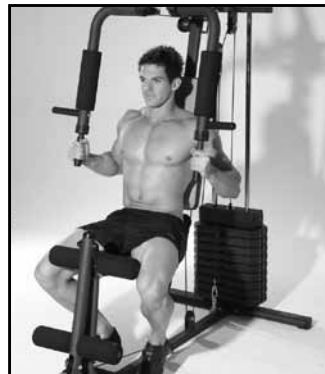
SHOULDERS, BACK, BICEPS, CHEST

Floor seated low row

Sit on the floor or a mat facing the equipment. Grip the handle with an underhand grip, and hands shoulder width apart. Inhale and pull the bar to your sternum while keeping elbows as far back as possible. Exhale and return to straight.

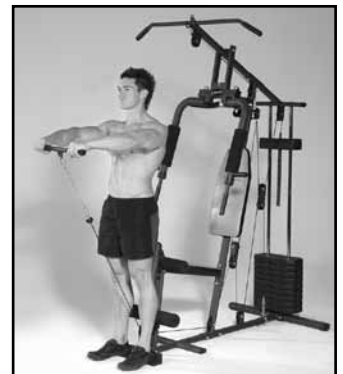
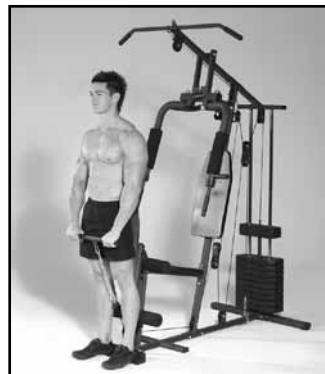


Seated tricep press Seated on the equipment, grip the lower press grips with palms facing each other. Inhale and push bar forward with elbows tucked in, exhale and return bars back.



Low pulley front raises

With back towards the equipment and floor pulley between feet. Grip the bar with hands shoulder width and in an overhand grip. Inhale and lift bar with straight arms till they are parallel to the ground, then lower back.



6.1 MUSCLE GAIN WORKOUT

CHALLENGER 150 BEGINNER

30 minutes 3 days a week.

Intensity: medium

Do this program for 4 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Tricep, shoulder & bicep						
Day 1	Standing bar bicep curls	Arms	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
	Reverse grip tricep push downs	Arms	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
	Upright shoulder rows	Shoulders	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
REST DAY						
Hamstring, quad & full leg						
Day 3	Seated leg extensions	Legs	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
	Standing single leg hamstring curls	Legs	3 each leg	6 to 10	60% of max. Weight should allow minimum of 6 reps	Superset between left and right leg; tempo 2:1:3
	Cable front squats	Legs	3	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set tempo 2:1:3
REST DAY						
Back, shoulder & chest						
Day 5	Lat pull downs	Back	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
	Seated Pec deck	Chest	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
	Seated chest press	Chest	4	6 to 10	60% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3

6.1 MUSCLE GAIN WORKOUT

CHALLENGER 150 INTERMEDIATE

45 minutes 4 days a week.

Intensity: high

Do this program for 6 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Back, shoulders & chest Lat pull downs Seated Pec deck Seated chest press	Back	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Chest	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Chest	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
REST DAY						
Day 3	Hamstring, quad & full leg Seated leg extensions Standing single leg hamstring curls Cable front squats	Legs	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Legs	4 each leg	6 to 10	70% of max. Weight should allow minimum of 6 reps	Superset between left and right leg; tempo 2:1:3
		Legs	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
REST DAY						
Day 5	Shoulders, back & biceps Standing bar bicep curls Tricep push downs Upright shoulder rows	Arms	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Arms	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Shoulders	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
REST DAY						
Day 7	Shoulders, back & biceps Straight arm lat pull backs Standing reverse grip bicep cable curls Low pulley front raises	Back	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Arms	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3
		Shoulders	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	1 min. rest between each set; tempo 2:1:3

6.1 MUSCLE GAIN WORKOUT

CHALLENGER 150 ADVANCED

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder					
	Seated pec deck	Chest	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Seated chest press	Chest	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Push ups on floor (or trojan push-up grips)	Chest	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Upright shoulder rows	Shoulders	6	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
Day 2	Hamstring, quad & full leg					
	Seated leg extensions	Legs	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Standing single leg hamstring curls	Legs	4 each leg	6 to 10	85% of max. Weight should allow minimum of 6 reps	Supersetted between each leg; tempo 2:1:3
	Cable front squats	Legs	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Single leg standing calve raises	Legs	4 each leg	6 to 10	85% of max. Weight should allow minimum of 6 reps	Supersetted between each leg; tempo 2:1:3
Day 3	Back & shoulder					
	Lat pull downs	Back	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Straight arm lat pull backs	Back	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Bent over cable rows with lat bar	Back	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Narrow reverse grip lat pull down	Back	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
Day 4	Tricep & bicep					
	Standing bar bicep curls	Arms	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Standing reverse cable curls	Arms	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Tricep push downs	Arms	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Reverse grip tricep push downs	Arms	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
Day 5	Hamstring, quad & full leg					
	Seated leg extensions	Legs	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Standing single leg hamstring curls	Legs	4 each leg	6 to 10	85% of max. Weight should allow minimum of 6 reps	Supersetted between each leg; tempo 2:1:3
	Cable front squats	Legs	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Single leg standing calve raises	Legs	4 each leg	6 to 10	85% of max. Weight should allow minimum of 6 reps	Supersetted between each leg; tempo 2:1:3
Day 6	Shoulder, back, bicep & chest					
	Floor seated low row	Back & arms	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Seated tricep press	Arms	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Low pulley front raises	Shoulders	5	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3
	Standing cable curl	Arms	4	6 to 10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set; tempo 2:1:3

6.2 TONING WORKOUT

CHALLENGER 150 BEGINNERTONING WORKOUT

30 minutes 3 days a week.

Intensity: medium

Do this program for 4 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Tricep, shoulder & bicep Standing bar bicep curls Reverse grip tricep push downs Upright shoulder rows	Arms Arms Shoulders	3 3 3	15-20 15-20 15-20	45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps	min. rest between each set; tempo 1:0:1 min. rest between each set; tempo 1:0:1 min. rest between each set; tempo 1:0:1
REST DAY						
Day 3	Hamstring, quad & full leg Seated leg extensions Standing single leg hamstring curls Cable front squats	Legs Legs Legs	3 3 each leg 3	15-20 15-20 15-20	45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps	min. rest between each set; tempo 1:0:1 Superset between left and right leg; tempo 1:0:1 min. rest between each set; tempo 1:0:1
REST DAY						
Day 5	Back, shoulder & chest Lat pull downs Seated Pec deck Seated chest press	Back Chest Chest	3 3 3	15-20 15-20 15-20	45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps 45% of max. Weight should allow minimum of 15 reps	min. rest between each set; tempo 1:0:1 min. rest between each set; tempo 1:0:1 min. rest between each set; tempo 1:0:1

6.2 TONING WORKOUT

CHALLENGER 150 INTERMEDIATE TONING WORKOUT

45 minutes 4 days a week.

Intensity: high

do this program for 6 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Back, shoulders & chest						
Day 1	Reverse grip lat pull downs	Back	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Seated Pec deck	Chest	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Seated chest press	Chest	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
REST DAY						
Hamstring, quad & full leg						
Day 3	Seated leg extensions	Legs	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Standing single leg hamstring curls	Legs	4 each leg	15-20	65% of max. Weight should allow minimum of 15 reps	Superset between left and right leg; tempo 1:0:1
	Cable front squats	Legs	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
REST DAY						
Shoulders, back & biceps						
Day 5	Standing bar bicep curls	Arms	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Tricep push downs	Arms	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Upright shoulder rows	Shoulders	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
REST DAY						
Shoulders, back & biceps						
Day 7	Straight arm lat pull backs	Back	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Standing reverse grip bicep cable curls	Arms	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Low pulley front raises	Shoulders	4	15-20	65% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1

6.2 TONING WORKOUT

CHALLENGER 150 ADVANCED TONING WORKOUT

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder					
	Seated pec deck	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Seated chest press	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Push ups on floor (or trojan push-up grips)	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Upright shoulder rows	Shoulders	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
Day 2	Hamstring, quad & full leg					
	Seated leg extensions	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Standing single leg hamstring curls	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted; tempo 1:0:1
	Cable front squats	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Single leg standing calf raises	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted; tempo 1:0:1
Day 3	Back & shoulder					
	Lat pull downs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Straight arm lat pull backs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Bent over cable rows with lat bar	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Narrow reverse grip lat pull down	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
Day 4	Tricep & bicep stretching					
	Standing bar bicep curls	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Standing reverse cable curls	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Reverse grip tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
Day 5	Hamstring, quad & full leg					
	Seated leg extensions	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Standing single leg hamstring curls	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted; tempo 1:0:1
	Cable front squats	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Single leg standing calf raises	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted; tempo 1:0:1
Day 6	Shoulder, back, bicep & chest					
	Floor seated low row	Back & arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Seated tricep press	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Low pulley front raises	Shoulders	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Standing cable curl	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 150 BEGINNER WEIGHT LOSS WORKOUT

30 minutes 3 days a week.

Intensity: medium

Do this program for 4 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Tricep, shoulder & bicep stretching						
Day 1	Standing bar bicep curls	Arms	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
	Reverse grip tricep push downs	Arms	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
REST DAY						
Hamstring, quad & full leg stretching						
Day 3	Seated leg extensions	Legs	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping (double foot)	Legs, cardio	3	30 sec	Both feet hopping together	Superset with above exercise. No rests
	Standing single leg hamstring curls	Legs	3 each leg	25-30	40% of max. Weight should allow minimum of 25 reps	Do left and right leg; then skip
	Rope skipping (double foot)	Legs, cardio	3	30 sec	Both feet hopping together	Superset with above exercise. No rests
REST DAY						
back, shoulder & chest stretching						
Day 5	Lat pull downs	Back	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
	Seated Pec deck	Chest	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 150 INTERMEDIATE WEIGHT LOSS WORKOUT

45 minutes 4 days a week.

Intensity: high

Do this program for 6 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Back, shoulders & chest stretching Reverse grip lat pull downs Burpie's Seated Pec deck Burpie's Seated chest press	Back Full body Chest Full body Chest	4 4 4 4 4	25-30 15 25-30 15 25-30	50% of max. Weight should allow minimum of 25 reps 50% of max. Weight should allow minimum of 25 reps 50% of max. Weight should allow minimum of 25 reps	1 min. rest between each set; tempo 1:0:1 Superset with above. jump as high as possible 1 min. rest between each set; tempo 1:0:1 Superset with above. jump as high as possible 1 min. rest between each set; tempo 1:0:1
rest day						
Day 3	Hamstring, quad & full leg stretching Seated leg extensions High knee skipping Standing single leg hamstring curls High knee skipping Cable front squats	Legs Cardio, legs Legs Cardio, legs Legs	4 4 4 each leg 4 4	25-30 1 min. 25-30 1 min. 25-30	50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps	1 min. rest between each set; tempo 1:0:1 Superset with above exercise Do left and right leg before supersetting with skipping Superset with above exercise 1 min. rest between each set; tempo 1:0:1
REST DAY						
Day 5	Shoulders, back & biceps stretching Standing bar bicep curls Burpie's Tricep push downs Burpie's Upright shoulder rows	Arms Full body Arms Full body Shoulders	4 4 4 4 4	25-30 15 25-30 15 25-30	50% of max. Weight should allow minimum of 25 reps 50% of max. Weight should allow minimum of 25 reps 50% of max. Weight should allow minimum of 25 reps	1 min. rest between each set; tempo 1:0:1 Superset with above. jump as high as possible 1 min. rest between each set; tempo 1:0:1 Superset with above. jump as high as possible 1 min. rest between each set; tempo 1:0:1
REST DAY						
Day 7	Shoulders, back & biceps stretching Straight arm lat pull backs High knee skipping Standing reverse grip bicep cable curls High knee skipping Low pulley front raises	Back Cardio, legs Arms Cardio, legs Shoulders	4 4 4 4 4	25-30 1 min. 25-30 1 min. 25-30	50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps	1 min. rest between each set; tempo 1:0:1 Superset with above exercise 1 min. rest between each set; tempo 1:0:1 Superset with above exercise 1 min. rest between each set; tempo 1:0:1

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 150 ADVANCED WEIGHT LOSS WORKOUT

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder stretching					
	Seated pec deck	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Burpie's	Full body	3	30		Superset with above, jump as high as possible
	Seated chest press	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Burpie's	Full body	3	30		Superset with above, jump as high as possible
	Push ups on floor (or push-up grips)	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Burpie's	Full body	3	30		Superset with above, jump as high as possible
	Upright shoulder rows	Shoulders	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
Day 2	Hamstring, quad & full leg stretching					
	Seated leg extensions	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Standing single leg hamstring curls	Legs	3 each leg	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Cable front squats	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Single leg standing calve raises	Legs	3 each leg	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
Day 3	Back & shoulder stretching					
	Lat pull downs	Back	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise
	Straight arm lat pull backs	Back	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise
	Bent over cable rows with lat bar	Back	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise
	Narrow reverse grip lat pull down	Back	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1

7. TRAINING LOG

DATE	EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4
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