



03-Feb-12

## Focus Gym exercise plan - with emphasis on ABS

### Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort,
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

### Exercise and training terms:

<b>Duration</b>	In a gym program this will refer to the workout time of the entire program
<b>Intensity</b>	This will refer to the amount of weight used, and the amount of rest given between each set of a exercise
<b>Type</b>	Refers to the type of training , ie strength, resistance , cardio etc.
<b>Reps/ repetitions</b>	A single cycle of lifting and lowering a weight
<b>Sets</b>	A number of reps performed together ended with a rest period is referred to as a set
<b>Tempo</b>	Is the rate and speed at which a rep is executed , it has 3 stages, the push/pull , the pause and the return motion
<b>% of max.</b>	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 you max, your training weight for 45% on max of 10 reps. Would be 45kg pushed 10 times.

### Exercise program:

1. 60 minutes 6 days a week
2. Intensity: till failure
3. Do this program for 10 -12 weeks

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/ exercise execution
Day 1 & Option 1	Back and shoulder stretching					As warm up
	Lat pull downs	Back	4	6-10	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	6-10	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	6-10	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	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
Day 2 & Option 2	Hamstring ,quad, full leg stretching					As warm up
	Stationary weighted lunges	Legs	5	6-10	85% of max. Weight should allow minimum of 6 reps	Supersetted between right and left leg 2:1:1
	Standing single leg hamstring curls	Legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	Supersetted between right and left leg 2:1:2
	Weighted single leg standing calve raises	Legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	Supersetted between right and left leg 2:1:3
	Floor crunches	ABS	4	20		tempo 1:0:1
Day 3 & Option 1	Chest and shoulder stretching					As warm up
	Seated chest fly's	Chest	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated chest press	Chest	5	6-10	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	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
Day 4 & Option 2	Tricep and bicep stretching					As warm up
	Preacher bicep curls	Arms	5	6-10	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	6-10	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	6-10	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	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
Day 5 & Option 1	Quad, full leg stretching					As warm up
	Weighted squats	Legs	4	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Seated leg extensions	Legs	4	6-10	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	6-10	85% of max. Weight should allow minimum of 6 reps	Supersetted between right and left leg 2:1:3
	Floor crunches	ABS	4	20		tempo 1:0:1
Day 6 & Option 2	Shoulders stretching					As warm up
	Cable shrugs	Shoulders	4	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Upright shoulder rows	Shoulders	4	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Front shoulder cable raises	Shoulders	4	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Side lateral cable raise	Shoulders	3 each shoulder	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
<b>30 min morning plans - AB solution</b>						
Option 1	Floor crunches	ABS	3	30	Or till failure	
	Seated cable ab crunches	ABS	3	30	Or till failure	
	Alternating knee to chest crunches	ABS	3	30	Or till failure	
Option 2	Floor jack knives	ABS	3	30	Or till failure	
	The plank	ABS	3		Hold body straight and core tight for a minute or more	
	Reverse floor crunches	ABS	3	30	Or till failure	
<b>For your 30min morning workout you will do one of the above options, and change to the other option the next day, and repeat for the week.</b>						