



Home fitness on a budget progression program

Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
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:

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 i.e. 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
% of max	Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. if you were to press 100 kg for only one rep as your max, your training weight for 45% of max for 10 reps, would be 45 kg pushed 10 times.

Exercise program:

1. 60 minutes 5 times a week
2. Intensity: High to failure.
3. Do this program for 10 - 12 weeks

Equipment required:

1. Stretch Bands, Door Gym, Push Up Grips

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/exercise execution
1	Triceps press with push up grips	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Burpees	Cardio	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Wide grip push up with push up grips	Chest	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Triceps dips with push up grips	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
2	Stretch band squats.	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Jumping lunges	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Stationary lunges with stretch band with side lateral raises	Legs & shoulders	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym hip abduction	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
3	Door gym bicep curls	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym seated back rows	Back	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Burpees	Cardio	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Stretch band bent over rear delt fly's	Shoulders	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
4	Stretch band squats.	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Jumping lunges	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Stationary lunges with stretch band with side lateral raises	Legs & shoulders	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym hip abduction	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
5	Floor crunches	Abs	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym chest presses	Chest	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym front shoulder raises	Shoulders	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3
	Door gym bicep curls	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	1 min rest between each set tempo 2:1:3