



Intermediate Elliptical fitness and weight loss 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.

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 a 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

Exercise program:

1. Start out with 45 minutes 4 days a week
2. Intensity: High
3. Do this program for 6 - 8 weeks then move onto advanced program

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Stretching	Legs			5 mins, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 minutes	Low	Keep movements slow and steady
	Elliptical	Legs / cardio		35 minutes	40% of max, increase heart rate, but stay aerobic	Keep a pace that you can handle for 20 mins
2						
3	Stretching	Legs			5 mins, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 minutes	Low	Keep movements slow and steady
	Interval elliptical training	Legs / cardio		35 minutes	20%- 70% of max, hi, low intensity training	Go as fast as you can for as long as you can then, slow down to recover, and repeat process
4						
5	Stretching	Legs			5 mins, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 minutes	Low	Keep movements slow and steady
	Elliptical	Legs / cardio		35 minutes	40% of max, increase heart rate, but stay aerobic	Keep a pace that you can handle for 20 mins
6						
7	Stretching	Legs			5 mins, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 minutes	Low	Keep movements slow and steady
	Interval elliptical training	Legs / cardio		35 minutes	20%- 70% of max, hi, low intensity training	Go as fast as you can for as long as you can then, slow down to recover, and repeat process

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