



## Performa 300 bench, advanced toning workout

### 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:

<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 an exercise
<b>Type</b>	Refers to the type of training i.e. 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 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 6 times a week
2. Intensity: High to failure.
3. Do this program for 10 - 12 weeks

### Equipment required:

1. Performa 300 exercise bench

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/exercise execution
1	<b>Chest &amp; Arms</b>					
	Incline bench press	Chest	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Flat bench press	Chest	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Standing barbell curls	Arms	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
2	<b>Back &amp; Legs</b>					
	Bent over barbell rows	Back	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Reverse grip bent over rows	Back	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Seated leg extensions	Legs	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
3	<b>Shoulders &amp; Arms</b>					
	Seated shoulder barbell press	Shoulders	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Bench dips	Shoulders	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Seated overhead barbell extension	Arms	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
4	<b>Chest &amp; Arms</b>					
	Incline bench press	Chest	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Flat bench press	Chest	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Standing barbell curls	Arms	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
5	<b>Back, Shoulders &amp; Legs</b>					
	Bent over barbell rows	Back	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Reverse grip bent over rows	Back	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Seated leg extensions	Legs	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
6	<b>Shoulders &amp; Arms</b>					
	Seated shoulder barbell press	Shoulders	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Bench dips	Shoulders	5	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Seated overhead barbell extension	Arms	6	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
6	Bench jack knives	Abs	6	25	Do a minimum of 25 reps	30 sec rest between each set tempo 1:0:1