



Resistance Tubing Door Gym - Muscle Toning 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 a 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% for max of 10 reps would be 45 kg pushed 10 times.

Exercise program:

1. 45 minutes, 3 days a week
2. Intensity: Medium
3. Do this program for 6 - 8 weeks then ask Trojan for progression program

Equipment required:

Resistance Tubing Door Gym

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Chest Fly's	Chest	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	Do slow and controlled movements, allow for a stretch
	Chest Press.	Chest	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	
	Low Row	Back	8 to 12	4	Stand far enough from the door to create tension that allows a max of 12 reps	Keep core tight
	Rear Dealt Fly	Back	8 to 12	4	Stand far enough from the door to create tension that allows a max of 12 reps	Keep core tight, and elbows high and up during motion
	Lat Pull Back	Back	8 to 12	4	Stand far enough from the door to create tension that allows a max of 12 reps	Keep core tight
2						
3	Knee Raises	Legs	15	4	Stand far enough from the door to create tension that allows a max of 15 reps	Alternate between left and right leg
	Hamstring Curl	Legs	15	4	Stand far enough from the door to create tension that allows a max of 15 reps	Alternate between left and right leg
	Adduction	Legs	15	4	Stand far enough from the door to create tension that allows a max of 15 reps	Alternate between left and right leg
	Abduction	Legs	15	4	Stand far enough from the door to create tension that allows a max of 15 reps	Alternate between left and right leg
	Front Raises	Shoulders	8 to 12	6	Stand far enough from the door to create tension that allows a max of 12 reps	Only raise just past shoulder height
4						
5	Bicep Curls (top of door)	Arms	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	Keep elbows in fixed position during the exercise, besides the joint movement elbow should not flair or move up and down
	Overhead Tricep Extension	Arms	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	Keep elbows in fixed position during the exercise, besides the joint movement the elbow should not flair or move up and down
	Bicep Curls (bottom of door)	Arms	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	Keep elbows in fixed position during the exercise, besides the joint movement the elbow should not flair or move up and down
	Tricep Kickbacks	Arms	8 to 12	5	Stand far enough from the door to create tension that allows a max of 12 reps	Alternate between left and right Arm

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