



Beginner Core 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 giving 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 30 minutes 3 days a week
2. Intensity: Low to medium
3. Do this program for 6 - 8 weeks then move onto intermediate program

| Day | Exercise | Muscle group | Reps | Sets | Intensity | Notes / exercise execution |
|-----|----------------------------------|-----------------------|--------------|------|--|---|
| 1 | Stretching | Abs, lower back, hips | | | 5 mins, 15 second holds on stretches | Static stretching, no bouncing |
| | Plank on aerobics mat | Stationary core | 1 min hold | 4 | Low | Keep back straight, and abs & core tight |
| | Alternating arm and leg raises | Functional core | 15 each side | 4 | 40% of max, increase heart rate, no added weight | Extend arms and legs as high as possible |
| | Straight forward torso slides | Core strength | 12 | 4 | 40% of max | Keep abs tight the whole time |
| 2 | | | | | | |
| 3 | Stretching | Abs, lower back, hips | | | 5 mins, 15 second holds on stretches | Do static stretching, no bouncing |
| | Knee to chest rolls on body ball | Stationary core | 1 min hold | 4 | Low | Keep body straight |
| | Alternating arm and leg raises | Functional core | 20 | 4 | 40% of max | Squeeze abs as you roll your knees to chest |
| | Side to side torso slides | Core strength | 6 each side | 4 | 40% of max | Keep abs tight the whole time |
| 4 | | | | | | |
| 5 | Stretching | Abs, lower back, hips | | | 5 mins, 15 second holds on stretches | Do static stretching, no bouncing |
| | Seated V shape core holds | Stationary core | 1 min hold | 4 | Low | From lying, contract core bring arms and legs up to V shape |
| | The bridge on body ball | Functional core | 20 reps | 4 | 40% of max | Keep core tight and increase hamstring strength |
| | Straight forward torso slides | Core strength | 12 | 4 | 40% of max | Keep abs tight the whole time |

Trojan contact details: 0861 876526 ; www.trojanhealth.co.za ; www.facebook.com/Trojanhealth