



**Body Ball 4 day 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:**

<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, ie 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 eg. If you were to press 100kg for only one rep as you max, your training weight for 45% on max of 10 reps. Would be 45kg pushed 10 times.
<b>Superset</b>	This refers to doing the 2nd exercise immediately after completing the first exercise without pause

**Exercise program:**

1. Start out with 45 minutes 4 days a week
2. Intensity: High
3. Do this program for 6 - 8 weeks then request a progression to this exercise program from Trojan

**Equipment required:**

1. Body ball
2. Skipping rope
3. Soft touch dumbbells

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Tricep, shoulder, and chest stretching					
	Push ups with hands on ball	Chest	3	25-30	Do sets until failure, work your way to reps stated over time	1 min rest between each set tempo 1:0:1
	Burpie's	Full body cardio	4	15		Superset with above. jump as high as possible
	Alternating leg and arm raises on ball	Chest	3	25-30	Do sets until failure, work your way to reps stated over time	1 min rest between each set tempo 1:0:1
	Burpie's	Full body cardio	4	15		Superset with above. jump as high as possible
	Body ball tricep dips	Triceps	3	25-30	50% of max. Weight should allow minimum of 25 reps, place soft touch dumbbells on lap to add	1 min rest between each set tempo 1:0:1
2						
3	Full leg stretching					
	Body ball wall squats	Legs	3	25-30	50% of max. Weight should allow minimum of 25 reps, hold dumbbells in hands to add weight	1 min rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	4	1 min	Alternating leg skipping	Superset with above exercise
	Functional ball sit to stand	Legs	3	25-30	50% of max. Weight should allow minimum of 25 reps, hold dumbbells in hands to add weight	1 min rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	4	1 min	Alternating leg skipping	Superset with above exercise
	Travelling lunges with ball twists	Legs, abs and core	3	25-30	Do sets until failure, work your way to reps stated over time	1 min rest between each set tempo 1:0:1
4						
5	ABS and lower back stretching	Legs				
	Hand to feet ball pass crunches	ABS	3	25-30	Do sets until failure, work your way to reps stated over time	1 min rest between each set tempo 1:0:1
	Burpie's	Full body cardio	4	15		Superset with above. jump as high as possible
	Body ball supported crunches	ABS	3	25-30	50% of max. Weight should allow minimum of 25 reps, hold dumbbells at chest to add weight	1 min rest between each set tempo 1:0:1
	Burpie's	Full body cardio	4	15		Superset with above. jump as high as possible
	Ball AB rolls	ABS	3	25-30	Do sets until failure, work your way to reps stated over time	1 min rest between each set tempo 1:0:1
6						
7	Full leg stretching					
	Body ball wall squats	Legs	3	25-30	50% of max. Weight should allow minimum of 25 reps, hold dumbbells in hands to add weight	1 min rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	4	1 min	Alternating leg skipping	Superset with above exercise
	Feet on ball pelvic raises	Legs	3	25-30	50% of max. Weight should allow minimum of 25 reps, hold dumbbells on abs to add weight	1 min rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	4	1 min	Alternating leg skipping	Superset with above exercise
	Rear foot on ball, stationary lunges	Legs, abs and core	3	15 to 20	50% of max. Weight should allow minimum of 25 reps, hold dumbbells in hands to add weight	1 min rest between each set tempo 1:0:1

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