



Dumbbell and Body Ball Intermediate 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 , 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
% 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, 4 days a week
2. Intensity: High
3. Do this program for 6 - 8 weeks then move onto advanced program

Equipment required:

1. Body Ball
2. Dumbbells

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Weighted lunges	Legs and cardio	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Weighted lunges
	Weighted squats	Legs and cardio	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Weighted squats
	Dumbbell swings	Legs, shoulders and cardio	15 each arm	6 (3 each arm)	Add weight to the dumbbell/s to allow a minimum of 12 reps	Dumbbell swings
	Body ball crunches	ABS	30	4		Body ball crunches
	Body ball core forward rolls	ABS	30	4		Kneel 0.5m in front of ball, back straight, arms 45 degree to body and hands on ball. Roll ball forward, keeping body straight. Go as far forward as possible, then return to start position.
2	Standing dumbbell press	Shoulders	15	5	Add weight to the dumbbell/s to allow a minimum of 15 reps	Standing bumbell press
	Bent over flys	Back and shoulders	15	5	Add weight to the dumbbell/s to allow a minimum of 15 reps	Bent over flys
	Bent over dumbbell rows	Back	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Bent over dumbbell rows
	Side lateral raises	Shoulders	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Side lateral raises
	Body ball crunches	ABS	40	3		Body ball crunches
3	Push ups, on floor	Chest	15	4	Body weight	Push ups, on floor
	Body ball push ups	Chest	15	4		Body ball push ups, hands on ball
	Elevated feet on ball push ups	Chest	15	4		Body ball push ups, hands on floor, feet on ball
	Standing bicep curls	Arms	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Standing bicep curls
	Standing single arm tricep extensions	Arms	15	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Standing single arm tricep extensions
4	Dumbbell squats to shoulder press	Legs and cardio	20	4	Add weight to the dumbbell/s to allow a minimum of 15 reps	Weighted squats
	Dumbbell swings	Legs, shoulders and cardio	15 each arm	6 (3 each arm)	Add weight to the dumbbell/s to allow a minimum of 12 reps	Dumbbell swings
	Body ball crunches	ABS	30	4		Body ball crunches
	Body ball core forward rolls	ABS	30	4		Kneel 0.5m in front of ball, back straight, arms 45 degree to body and hands on ball. Roll ball forward, keeping body straight. Go as far forward as possible, then return to start position.
	Body ball bridge hamstring	Legs and glutes	30	4		Back on floor, heels on ball, start with waist low, raise up till waste and abs are in straight line

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