



## Muscle functional fit beginner exercise 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:

|                          |  |
|--------------------------|--|
| <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 a 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% for max for 10 reps, would be 45 kg pushed 10 times. |

### Exercise program:

1. 30 minutes 3 days a week.
2. Intensity: Medium
3. Do this program for 6 weeks
4. Adjust weight on dumbbells to suit reps needed

### Equipment required:

1. Any Trojan Home Gym
2. Free weights, dumbbells and barbell
3. Kettle bells

| Day | Exercise                                      | Muscle group | Sets | Reps  | Intensity  | Notes/ exercise execution               |
|-----|---|--------------|------|-------|--|---|
| 1   | <b>Back, Chest &amp; Shoulders</b>            |              |      |       |  |   |
|     | Lat pull down                                 | Back         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Bent over barbell row                         | Back         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Seated chest press                            | Chest        | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Incline Barbell bench press                   | Chest        | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Squat to single arm kettle bell swings        | Shoulders    | 4    | 12-15 | 65% of max. Weight should allow minimum of 12 reps | 1 min rest between each set tempo 2:1:3 |
| 2   | <b>Arms</b>                                   |              |      |       |  |   |
|     | Cable tricep push down                        | Arms         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Reverse grip tricep push downs                | Arms         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Reverse grip barbell curl                     | Arms         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Standing bicep cable curl                     | Arms         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Burpees                                       | Full body    | 4    | 6-10  | Body weight  | 1 min rest between each set tempo 2:1:3 |
| 3   | <b>Legs</b>                                   |              |      |       |  |   |
|     | Seated leg extensions                         | Legs         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Weighted walking lunges (barbell)             | Legs         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Wide stance seated leg press                  | Legs         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Single leg standing hamstring curls           | Legs         | 4    | 6-10  | 65% of max. Weight should allow minimum of 6 reps  | 1 min rest between each set tempo 2:1:3 |
|     | Jumping lunges                                | Legs         | 4    | 12-15 | Body weight  | 1 min rest between each set tempo 2:1:3 |
|     | Adjust weight and reps accordingly            |              |      |       |  |   |
|     | More weight and less reps for muscle gain     |              |      |       |  |   |
|     | Less weight more reps for fat loss and toning |              |      |       |  |   |