



CHALLENGER 140

- **WEIGHT LOSS PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)
- **TONING PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)
- **MUSCLE GAIN PROGRAM** (BEGINNER, INTERMEDIATE & ADVANCED)



CAUTION
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL
BEFORE USING THIS EQUIPMENT.
KEEP THIS MANUAL FOR
FUTURE REFERENCE

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I. SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of TROJAN products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. If any of these instructions or warnings are unclear, please contact Trojan Customer Services on 0861 876526 (0861 Trojan), within the Republic of South Africa.

The equipment is only intended for HOME USE and is NOT INTENDED FOR COMMERCIAL, INSTITUTIONAL AND/OR STUDIO FACILITIES USE.

Contact TROJAN with any questions regarding this classification. It is recommended that all users of TROJAN be informed of the following information prior to use.

HEALTH WARNING



- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35 or have never exercised, are pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

ACCESS CONTROL



TROJAN recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment. Parents or other adults must provide close supervision of children, if the equipment is used in the presence of children.

INSTALLATION



TROJAN recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1m of space around the equipment where access is required to exercise.
- Be set up by our team of installers.

PROPER USAGE



- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that TROJAN equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your TROJAN equipment should only be used by one person at a time.
- Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling your TROJAN equipment to avoid injury.
- Do not attempt to adjust any seats / pads / pulleys etc. while you are on your TROJAN equipment.
- When adjusting any weights, seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain the adjusting pin is fully engaged in the hole to avoid injury.

I. SAFETY INSTRUCTIONS

INSPECTION



- Do not use or permit use of any equipment that is damaged or has worn or broken parts. For all TROJAN equipment use only replacement parts supplied by TROJAN.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Cables and belts pose an extreme danger if used when frayed. Always replace any cable at first sign of wear.
- Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – Preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your TROJAN equipment.
- Before any use, examine all accessories approved for use with the TROJAN equipment for damage or wear.
- Should your Trojan equipment appear damaged or worn, do not attempt to use or repair the equipment yourself. Please contact our service department on 0861 876526 (0861 Trojan) to arrange a repair.

OPERATING WARNINGS



- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all TROJAN equipment.
- Keep children away from all moving parts and away from all strength equipment. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

SELECTORIZED WEIGHT STACKS



- Use only weight selector pins supplied by TROJAN. Should you loose or damage your pin, contact our service department to arrange delivery of a new pin.
- Ensure that weight selector pins are fully inserted as partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove a selector pin if any weights are suspended.
- Never attempt to release jammed weights or pins that are suspended.

USER WEIGHT LIMITATIONS



- This TROJAN CHALLENGER 140 may not be used by persons weighing more than 100 kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE

If any of these instructions or warnings are unclear please contact Trojan Customer Services on **0861 876526 (0861 Trojan)**, within the Republic of South Africa or visit **www.trojanhealth.co.za**.

2. FITNESS TIPS AND TECHNIQUES

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles - arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

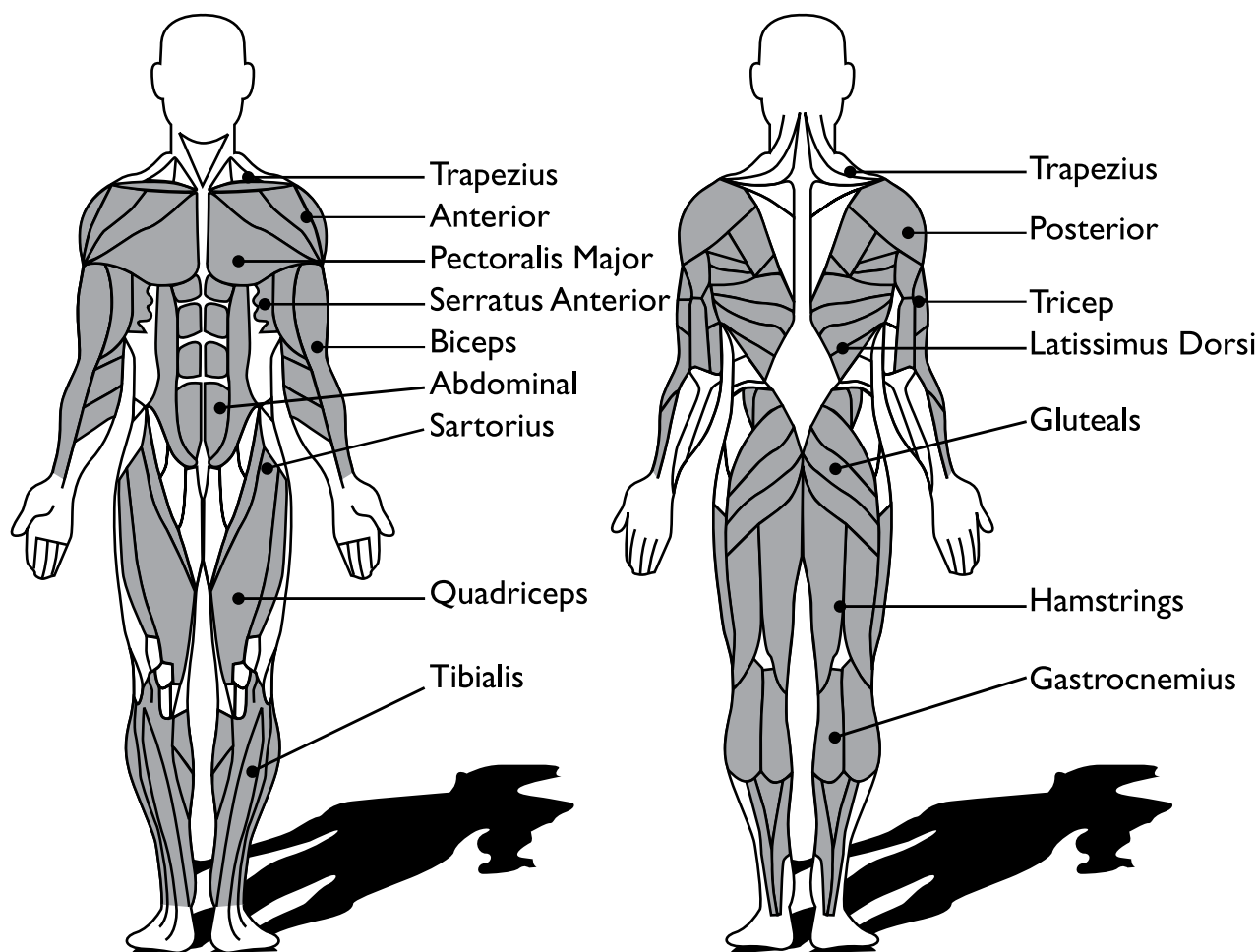
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always consult your physician before beginning any exercise program.

MUSCLE CHART

CHALLENGER 140

The exercise routine that is performed with the CHALLENGER 140 home gym will develop the whole body. These muscle groups are highlighted on the muscle chart below.



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

Trojan and the Heart and Stroke Foundation have joined forces to KEEP SOUTH AFRICA MOVING. The Heart and Stroke Foundation South Africa encourages all South Africans to make heart-healthy choices that include daily physical activity, exercise and a balanced diet. Use Trojan, SA's No. 1 selling Home Fitness brand to give you the ability to boost your fitness level and lower your risk of cardiovascular disease.

Visit www.trojanhealth.co.za for equipment choices and exercise programs, and www.heartfoundation.co.za for information on how to adopt a healthy lifestyle.

3. WARM-UP AND COOL-DOWN

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

(Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts.

After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch-never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

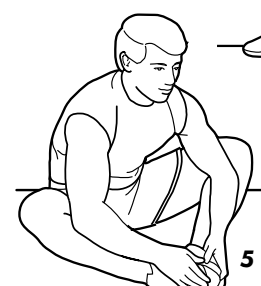
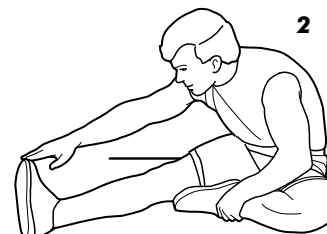
4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

For more information on visit www.trojanhealth.co.za



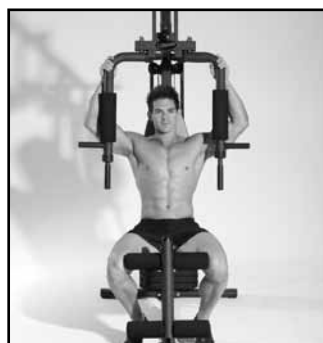
4. TRAINING TERMS

Please familiarize yourself with the following terms before you start exercising. These terms are referred to in the individual training programs.

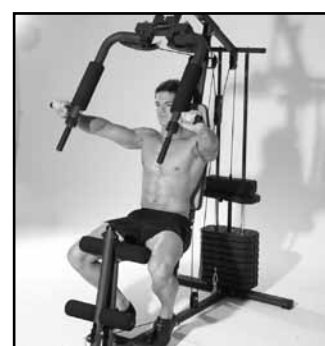
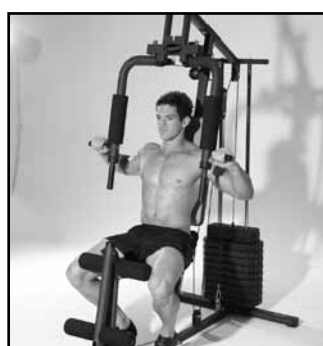
Duration	In a gym program this will refer to the workout time of the entire program
Intensity	This will refer to the amount of weight used, and the amount of rest given between each set of a exercise
Type	Refers to the type of training , ie strength, resistance, cardio etc.
Reps/ Repetitions	A single 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 given exercise eg. if you were to press 100 kg for only one rep as your max, your training weight for 45% of max for 10 reps would be 45 kg pushed 10 times
Superset	This refers to doing the 2nd exercise immediately after completing the first exercise without pausing

5. EXERCISE TERMS

Seated pec deck Seated on the equipment, place elbows and forearm onto pads. Inhale and squeeze pads forward and together applying force through the elbows and forearms. Exhale and return to start allowing a full range and stretch.

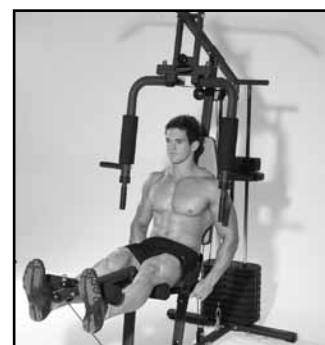
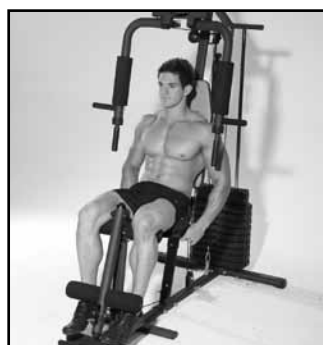


Seated chest press Seated on the equipment, grip the lower chest grips in an overhand grip, palms facing the floor. Inhale and push bar forward, exhale and return bars back.



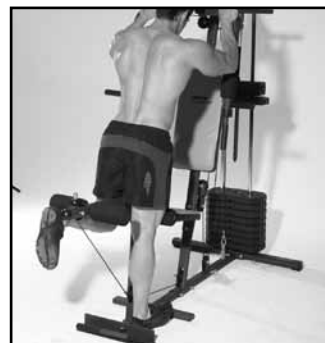
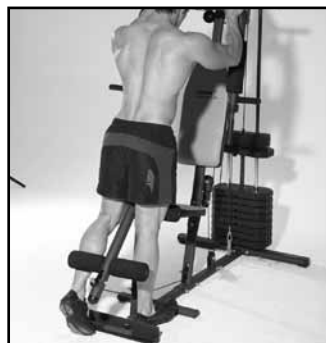
Seated leg extensions

Sit on the seat and slot your ankles behind the ankle pad. Inhale and raise legs to horizontal. Exhale while lowering legs to start.

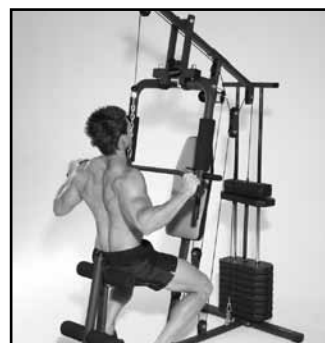


5. EXERCISE TERMS (CONT.)

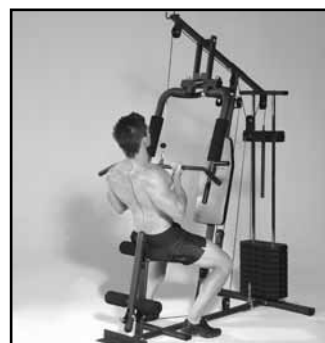
Standing single leg hamstring curls While standing facing the equipment, position your thighs against the knee pad, and your ankles behind the ankle roll. Inhale, bend at the knee lifting one ankle to glute height, exhale return leg to straight. Alternate between left and right leg.



Lat pull downs Sit facing the equipment, gripping the bar with a wide overhand grip. Inhale and pull the bar down to chest, while pulling the elbows back. Exhale while returning the arms to start position.



Narrow reverse grip lat pull down Sit facing the equipment, gripping the bar with a narrow underhand grip. Inhale and pull the bar down to chest, while pulling the elbows back, exhale while returning the arms to start position.

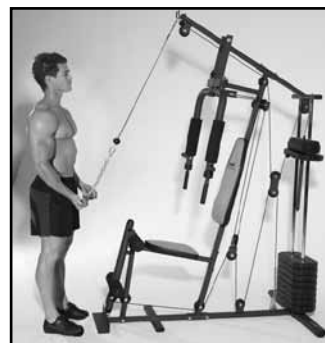


Straight arm lat pull backs Stand facing the equipment with feet slightly apart, grip bar in overhand grip slightly wider than shoulder width. Inhale bringing arms to thighs, exhale and return arms to starting position.

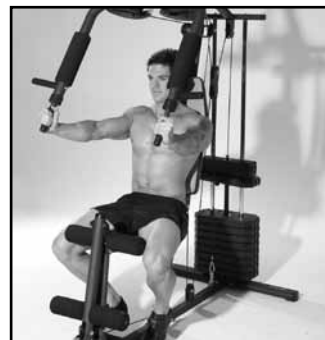
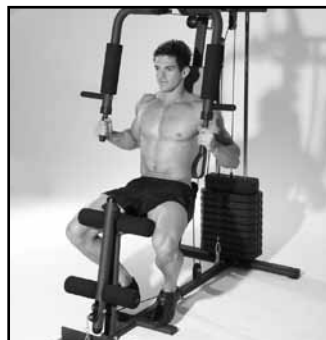


EXERCISE TERMS (CONT.)

Reverse grip tricep push downs Stand facing the equipment, grip handle from the overhead pulley with an underhand grip. Keeping elbows by your side inhale and straighten forearms by extending. Keep your wrists fixed. Exhale and lower back in same track of motion.



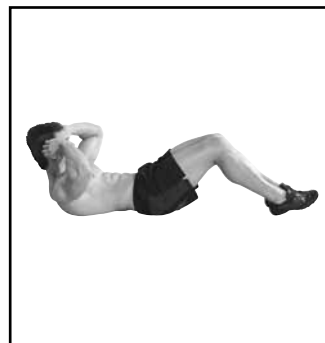
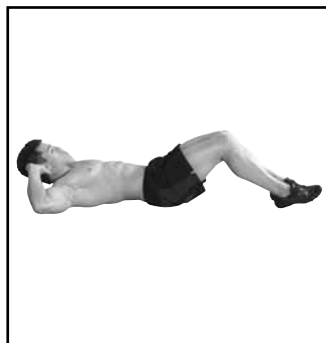
Seated tricep press Seated on the equipment, grip the lower press grips with palms facing each other. Inhale and push bar forward with elbows tucked in, exhale and return bars back.



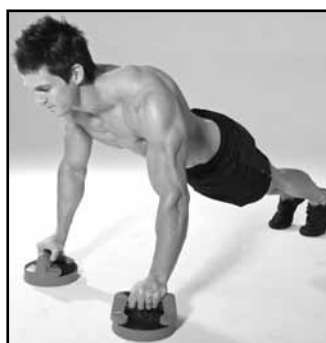
Tricep push downs Stand facing the equipment, grip handle from the overhead pulley with an overhand grip. Keeping elbows by your side inhale and straighten forearms by extending. Exhale and lower back in same track of motion.



Floor crunches Lie on the floor with knees bent at 90 degrees. Hands gently at the side of your head. Raise shoulders off floor as crunch towards knees. Return to start position. Inhale as you crunch. Exhale as return to start position.



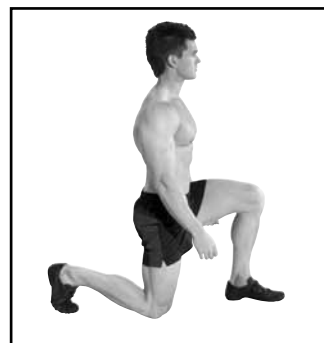
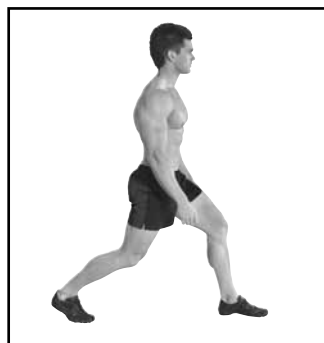
Push ups on floor (or push-up grips) Support yourself face down with your arms shoulder width or more apart, feet together and on toes. Inhale and bend elbows while lowering torso to the ground without arching the lower back, exhale and push back up. (Note: push up handles not included).



EXERCISE TERMS (CONT.)

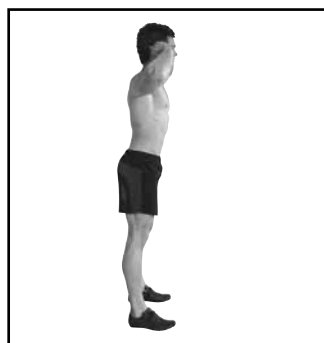
Lunges

Stand with one foot 1 metre in front of the other. Engage core and keep abs tight and upper body straight and upright. Bend knees and lower body until back knee is just above ground. Make sure not to push front knee forward past front foot. Return to start position. Inhale as you lunge. Exhale as return to start position.



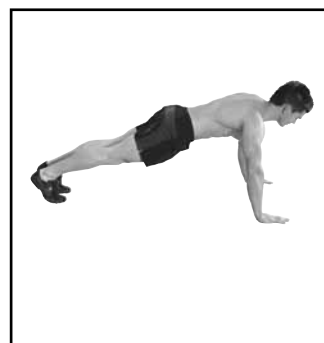
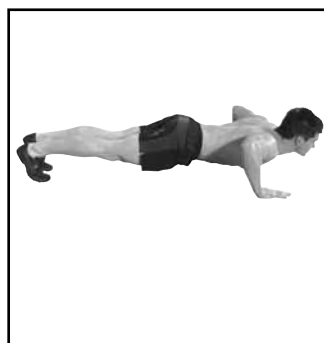
Squats

Stand with feet slightly wider than shoulders. Hands behind head. Apply your weight through your heels. Squat down until thighs parallel to ground. Keep abs tight the whole time and torso straight. Return to start position. Inhale as you squat. Exhale as return to start position.



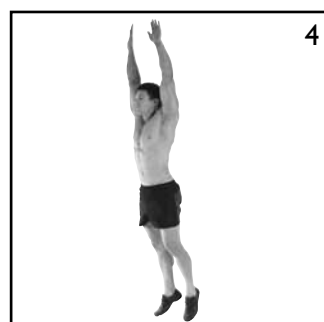
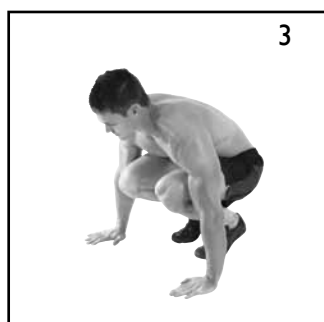
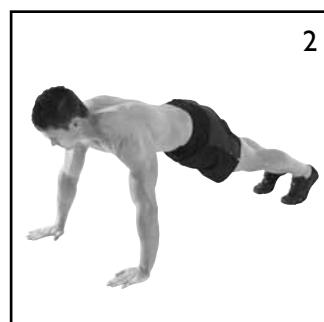
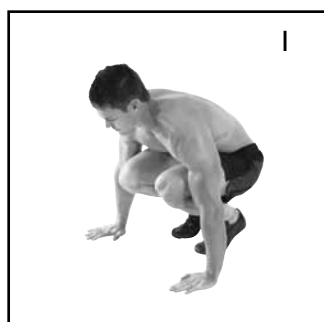
Push ups

Assume push up position. Hands shoulder width apart. Lower body downwards until chin just above ground. Keep body straight and core activated. Return to start position. Inhale as you lower body. Exhale as return to start position.



Burpies

Start in the crouched position, with feet between hands. Kick feet backwards into push up position. Bring feet forwards again into crouching position. Jump into the air with arms outstretched. Land softly and controlled. Return to starting crouching position.



6.1 MUSCLE GAIN WORKOUT

CHALLENGER I 40 BEGINNER MUSCLE GAIN WORKOUT

30 minutes 3 days a week

Intensity: medium

Do this program for 4 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Tricep, shoulder & bicep stretching Seated tricep press Reverse grip tricep push downs Seated pec dec	Arms, chest Arms Chest	4 4 4	6 to 10 6 to 10 6 to 10	60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2:1:3 min. rest between each set; tempo 2:1:3 min. rest between each set; tempo 2:1:3
REST DAY						
Day 3	Hamstring, quad & full leg stretching Seated leg extensions Standing single leg hamstring curls Jumping lunges	Legs Legs Legs	4 3 each leg 4	6 to 10 6 to 10 6 to 10	60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2:1:3 Superset between left and right leg min. rest between each set; tempo 2:1:3
REST DAY						
Day 5	Back, shoulder & chest stretching Lat pull downs Close grip lat pull downs Seated chest press	Back Chest Chest	4 4 4	6 to 10 6 to 10 6 to 10	60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps 60% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2:1:3 min. rest between each set; tempo 2:1:3 min. rest between each set; tempo 2:1:3

6.1 MUSCLE GAIN WORKOUT

CHALLENGER 140 INTERMEDIATE MUSCLE GAIN WORKOUT

45 minutes 4 days a week

Intensity: high

Do this program for 6 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Back, shoulders & chest stretching					
	Lat pull downs	Back	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2: :3
	Seated Pec deck	Chest	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
	Seated chest press	Chest	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
REST DAY						
Day 3	Hamstring, quad & full leg stretching					
	Seated leg extensions	Legs	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2: :3
	Standing single leg hamstring curls	Legs	4 each leg	6 to 10	70% of max. Weight should allow minimum of 6 reps	Superset between left and right leg
	Jumping lunges	Legs	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
REST DAY						
Day 5	Tricep, shoulder, bicep stretching					
	Seated tricep press	Arms	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2: :3
	Tricep push downs	Arms	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
	Reverse grip tricep push downs	Arms	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
REST DAY						
Day 7	Shoulders, back & biceps stretching					
	Straight arm lat pull backs	Back	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	As a warm up min. rest between each set; tempo 2: :3
	Reverse grip lat pull down	Back	4	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3
	Seated chest press	Chest	5	6 to 10	70% of max. Weight should allow minimum of 6 reps	min. rest between each set; tempo 2: :3

6.1 MUSCLE GAIN WORKOUT

CHALLENGER 140 ADVANCED MUSCLE GAIN WORKOUT

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder stretching Seated pec deck Seated chest press Push ups on floor (or trojan push-up grips) Seated tricep press	Chest Chest Chest Arms	4 4 4 6	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As a warm up 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3
Day 2	Hamstring, quad & full leg stretching Seated leg extensions Standing single leg hamstring curls Jumping lunges Single leg standing calve raises, body weight	Legs Legs Legs Legs	5 4 each leg 4 4 each leg	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As warm up 30 sec rest between each set tempo 2:1:3 Supersetted between each leg 30 sec rest between each set tempo 2:1:3 Supersetted between each leg
Day 3	Back & shoulder stretching Lat pull downs Straight arm lat pull backs Reverse grip lat pull down Narrow reverse grip lat pull down	Back Back Back Back	5 4 4 4	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As warm up 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3
Day 4	Tricep & bicep stretching Seated tricep press Reverse grip tricep extension Tricep push downs Floor crunches	Arms Arms Arms Abs	5 5 5 5	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As warm up 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3
Day 5	Hamstring, quad & full leg stretching Seated leg extensions Standing single leg hamstring curls Jumping lunges Single leg standing calve raises, body weight	Legs Legs Legs Legs	5 4 each leg 4 4 each leg	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As warm up 30 sec rest between each set tempo 2:1:3 Supersetted between each leg 30 sec rest between each set tempo 2:1:3 Supersetted between each leg
Day 6	Back and shoulder stretching Lat pull downs Straight arm lat pull backs Seated pec dec Narrow reverse grip lat pull down	Back Back Chest Back	5 4 4 4	6 to 10 6 to 10 6 to 10 6 to 10	85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps 85% of max. Weight should allow minimum of 6 reps	As warm up 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3 30 sec rest between each set tempo 2:1:3

6.2 TONING WORKOUT

CHALLENGER 140 BEGINNER TONING WORKOUT

30 minutes 3 days a week.

Intensity: medium

Do this program for 6 - 8 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Tricep, shoulder & bicep stretching						
Day 1	Seated tricep press	Arms	3	15-20	45% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set; tempo 1:0:1
	Reverse grip tricep push downs	Arms	3	15-20	45% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
	Tricep push downs	Arms	3	15-20	45% of max. Weight should allow minimum of 15 reps	1 min. rest between each set; tempo 1:0:1
REST DAY						
Hamstring, quad & full leg stretching						
Day 3	Seated leg extensions	Legs	3	15-20	45% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set; tempo 1:0:1
	Standing single leg hamstring curls	Legs	3 each leg	15-20	45% of max. Weight should allow minimum of 15 reps	superset between left and right leg
	Jumping lunges	Legs	3	15-20	45% of max. Weight should allow minimum of 15 reps	1 min. rest between each set tempo 1:0:1
REST DAY						
Back, shoulder & chest stretching						
Day 5	Lat pull downs	Back	3	15-20	45% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set tempo 1:0:1
	Seated Pec deck	Chest	3	15-20	45% of max. Weight should allow minimum of 15 reps	1 min. rest between each set tempo 1:0:1
	Seated chest press	Chest	3	15-20	45% of max. Weight should allow minimum of 15 reps	1 min. rest between each set tempo 1:0:1

6.2 TONING WORKOUT

CHALLENGER 140 INTERMEDIATE TONING WORKOUT

45 minutes 4 days a week.

Intensity: high

do this program for 6 - 8 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Back, shoulders & chest stretching Reverse grip lat pull downs Seated Pec deck Seated chest press	Back Chest Chest	4 4 4	15-20 15-20 15-20	65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set tempo 1:0:1 1 min. rest between each set tempo 1:0:1 1 min. rest between each set tempo 1:0:1
REST DAY						
Day 3	Hamstring, quad & full leg stretching Seated leg extensions Standing single leg hamstring curls Jumping lunges	Legs Legs Legs	4 4 each leg 4	15-20 15-20 15-20	65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set tempo 1:0:1 Superset between left and right leg 1 min. rest between each set tempo 1:0:1
REST DAY						
Day 5	Tricep, shoulder, bicep stretching Seated tricep press Tricep push downs Reverse grip tricep push downs	Arms Arms Shoulders	4 4 4	15-20 15-20 15-20	65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set tempo 1:0:1 1 min. rest between each set tempo 1:0:1 1 min. rest between each set tempo 1:0:1
REST DAY						
Day 7	Hamstring, quad, back stretching Seated leg extensions Standing single leg hamstring curls Wide grip lat pull downs	Legs Legs Back	4 4 each leg 4	15-20 15-20 15-20	65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps 65% of max. Weight should allow minimum of 15 reps	As a warm up 1 min. rest between each set; tempo 1:0:1 Superset between left and right leg 1 min. rest between each set; tempo 1:0:1

6.2 TONING WORKOUT

CHALLENGER 140 ADVANCED TONING WORKOUT

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder stretching					
	Seated pec deck	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set; tempo 1:0:1
	Seated chest press	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Push ups on floor (or trojan push-up grips)	Chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Wide grip lat pull downs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
Day 2	Hamstring, quad & full leg stretching					
	Seated leg extensions	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Standing single leg hamstring curls	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted
	Jumping lunges	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set; tempo 1:0:1
	Body weight calve raise, single leg	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted
Day 3	Back and tricep stretching					
	Lat pull downs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Straight arm lat pull backs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Reverse grip tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
Day 4	Chest and shoulder stretching					
	Seated pec deck	chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Seated chest press	chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Push ups on floor (or trojan push-up grips)	chest	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Wide grip lat pull downs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
Day 5	Hamstring, quad & full leg stretching					
	Seated leg extensions	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Standing single leg hamstring curls	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted
	Jumping lunges	Legs	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Body weight calve raise, single leg	Legs	4 each leg	15-20	75% of max. Weight should allow minimum of 15 reps	Supersetted
Day 6	Shoulder, back, bicep & chest stretching					
	Lat pull downs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Straight arm lat pull backs	Back	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1
	Reverse grip tricep push downs	Arms	4	15-20	75% of max. Weight should allow minimum of 15 reps	30 sec rest between each set tempo 1:0:1

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 140 BEGINNER WEIGHT LOSS WORKOUT

30 minutes 3 days a week.

Intensity: medium

Do this program for 6 - 8 weeks then move onto the intermediate program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Tricep, shoulder & chest stretching						
Day 1	Seated pec deck	Chest	3	25-30	40% of max. Weight should allow minimum of 25 reps	As warm up 1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
	Reverse grip tricep push downs	Arms	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
REST DAY						
Hamstring, quad & full leg stretching						
Day 3	Seated leg extensions	Legs	3	25-30	40% of max. Weight should allow minimum of 25 reps	As warm up 1 min. rest between each set tempo 1:0:1
	Rope skipping (double foot)	Legs, cardio	3	30 sec	Both feet hopping together	Superset with above exercise. No rests
	Standing single leg hamstring curls	Legs	3 each leg	25-30	40% of max. Weight should allow minimum of 25 reps	Do left and right leg, then skip
	Rope skipping (double foot)	Legs, cardio	3	30 sec	Both feet hopping together	Superset with above exercise. No rests
REST DAY						
Back & shoulder stretching						
Day 5	Lat pull downs	Back	3	25-30	40% of max. Weight should allow minimum of 25 reps	As warm up 1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests
	Seated chest press	Chest	3	25-30	40% of max. Weight should allow minimum of 25 reps	1 min. rest between each set tempo 1:0:1
	Rope skipping	Legs, cardio	3	30 sec	Alternating one leg skipping	Superset with above exercise. No rests

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 140 INTERMEDIATE WEIGHT LOSS WORKOUT

45 minutes 4 days a week.

Intensity: high

Do this program for 6 - 8 weeks then move onto the advanced program

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Back, shoulders & chest stretching Reverse grip lat pull downs Burpie's	Back Full body, cardio	4 4	25-30 15	50% of max. Weight should allow minimum of 25 reps	As warm up min. rest between each set; tempo 1:0:1 Superset with above. Jump as high as possible
	Seated Pec deck Burpie's	Chest Full body, cardio	4 4	25-30 15	50% of max. Weight should allow minimum of 25 reps	min. rest between each set; tempo 1:0:1 Superset with above. Jump as high as possible
	Seated chest press	Chest	4	25-30	50% of max. Weight should allow minimum of 25 reps	min. rest between each set; tempo 1:0:1
Rest day						
Day 3	Hamstring, quad & full leg stretching Seated leg extensions High knee skipping Standing single leg hamstring curls	Legs Cardio, legs Legs	4 4 4 each leg	25-30 1 min. 25-30	50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps	As warm up min. rest between each set; tempo 1:0:1 Superset with above exercise Do left and right leg before supersetting with skipping Superset with above exercise
	High knee skipping Cable front squats	Cardio, legs Legs	4 4	1 min. 25-30	Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps	Superset with above exercise min. rest between each set; tempo 1:0:1
REST DAY						
Day 5	Tricep, Shoulders, & biceps stretching Reverse grip tricep push downs Burpie's	Arms Full body, cardio	4 4	25-30 15	50% of max. Weight should allow minimum of 25 reps	As warm up min. rest between each set; tempo 1:0:1 Superset with above. Jump as high as possible
	Tricep push downs Burpie's	Arms Full body, cardio	4 4	25-30 15	50% of max. Weight should allow minimum of 25 reps	min. rest between each set; tempo 1:0:1 Superset with above. Jump as high as possible
	Seated tricep press	Arms	4	25-30	50% of max. Weight should allow minimum of 25 reps	min. rest between each set; tempo 1:0:1
REST DAY						
Day 7	Shoulders, back & biceps stretching Straight arm lat pull backs High knee skipping Wide grip lat pull downs High knee skipping Seated Pec deck	Back Cardio, legs Back Cardio, legs Chest	4 4 4 4 4	25-30 1 min. 25-30 1 min. 25-30	50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps Alternating leg skipping 50% of max. Weight should allow minimum of 25 reps	As warm up min. rest between each set; tempo 1:0:1 Superset with above exercise min. rest between each set; tempo 1:0:1 Superset with above exercise min. rest between each set; tempo 1:0:1

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 140 ADVANCED WEIGHT LOSS WORKOUT

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 1	Chest & shoulder stretching					
	Seated pec deck	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	As warm up 30 sec rest between each set; tempo 1:0:1
	Burpie's	Full body, cardio	3	30		Superset with above. Jump as high as possible 30 sec rest between each set; tempo 1:0:1
	Seated chest press	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	
	Burpie's	Full body, cardio	3	30		Superset with above. Jump as high as possible 30 sec rest between each set; tempo 1:0:1
	Push ups on floor (or push-up grips)	Chest	3	25-30	60% of max. Weight should allow minimum of 25 reps	
Day 2	Hamstring, quad & full leg stretching					
	Seated leg extensions	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Standing single leg hamstring curls	Legs	3 each leg	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Body weight squats	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
Day 3	Back & shoulder stretching					
	Seated leg extensions	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	As many as you can do in 1 min. Supersetted
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Body weight squats	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Floor/mat crunches	Abs	3	1 min.		As many as you can do in 1 min.
	Body weight calve raises	Legs	4 each leg	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
Day 3	Back & shoulder stretching					
	Lat pull downs	Back	4	25-30	60% of max. Weight should allow minimum of 25 reps	As warm up 30 sec rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise
	Straight arm lat pull backs	Back	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise
	Narrow reverse grip lat pull down	Back	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
High knee skipping	Cardio, legs	3	1 min.	Alternating leg skipping	Superset with above exercise	

6.3 WEIGHT LOSS WORKOUT

CHALLENGER 140 ADVANCED WEIGHT LOSS WORKOUT (CONT.)

60 minutes 6 days a week.

Intensity: until failure

Do this program for 10-12 weeks

DAY	EXERCISE	MUSCLE GROUP	SETS	REPS	INTENSITY	NOTES/ EXERCISE EXECUTION
Day 4	Tricep and bicep stretching					
	Burpie's	Full Body, cardio	3	30		As warm up
	Seated tricep press	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set tempo 1:0:1 Superset with above exercise
	Burpie's	Full Body, cardio	3	30		
	Tricep push downs	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set tempo 1:0:1 Superset with above exercise
	Burpie's	Full Body, cardio	3	30		
	Reverse grip tricep push downs	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1 Superset with above exercise
Day 5	Hamstring ,quad, full leg stretching					
	Seated leg extensions	Legs	3	25-30	60% of max. Weight should allow minimum of 25 reps	As warm up 30 sec rest between each set tempo 1:0:1
	Floor/mat crunches	Abs	3	30		As many as you can do in 1 min
	Standing single leg hamstring curls	Legs	3 each leg	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
	Floor/mat crunches	Abs	3	30		As many as you can do in 1 min
	Body weight squats	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	Floor/mat crunches	Abs	3	30		As many as you can do in 1 min
	Body weight clave raises	Legs	4	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
Day 6	Shoulders, back, biceps, chest stretching					
	Close grip lat pull downs	Back & arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	As warm up 30 sec rest between each set tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min	alternating leg skipping	As many as you can do in 1 min
	Seated tricep press	Arms	4	25-30	60% of max. Weight should allow minimum of 25 reps	Supersetted
	High knee skipping	Cardio, legs	3	1 min	alternating leg skipping	As many as you can do in 1 min
	Seated pec dec	Shoulders	4	25-30	60% of max. Weight should allow minimum of 25 reps	30 sec rest between each set; tempo 1:0:1
	High knee skipping	Cardio, legs	3	1 min	alternating leg skipping	

