

## Gym program - eight weeks guideline

Exercise	Monday		Wednesday		Friday	
	Sets	Reps	Sets	Reps	Sets	Reps
<b>Stretching and warming up</b>	5 minutes		5 minutes		5 minutes	
<b>Leg developing aerobics</b>						
Cycling	10 minutes		10 minutes		15 minutes	
<b>Leg combination</b>						
Squats	3	12			4	12
Leg presses			4	12		
<b>Thighs isolation</b>						
Leg extensions	3	10	3	10	4	10
Leg curls	3	10	3	10	4	10
<b>Lower legs isolation</b>						
Calf raises	3	20	3	20	4	20
Toe pulls	3	20	3	20	4	20
<b>Lower back combination</b>						
Hyper extensions	3	12			4	12
Good morning exercise			3	12		
<b>Abdominal</b>						
Crunches (upper)	2	20	2	20	3	20
Leg raises (lower)	2	20	2	20	3	20
<b>Leg developing aerobics</b>						
Stairmaster / climbing	10 minutes low resistance		10 minutes high resistance		10 minutes low resistance	
<b>Stretching and cool down</b>	5 minutes		5 minutes		5 minutes	
<b>Total time</b>	1 hour 15 minutes		1 hour 15 minutes		1 hour 15 minutes	

### More gym guidelines

1. The above should only be seen as a guideline. You may not be able to do it exactly as set out. You may be at a fitness level beyond this. But it gives a good idea of which muscle groups need to be targeted.
2. For the first two weeks, those who are less fit should start off with light weights.
3. Every second week should see an increase in the weight of your weights used for exercise. This is to stimulate muscle development and growth.
4. If weights were used in your exercise session, make sure you rest your muscles for at least 48 hours. This will help in muscle development.
5. The above outline should be followed as closely as possible, with regards to the order of the exercises.
6. If you'd like to use this program at home, please contact us. We'll advise you how to, on request.
7. It's a good idea to include upper body training into the program. This will give you a balanced overall body development.