

LOSE WEIGHT

WORKOUT GOAL	Use in conjunction with a healthy eating plan to lose those extra pounds!					
WORKOUT DESCRIPTION	Complete these cardio vascular and resistance exercises in the order prescribed or dip in and out. Cardio exercises are low impact. If you prefer cardio in a class format, just use the resistance aspects of this program or vice versa					
SAFETY BRIEF	Ensure enough space is available and ensure you complete a warm up and cool down					
EQUIPMENT	Cardio & Resistance machines, dumbbells, sandbells					
DURATION	45 - 60 minutes - depending on how fast you are!					
MOBILISERS	Downward facing dog	Baby Cobra		Superman		
THE WORKOUT	Session Design				Methodology	
	Complete each set one after the other. Complete as many rounds as possible within 40 minutes				You should aim to concentrate on technique during the plan. Arms only drills, leg only drills and breathing drills are all in place to ensure you have the opportunity to fine tune your technique before testing yourself at an event!	
	Set	Exercise	Reps / Time & Rest	Sets	Equipment	Notes
	1	Bike	5k	1	Bike	Record the time it takes
	2	Chest Press	15	2	Chest Press Resistance Machine	Ensure on each set you choose a weight where you couldn't achieve 16, 17, 18 reps. You should be unable to lift many more after 15 reps
	3	Lat Pulldown	15	2	Lat Pulldown Resistance Machine	Ensure on each set you choose a weight where you couldn't achieve 16, 17, 18 reps. You should be unable to lift many more after 15 reps
	4	Row	2k	1	Rower	Record the time it takes
	5	Leg Press	15	3	Leg Press Resistance Machine	Ensure on each set you choose a weight where you couldn't achieve 16, 17, 18 reps. You should be unable to lift many more after 15 reps
	6	Lateral Raise	15 each arm	2	Dumbbells	Ensure on each set you choose a weight where you couldn't achieve 16, 17, 18 reps. You should be unable to lift many more after 15 reps
	7	Standing Rainbow Slam	20	2	Sandbell	Make each slam count
8	Bike	5k	1	Bike	Add 30 seconds to the time it took to complete the 1st Bike (1). This is your goal for this time around	
COOL DOWN	5 minute walk on the treadmill, gradually bring down the speed and come to a stop					
STRETCH	Chest stretch, back rotation, cat stretch, hamstring stretch					
SIGNPOSTING	Use our CORE App and view class timetables					

