Name_____

Beginner Fitness Program

This program is best suited for the participant who has been physically active for a while and is looking to incorporate weight training and cardiovascular exercise into his or her training program.

Goal: increase muscular endurance and strengthen connective tissue

This workout should be performed at least two times per week on non-consecutive days.

      Number of sets: 1 -2

(R) Number of Repitions: **13 to 18** (R)

      Rest between sets: **Perform all lifts consecutivly, rest 30-60 seconds and repeat.**

(W) Amount of weight: Choose a weight that when you reach 13 reps is hard and by the 18th rep it is almost undoable. (60-80% of 1 RM)

Date																		
Day 1																		
1 Incline Chest Press	R																	
	W																	
2 Lat Pull	R																	
	W																	
3 Rotary chest	R																	
	W																	
4 Seated Row	R																	
	W																	
5 Abdominal crunch	R																	
	W																	
6 Tricep Press Down	R																	
	W																	
7 Bicep curl	R																	
	W																	
Day 2																		
1 Leg Press	R																	
	W																	
2 Leg Curl	R																	
	W																	
3 Leg Extention	R																	
	W																	
4 Bench step up	R																	
	W																	
5 Shin flexion	R																	
	W																	
6 Calf Raise (Free Weight)	R																	
	W																	

Progression: Adjust weights accordingly to maintain 13- 18 reps per set. (18 reps add more weight, 13 reps reduce weight)

Cardiovascular Fitness

Every adult should accumulate 30 or more minutes of moderate-intence physical activity on most days of the week.

M=minutes I=Intensity

Rate of Perceived Exertion (RPE) RPE is a subjective measurement which can be used to determine the intensity of an aerobic work out.		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
			Very, very light		Very light		Fairly light		Somewhat hard		Hard		Very Hard		Very, very hard	
Date																
Mode of Exercise	M															
	I															
Mode of Exercise	M															
	I															
Mode of Exercise	M															
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