



Resistance Exercise – Weekly Program Card



(ADVANCED EXAMPLE)

Session #1			Session #2			Session #3		
WARM-UP	#1 - Treadmill	Time: 3 min	WARM-UP	#1 – Seated Bike	Time: 3 min	WARM-UP	#1 – Rower	Time: 3 min

Session #1				Session #2				Session #3			
EXERCISES	Weight	Sets	Reps	EXERCISES	Weight	Sets	Reps	EXERCISES	Weight	Sets	Reps
#1 – Chest Press	30kg	3	8	#1 – Chest Press	20kg	4	14	#1 – Chest Press	25kg	5	12
#2 – Seated Row	35kg	3	8	#2 – Seated Row	25kg	4	14	#2 – Seated Row	30kg	5	12
#3 – Leg Press	60kg	3	8	#3 – Leg Extension	25kg	4	14	#3 – Leg Press	50kg	5	12
#4 – Pec Deck	25kg	3	8	#4 – Leg Curl	20kg	4	14	#4 – Pec Deck	20kg	5	12
#5 – Lat Pulldown	35kg	3	8	#5 – Shoulder Press	15kg	4	14	#5 – Lat Pulldown	30kg	5	12
#6 – Calf Raises	15kg	3	8	#6 – Lat Pulldown	25kg	4	14	#6 – Calf Raises	10kg	5	12
#7 – Bicep Curls	10kg	3	8	#7 – Bicep Curls	5kg	4	14	#7 – Bicep Curls	8kg	5	12
#8 – Tricep Ext.	10kg	3	8	#8 – Tricep Ext.	5kg	4	14	#8 – Tricep Ext.	8kg	5	12
#9 – Jumping	Body	3	10	#9 - Jumping	Body	4	10	#9 – Jumping	Body	5	10
#10 – Skipping	Body	3	10	#10 - Skipping	Body	4	10	#10 – Skipping	Body	5	10

Session #1			Session #2			Session #3		
STRETCH	#1: Chest	#2: Quadriceps	STRETCH	#1: Chest	#2: Shoulder	STRETCH	#1: Chest	#2: Quadriceps
	#3: Calf	#4: Hamstring		#3: Quadriceps	#4: Hamstring		#3: Calf	#4: Hamstring

Comments: _____

NOTE:

THE FIGURES PROVIDED IN THIS SHEET ARE GIVEN AS EXAMPLES ONLY. DURING THE ADVANCED PHASE, YOU SHOULD PERFORM 6-10 REPETITIONS FOR 8-10 DIFFERENT EXERCISES OF VARYING SETS (HEAVY, MODERATE AND LIGHT).