



Resistance Exercise – Weekly Program Card



(BEGINNER 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 –	Time:

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

NOT INCLUDED IN BEGINNER PROGRAM

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

Comments: _____

NOTE:

THE FIGURES PROVIDED IN THIS SHEET ARE GIVEN AS EXAMPLES ONLY. DURING THE BEGINNER PHASE, YOU SHOULD PERFORM 6-10 REPETITIONS FOR 8-10 DIFFERENT EXERCISES OF VARYING SETS (START LOW AND GRADUALLY BUILD).