

**Client: Marnie Blackman**

**- Trainer: Matt Ibbs**

**- Date: 29/03/10**

Remit: Client Program 1. This is a beginners program designed to increase muscle tone and general fitness. You have 2 choices for the fat burning program. Please only complete one per workout.

Target: Each workout will take between approximately 35-45 minutes plus 15 minutes to stretch and cool down. The program must be completed for 12 sessions this month.

Recovery: Ensure you have fully recovered between exercises and sets before completing the next exercise

matt ibbs



| 29/03/10 – 25/04/10             |         |   |          |                                 |
|---------------------------------|---------|---|----------|---------------------------------|
| Monday                          | Tuesday | Wednesday                                       | Thursday | Friday                          |
| Warm Up + Fat Burning + Weights | REST    | Warm Up + Fat Burning + Abdominals / Lower Back | REST     | Warm Up + Fat Burning + Weights |

| Warm Up       | Programme   | Level | Speed     | Time        | Heart Rate Zone | Comment                               |
|---------------|---|-------|-----------|-------------|-----------------|---------------------------------------|
| Mobilisation  | Follow the series of warm up exercises as demonstrated / shown on gym wall planners and progress through sequence covering full body before starting your session |       |           |             |                 | Ensure Joints are movable & ache free |
| Treadmill     | Manual  | 0     | 5 K/ ph   | 5-6 minutes | 100 - 110       | Warm Up                               |
| Treadmill     | Manual  | 5     | 5.5 K/ ph | 20 minutes  | 120 – 130       | Fat Burning                           |
| Bike          | Random  | 5     | 60 rpm    | 20 minutes  | 120 - 130       | Fat Burning                           |
| Pre - Stretch | Apply 1 set of static stretches to each muscle for 10 – 15 seconds  |       |           |             |                 | Muscles Used in Warm up               |

| Muscle   | Exercise                    | Set | Reps | KG | % 1 RPM | Comment  |
|--|-----------------------------|-----|------|----|---------|--|
| <b>It is important to keep your breathing smooth and regular by breathing out on the effort of lifting the weight on each repetition</b> |                             |     |      |    |         |  |
| <b>BACK</b>  | Seated Row (Wide)           | 2   | 15   | 20 | 50      | Keep your chest against the bad and do not lean back                       |
| <b>QUADS</b>   | Leg Extension               | 2   | 15   | 10 | 50      | Keep your toes up  |
| <b>CHEST</b>   | Chest Press                 | 2   | 15   | 10 | 50      | Lower back to just past 90' and do not lock out at the end of the movement |
| <b>HAMSTRINGS</b>  | Leg Curl                    | 2   | 15   | 10 | 50      | Keep your toes up  |
| <b>SHOULDERS</b>   | Shoulder Press              | 2   | 15   | 5  | 50      | Keep your elbows pointing to the floor on the way down and do not lock out |
| <b>BICEPS</b>  | Cable Curl (Flat bar)       | 2   | 15   | 15 | 50      | Do not lock the arms at the bottom of the movement                         |
| <b>TRICEPS</b>   | Triceps Pushdown (Flat Bar) | 2   | 15   | 25 | 50      | Keep your elbows tucked in to your sides                                   |

| Core              | Exercise      | Set | Reps | KG  | % 1RPM | Comment  |
|-------------------|---------------|-----|------|-----|--------|--|
| <b>Obliques</b>   | Side Bends    | 2   | 15   | 5   | n/a    | Keep your chest up and dumbbell by your side, do not lower past the knee and do not lean forward     |
| <b>Lower Back</b> | Dorsal Raises | 2   | 15   | n/a | n/a    | Keep your feet on the ground!  |
| <b>Abdominals</b> | Crunches      | 2   | 15   | n/a | n/a    | Keep your lower back on the ground and crunch your chest in to your stomach. Do not pull on the legs |

| Post Stretch           | Time                   | Speed  | Level | AV hr | Comment  |
|------------------------|------------------------|--------|-------|-------|--|
| Flexibility Stretching | 20 Seconds Per Stretch | Static | N/A   | N/A   | Alleviate muscle soreness and to increase mobility |

***\*Keep your hear rates within the required zones and please take as long as needed to recover before moving on to the weights. If you have any problems or concerns please contact me on: 07917866702.***