

Client: Marnie Blackman - **Trainer: Matt Ibbs** - **Date: 26/04/10**

Remit: Client Program 2. This program is designed to increase muscular endurance. We are using body weight exercises mixed with Kettlebells. Please ensure you note which aerobic activity (fat burning/cardiovascular) you are meant to do on specific days.

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



26/04/10 – 16/05/10				
Monday	Tuesday	Wednesday	Thursday	Friday
Warm Up + Fat Burning + Weights	REST	Warm Up + Cardiovascular + 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					
Treadmill	Manual	0	5 K/ ph	5-6 minutes	100 - 110	Warm Up
X Trainer	Manual	4	60 rpm	30 minutes	120 – 130	Fat Burning
Treadmill	Random	2	7.2 K/ ph	20 minutes	145 - 155	Cardiovascular
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
It is important to keep your breathing smooth and regular by breathing out on the effort of lifting the weight on each repetition						
QUADS	Body Weight Squats	3	25	n/a	n/a	Make sure your knee's do not come over your toes. Keep your arms straight out in front of you and back straight
CHEST	Press Ups	3	25	n/a	n/a	Keep on your knees and do not lean back when pushing up. Keep your back straight
QUADS / HAMSTRINGS	Alt. Lunges	3	25	n/a	n/a	Do not let the front knee roll over the toes and keep both legs at 90' on the bend. Drop the hips straight to the floor
BACK	Lateral Pull down's	3	25	30	55	Keep your back straight
Quads / Deltoids	Squat and Kettlebell Upright Row	3	25	6kg	55	Keep your chest up and back straight with the squats and only pull to chest height with your elbows above the weights
Triceps	Bench Dips	3	25	n/a	n/a	Only bend to 90' and do not lock out
Biceps	Hammer Curl	3	25	5	55	keep your elbows tucked in

Core	Exercise	Set	Reps	KG	% 1RPM	Comment
Obliques	Side Bends	3	25	7	n/a	Keep your chest up and dumbbell by your side, do not lower past the knee and do not lean forward
Lower Back	Bridge	3	30 Sec	n/a	n/a	Keep your back straight and do not drop the hips
Abdominals	Toes Touches	3	25	n/a	n/a	keep your legs and body bent to 90' and lower back on the floor when crunching up

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 watch your back on the movements. If you feel it starting to bend or your form on any of the exercises dropping then please take a minute to pause and rest yourself. If you have any problems or concerns please contact me on: 07917866702.***