

Client: Marnie Blackman - Trainer: Matt Ibbs - Date: 17/05/10

Remit: Client Program 3. Cardio all the way!!! You need to have time off the weights for recovery and to make sure you reduce the risk of injury, so for the next 2 weeks please stick to the cardio programs.

Target: Each workout will take between approximately 50-60 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



17/05/10 – 30/05/10			
Monday	Tuesday	Wednesday	Thursday
Warm Up + 1x Cardiovascular + Intervals	Warm Up + Fat Burning	REST	Warm Up + 1x Cardiovascular + Intervals
			Warm Up + Fat Burning

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	65 rpm	45 minutes	120 – 130	Fat Burning
Treadmill	Random	2	7.5 K/ ph	20 minutes	145 - 155	Cardiovascular
Rower		5		150m Sprint with 1 minute rest	160 - 170	Intervals – complete 5 sets of 150m
Pre - Stretch	Apply 1 set of static stretches to each muscle for 10 – 15 seconds					
						Muscles Used in Warm 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