

**Client: Marnie Blackman**

**- Trainer: Matt Ibbs**

**- Date: 31/05/10**

Remit: Client Program 3. This is a strength training program. You have 2 days of weights to compete and we have added an extra days training as requested. Please ensure you complete the interval training at the end of your workouts. Complete each workout as a circuit. So you do 1 set of each exercise then repeat for 2 further rounds.

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



31/05/10 – 20/06/10			
Monday	Tuesday	Wednesday	Thursday
Warm Up + Cardiovascular + Weights (1) + Intervals	Warm Up + Fat Burning + Cardiovascular Abdominals / Lower Back	REST	Warm Up + Cardiovascular + Weights (2) + Intervals
			Warm Up + Fat Burning + Cardiovascular Abdominals / Lower Back

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	6	65 rpm	40 minutes	120 – 130	Fat Burning
Treadmill	Random	2.5	8.0 K/ ph	20 minutes	145 - 155	Cardiovascular
Rower		5		100m Sprint with 40 seconds rest	160 - 170	Intervals – complete 4 sets of 100m
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>						
1	Leg Extensions	3	10	20	70	Keep your toes up
1	HAMSTRINGS/QUADS	3	10	10	70	Bend both legs to 90' and don't lean forward. Hold 2 Dumbbells
1	BACK/SHOULDERS	3	10	12	70	Keep your chest up, and push your bum out behind you. Do not let your knees come over your toes
1	QUADS / HAMSTRINGS	3	10	10	70	Hold 2x 10kg Dumbbells and keep your back straight when stepping up
1	CHEST/BACK	3	10	10	70	Push with your elbows and keep your arms to 90'. Keep your elbow tucked in on the row.
2	CHEST	3	10	20	70	Do not lock out at the end of the movement
2	BACK	3	10	40	70	Keep your back straight (wide)
2	BACK	3	10	40	70	Keep your chest against the pad (close)
2	DELTOIDS	3	10	10	70	Do not lock out at the top of the movement
2	CV/LEGS	3	10			Run up and down the 15 stairs in the gym

Core	Exercise	Set	Reps	KG	% 1RPM	Comment
<b>Obliques</b>	Woodchopper	3	25	20	n/a	Keep your hip forward and do not lean forward when twisting too.
<b>Lower Back</b>	Bridge	3	1 Min	n/a	n/a	Keep your back straight and do not drop the hips
<b>Abdominals</b>	Full Sit Ups	3	25	n/a	n/a	Keep your hands across your chest and do not arch your back when lifting, keep your bum on the floor too when lifting

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

*\*Make sure you complete the appropriate weight on the specific days and please keep your hear rates within the required zones. If you have any problems or concerns please contact me on: 07917866702.*