

# Full Body Session

HEALTH HUB

This is a full body programme designed for members who train 1+ x p/w & know Free Weights Work to the rep range suited for the goals -  
Strength / Hypertrophy / Endurance

For alternative exercises that work the same area, please speak to a member of the fitness team

## Warm Up / Cardiovascular Workout




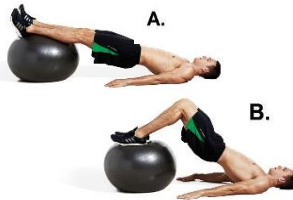
## Notes

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines

Work to the suitable levels depending on your fitness

## Weights Workout

## Notes

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Chest Press	3-8 8-12 12-20	2/5	30 sec - 3 min rest between sets (Strength requires Longer rest compared to endurance)			<p>Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90 degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position.</p> <p>Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly. Tip: Ideally, lowering the weight should take about twice as long as raising it.</p>
Bent Over Row	3-8 8-12 12-20	2/5				<p>Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.</p> <p>Now, while keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.</p> <p>Then inhale and slowly lower the barbell back to the starting position.</p>
Dumbbell Squat & Press	3-8 8-12 12-20	2/5				<p>Begin in a standing position with a dumbbell in each hand. Clean the dumbbells to shoulder height utilizing a jumping motion and shoulder rotation. Your palms should be facing each other and the elbows pointed forward. Look directly forward, keep your chest up, and place your feet about shoulder-width apart. This will be your starting position.</p> <p>Initiate the movement with a squat, flexing the knees and hips to lower your body. Descend as far as flexibility allows, maintaining good posture in the spine, hips, and knees.</p> <p>Pause for a brief moment at the bottom of the squat before returning to a standing position by extending the hips and knees.</p> <p>After fully rising to a standing position, press the weights overhead by extending the elbows and flexing at the shoulder.</p> <p>Return the weights to the shoulder before repeating the entire movement for additional repetitions.</p>
Swiss ball Leg Curl	3-8 8-12 12-20	2/5				<p>The key to Stability Ball Leg Curls is making sure that you keep your back straight throughout the exercise. You will be tempted to cheat when bringing the ball toward you. This may hurt your back, and won't give your core much of a workout. Contracting your core will help you make sure you're not cheating.</p> <p>Lie on the floor with your arms palm down on the ground.</p> <p>Rest your feet on the stability ball.</p> <p>Inhale, and bend your knees, so that your calves roll the ball toward you.</p> <p>Exhale, and roll the ball back out.</p> <p>Keep your back and hips straight throughout the exercise.</p>




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## Floor Workout

Exercise	Reps	Sets	Rest	Weight	Notes	Notes
Plank	30+ sec hold	3/5	10 /30 sec rest between sets			Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.
Side Plank	20+ sec hold	3/5				Lie on your side with your elbow straight underneath your shoulder Legs are out straight, top foot is in front of bottom foot. To modify bend your knees.(see photo) Start tall on your shoulder. As you lift up, bring your hips forward so your body is in a straight line. Pretend your elbow is on a rag on a slippery hardwood floor. It should not slide out away from you. I do not want you pushing away from your shoulder to lift up your body. I want your abs doing it! Keep your head back in line with your body. Pretend you have headlights on both your hips and shoulders. They should face straight ahead and point straight across the room to the same location.
Abdominal Crunches	15/20	3/5				Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Now place your hands lightly on either side of your head keeping your elbows in. Tip: Don't lock your fingers behind your head. While pushing the small of your back down in the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. At the top of the movement, contract your abdominals hard and keep the contraction for a second. Tip: Focus on slow, controlled movement - don't cheat yourself by using momentum. After the one second contraction, begin to come down slowly again to the starting position as you inhale.

Always ensure to warm up and cool down with stretches at the end of every session.

If you have any medical concerns please consult a member of the fitness team prior to trying the programme.

ATTENDANCE	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				