

ESTABLISHED IN 1910

GET STARTED GET FITTER

TRAINING PLAN



GREATNESS WITHIN

OBJECTIVE

This workout is for those wishing to improve their overall fitness for either health or performance. When we talk about fitness we often relate to being able to complete a task with more efficiency or making it more comfortable. This starter workout helps you build baseline fitness and overall functionality so your body can adapt to the tasks you need. This will mean an increased cardiovascular system and improvement movement patterns leading to better quality of life and the basics for advanced fitness work.

FACTS

Fitness adaptation is increasing the amount of oxygen in the blood stream that helps the working muscles move more effectively without tiredness and fatigue. This is measured by VO2 max. A test we can perform on both Wattbike and Myzone. This scores shows if we are utilising more oxygen throughout our tasks.

An unfit individual will likely tire easily due to an inefficient cardiovascular system where the heart and lungs work way too hard to produce consistent movement or fuel to muscles. So being fit means we have to increase the demand on the cardio system by gradually extending its work time... this then leads to better recovery periods and more frequency of workouts without fatigue.

Don't be fooled into doing training styles like HIIT to kick off with. High Intensity Interval Training demands a higher energy output and cardio efficiency to be affective. Start by doing smaller workouts of this style to bridge the gap in improving your bodies ability to use more oxygen.

The benefits of improving our VO2 are linked to plenty of health studies but also to the basics of taking on a new fitness challenge. Whether it be a 10km run or a fitness racing event, having an improved VO2 max will help start that journey off.

FOOD & DIET

Food is our bodies fuel source and doing more fitness based activities will demand more from our diet. Having too little food will impact performance and having too much may also have similar outcomes. Ensure you eat a balanced diet and as many whole foods as you can with a balanced macronutrient and micronutrient delivery to ensure your body recovers well and has the fuel to handle the demand of such big workouts. Speak to one of our Fitness Coaches to find out more.

THE PLAN

TRAINING FREQUENCY

- + 2x per week minimum
- + Try to leave 48 hours between sessions

SLEEP

- + A minimum of 6hrs sleep

HYDRATION

- + Roughly 6–8 glasses per day

SESSION 1 GYM

WARMUP

MOBILITY

Air Squats, Walk Outs, Low Lunge with Thoracic Opener, 90/90 Hip Rolls, Scorpions / 45secs per move

PULSE RAISER

3mins Bike or Treadmill

TRAINING

3 MAIN MOVEMENTS TO HELP YOUR BASIC MOVEMENT PATHWAYS BEFORE ENTERING A MINI CIRCUIT AT THE END.

EXERCISE	SETS & REPS	RECOVERY
Chest Press	3x12-15	30 Sec
Seated Row	3x12-15	30 Sec
Leg Press	3x12-15	30 Sec

CIRCUIT

AT THE END OF EACH CYCLE REST FOR 1MIN BEFORE GOING AGAIN. AIM FOR A 8/10 EFFORT.

EXERCISE	DURATION	TRANSITION TIME
Rower	45 Sec	15 Sec
DB Push Press	45 Sec	15 Sec
DB Bent Over Row	45 Sec	15 Sec
DB Front Squat	45 Sec	15 Sec

CARDIO

TIME	EXCERCISE
35 Mins	Cardio of choice – 7/10 effort & 70% HR

SESSION 2 GYM

WARMUP

MOBILITY

Air Squats, Walk Outs, Low Lunge with Thoracic Opener, 90/90 Hip Rolls, Scorpions / 45secs per move

PULSE RAISER

3mins Bike or Treadmill

TRAINING

3 MAIN MOVEMENTS TO HELP YOUR BASIC MOVEMENT PATHWAYS BEFORE ENTERING A MINI CIRCUIT AT THE END.

EXERCISE	SETS & REPS	RECOVERY
Shoulder Press	3x12-15	30 Sec
Lat Pulldown	3x12-15	30 Sec
Lunges	3x12-15	30 Sec

CIRCUIT

AT THE END OF EACH CYCLE REST FOR 1MIN BEFORE GOING AGAIN. AIM FOR A 8/10 EFFORT.

EXERCISE	DURATION	TRANSITION TIME
Assault Bike	45 Sec	15 Sec
Push Ups	45 Sec	15 Sec
Squat Jumps	45 Sec	15 Sec
Pull Ups (Assisted if needed)	45 Sec	15 Sec

CARDIO

TIME	EXCERCISE
35 Mins	Cardio of choice – 7/10 effort & 70% HR

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TRACK YOUR EFFORTS

Using a Myzone Belt & the Everlast Gyms App

TRACK YOUR PROGRESS

By having an InBody Scan and using Myzone apps.



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