

# New Image Fitness Ltd

MOTIVATED BY YOUR RESULTS

## Basic Fitness Routine

### Warm Up Details

5 - 10 Minutes – Your choice of CV equipment, work up to RPE 5/10  
Mobilise joints initially or 1 set of 15 reps at 50% load on each exercise

	EXERCISE	REPS	SETS	RESISTANCE	ALTERNATIVES
Resistance Exercises	Pek Dek	10 - 15	2		Close Grip Chest Press
	Machine Shoulder Press	10 - 15	2		Lateral Raise
	Single Arm Rowing	10 - 15	2		Pullovers
	Dumbbell Bicep Curl	10 - 15	2		EZ Bar Curl
	Tricep Extension	10 - 15	2		Kickbacks
	Leg Ext	10 - 15	2		Wide Squats
	Lunges	10 - 15	2		Leg Curl
	Single Leg Calf Raise	10 - 15	2		Calf Raise
	Incline Abdominal Crunch	10 - 15	2		Alternate Curl
	Back Extension	10 - 15	2		Superman
	30 Minutes CV				

### Workout Details

Rest Between Sets: 30 seconds – 45 seconds  
Progression: Increase by 1 repetition each workout up to 15 reps and then increase the resistance. The initial resistance used should be heavy enough that 15 reps is not achievable, but not too heavy that 10 can't be reached. Choose from the following CV options and progress each session.

	EXERCISE	TYPE	INTENSITY	ALTERNATIVES
CV Exercises	CV 1 - Treadmill	10 minutes	RPE 6-7/10	Trampet
		1 min Intervals, jog + run		
	CV 2 - Cycle	RPE – 75 - 85rpm	RPE 6-7/10	Recumbant Cycle
		10 minutes, manual		
	CV 3 - Rower	2,000 metres, level 5 - 10	RPE 7-9/10	Recumbant Cycle
Record Time				
CV 4 - Skier	10 minutes	RPE 7-9/10	Treadmill	

### Cool Down Details

5 minutes – Your choice of CV equipment, only to RPE 5/10  
Full Body Stretches

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