

# New Image Fitness Ltd

MOTIVATED BY YOUR RESULTS

Home Weight  
Loss Routine

## Warm Up Details

5 - 10 Minutes – Your choice of CV equipment, skipping or stair climbing - 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	Squats	15 - 25	1		Sissy Squats
	Dumbbell Shoulder Press	15 - 25	1		Forward Raise
	Lat Pulldown	15 - 25	1		Single Arm Rowing
	Bicep Curls	15 - 25	1		Concentration Curls
	Press Ups	15 - 25	1		Flat Flyes
	Calf Raise	15 - 25	1		Seated Calf Raise
	Overhead Tricep Extension	15 - 25	1		Kick Backs
	Lunges	15 - 25	1		Step Ups
	Back Ext	15 - 25	1		Superman
	Ab Crunch	15 - 25	1		Alt Curl
Bridge	15 - 25	1		Plank	

## Workout Details

Rest Between Sets: 30 seconds – 1 minute

Progression: Increase by 1 repetition each workout up to 25 reps and then increase the resistance. The resistance used should be heavy enough that 25 reps is not achievable, but not too heavy that 15 can not be reached. Increase CV at each session to build up to a minimum of 20 – 30 minutes.

	EXERCISE	TYPE	INTENSITY	ALTERNATIVES
CV Exercises	Treadmill	Brisk Walk or Gentle Jog	RPE 6-7/10	Cross Trainer
		5 Minutes +		
	Cycle	RPE – 70 - 80rpm	RPE 6-7/10	Step Climbing
		5 Minutes +		

## Cool Down Details

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

Contact Details: -

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