

New Image Fitness Ltd

MOTIVATED BY YOUR RESULTS

Basic Weight
Loss 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	Chest Press	15 - 25	2		Dumbell Chest Press
	Dumbell Shoulder Press	15 - 25	2		Lateral Raise
	Lat Pulldown	15 - 25	2		Single Arm Rowing
	CV 1– see below				
	Squats	15 - 25	2		Leg Ext
	Leg Curl	15 - 25	2		Lunges
	Calf Raise	15 - 25	2		Seated Calf Raise
	CV 2 – see below				
	Abdominal Curl	15 - 30	2		Alternate Curl
	Back Extension	15 - 30	2		Superman

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	CV 1 - Treadmill	Brisk Walk or Gentle Jog	RPE 6-7/10	Cross Trainer
		5 Minutes +		
	CV 2 - Cycle	RPE – 70 - 80rpm	RPE 6-7/10	Stepper
		5 Minutes +		

Cool Down Details

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

Contact Details: -

New Image Fitness Ltd, 1 Paradise Lane, Warley, Halifax, West Yorkshire, HX2 7RQ

Contact Details: 01422 836157, 07890 049379, email: jago@anewimage.co.uk

web: www.anewimage.co.uk

Directors: Jago Holmes, Ruth Powell