



Beginner Workout Plan 1

30 minutes

Session Objective – This is a timed based session, the objective is to get comfortable with the exercises, whilst increasing your heart rate and building a sweat. You will complete 45 seconds of each exercise, resting for 45 seconds between each exercise.

Warm Up – 6 minutes

4 minutes of brisk to fast walk followed by

2 minutes of general stretching

One Set	Equipment and Exercise	Length
Exercise 1	Push Ups	45 seconds
Rest		45 seconds
Exercise 2	Horizontal Row - Trapeze Rings or Pull Up bar	45 seconds
Rest		45 seconds
Exercise 3	Sit Ups	45 seconds
Rest		45 seconds
Exercise 4	Step Ups	45 seconds

Complete 3 sets (as outlined above)

Cool Down – 6 minutes

Stretch legs, shoulders and chest muscle

Hold each stretch for 1 minute



Beginner Workout Plan 2

30 minutes

Session Objective – This is a repetition based session, the objective is to move comfortably through the repetitions whilst increasing the heart rate and building a sweat. The participant will perform a set number of repetitions before resting for 2 minutes.

Warm Up – 6 minutes

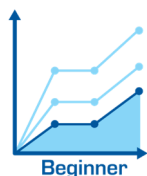
4 minutes of brisk to fast walk followed by
2 minutes of general stretching

One Set	Equipment and Exercise	Reps/ Length
Exercise 1	Sit ups	10 reps
Exercise 2	Bench Press	20 reps
Exercise 3	Leg Press	30 reps
Exercise 4	Aerobic Walker	80 reps
Rest		2 mins

Complete 2-4 sets (as outlined above)

Cool Down – 6 minutes

Stretching of the leg, shoulder and chest muscles
Hold each stretch for 1 minute



Beginner Workout Plan 3

30 minutes

Session Objective – The objective of this session is to challenge the cardio system. It incorporates more exercises that get the heart rate up over a period of time before rest. Participants will perform 3 minutes of exercise before 2 minutes of rest.

Warm Up – 6 minutes

4 minutes of brisk walk to fast walk followed by
2 minutes of general stretching

One Set	Equipment and Exercise	Length
Exercise 1	Step Ups	3 minutes
Rest		2 minutes
Exercise 2	Vault Bar	3 minutes
Rest		2 minutes
Exercise 3	Aerobic Walker	3 minutes
Rest		2 minutes

Cool down – 10 minutes

Perform 4 minutes of light walking before 6 minutes of stretching.
Stretch the leg muscles, holding each stretch for 1 minute