



WORK OUT PLAN **BEGINNER**

If you want to improve the way your body burns calories resulting in a leaner body, then try this workout plan.

For further advanced training and guidance on nutrition please speak to one of our Personal Trainers who can guarantee results.



SHAPE



KAL



WORK OUT PLAN BEGINNER

Exercise / Equipment	Time / Sets / Reps
Warm up/pulse raiser – Bike	5-10 mins, RPE 3-5
Treadmill	10-15 mins, RPE 6-7
Cross Trainer	5-10 mins, RPE 5-7
Chest Press	2 x 12
Body Weight Squat	2 x 12
Lat Pull Down / Vertical Traction	2 x 12
Fit Ball / Bosu Crunch	2 x 12
Cool down and stretch	

Start by using a comfortable weight ensuring you can complete the 2 sets of 12. Then work toward increasing the weight so that it challenges you to complete them. After you've warmed up, the exercises above can be completed in any order.

Not sure? Please ask a member of our team

