

6 Week programme for all!

Week 1 & 2

1 weights session (on page 2)

2, 10 minute cardiovascular sessions

Week 3 & 4

1 weights session

2, 15 minute cardiovascular sessions

Week 5 & 6

2 weights sessions

1, 20 minute cardiovascular session

The aim of this schedule is not to get you ripped in 6 weeks, that never happens! The aim is to gradually get you moving and used to training, after 6 weeks you'll see some small changes, most importantly after 6 weeks you'll feel better!

Cardiovascular sessions:

Anything that gets you moving and the heart-rate above resting; Walking, running, rowing, swimming, cycling, cross trainer, hiking, walking the dog. Just make sure you're moving the whole time!

Weights sessions:

The program is on the next page and is at least just as important as the cardiovascular work for exercise, the session will take about 50 minutes to complete on the first few weeks but should then slim down to 35-40 minutes before the 6 weeks are up. The main goal here is to learn what movement uses which muscle! Use low weights and slowly add more as your confidence and technique improve.

Questions:

Feel free to like and message the "Steve Small – Fat Loss & Fighting Fit" page for any help, though it's best to find me in Aspire Fitness Canton or Nantgarw!

Introductory weights session

Warm up			
Cross-trainer	5 minutes	Easy going	
Main session	Weight (kg)	Set 1	Set 2
Leg Press		/ 15	/ 15
Leg Extension		/ 15	/ 15
Leg Curl		/ 15	/ 15
Seated Chest Press		/ 15	/ 15
Seated Row		/ 15	/ 15
Seated Shoulder Press		/ 15	/ 15
Sit-ups	-	/ 15	/ 15
Plank	-	30 seconds	30 seconds
Cool down			
Exercise bike	5 minutes	Relaxed	