



AB Burner 200 Intermediate Program

Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

Exercise and training terms:

Duration	In a gym program this will refer to the workout time of the entire program
Intensity	This will refer to the amount of weight used, and the amount of rest given between each set of an exercise
Type	Refers to the type of training, i.e. strength, resistance, Cardio etc.
Reps/ repetitions	A single cycle of lifting and lowering a weight
Sets	A number of reps performed together ended with a rest period is referred to as a set
Tempo	Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion
% of max.	Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. If you were to press 100 kg for only one rep as your max, your training weight for 45% for max of 10 reps. Would be 45 kg pushed 10 times.

Exercise program:

1. 45 minutes, 4 days a week
2. Intensity: High
3. do this program for 6 - 8 weeks then then request a new program from Trojan

Equipment required:

1. AB Burner 200
2. Dumbbells (optional progression for all free Body weight exercises)

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	AB Burner	ABS	20	5	Add resistance to allow a minimum of 20 reps	Keep core and ABS tight at all times, superset with below exercise
	Floor push ups	Chest	15	5	Guide line is 15 reps, but go till failure, so if you can do more than 15 do them	Keep hand placement wider than shoulder width to engage chest more than triceps
	Burpie's	Cardio	20 jumps	5	Do the burpie reps fast enough to push into an anaerobic work state	Jump as high as possible. 1 min break between sets
2	AB Burner	ABS	20	5	Add resistance to allow a minimum of 20 reps	Keep core and ABS tight at all times, superset with below exercise
	Body weight squats	Legs	25	5	Guide line is 25 reps but go till failure, so if you can do more than 25 do them	Add weight with dumbbells in each hand as exercise becomes too easy
	The plank	Core	1 min.	5	Do the burpie reps fast enough to push into an anaerobic work state	30 seconds break between sets
3	AB Burner	ABS	20	5	Add resistance to allow a minimum of 20 reps	Keep core and ABS tight at all times, superset with below exercise
	Chair or bench tricep dips	Arms	15	5	Guide line is 15 reps but go till failure, so if you can do more than 15 do them	Place hands at shoulder width or closer
	Burpie's	Cardio	20 jumps	5	Do the burpie reps fast enough to push into an anaerobic work state	Jump as high as possible.
4	AB Burner	ABS	20	5	Add resistance to allow a minimum of 20 reps	Keep core and ABS tight at all times, superset with below exercise
	Walking lunges	Legs	30	5	Guide line is 15 reps each leg but go till failure, so if you can do more than 15 do them	Do these in a passage way or in your garden
	Burpie's	Cardio	20 jumps	5	Do the burpie reps fast enough to push into an anaerobic work state	Jump as high as possible. 1 min break between sets

Trojan contact details: 0861 876526 ; www.trojanhealth.co.za ; www.facebook.com/Trojanhealth