



Thigh and Bun's Toning Program - Beginner

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 a exercise
Type	Refers to the type of training , ie 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, 3 days a week
2. Intensity: High
3. Do this program for 6 - 8 weeks (ask Trojan for a Intermediate program)

Equipment required:

1. 5 kg kettle bell
2. Stepper
3. Skipping rope

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Stepper	Legs and cardio			10 minutes as a warm up to the workout	Get blood flowing but don't get out of breath
	High knee skipping	Legs and cardio	2 minutes	4		Take a minute break between sets
	Kettle bell swings	Legs, shoulders and cardio	15 each arm	6 (3 each arm)	Use 5 kg kettle bell	Make sure to squat low enough that the kettle bell almost touches the ground
	Travelling lunges	Legs, thighs, glutes	30	4		
	Floor crunches	ABS	30	4		
2						
3	Stepper	Legs and cardio			5 minutes as a warm up to the workout	Get blood flowing but don't get out of breath
	Stationary lunges to shoulder press	Legs and shoulder	15	4	Get 15 reps at minimum	2 sets per arm, works out to 4 sets for legs
	Calve raises on stepper	Calves, legs	10 minutes	4	Hold kettle bell to add weight	Do stepper motion but raise onto your toes
	Side lateral raise with kettle bell	Shoulders	15	4		Side lateral raises
	Full hip abduction	Hips and Thighs	40	6	Add kettle bell on top of thigh to make more difficult	Alternate between left and right leg
4						
5	Stepper	Legs and cardio			10 minutes as a warm up to the workout	Get blood flowing but don't get out of breath
	High knee skipping	Legs and cardio	2 minutes	4		Take a minute break between sets
	Kettle bell swings	Legs, shoulders and cardio	15 each arm	6 (3 each arm)	Use 5 kg kettle bell	Make sure to squat low enough that the kettle bell almost touches the ground
	Single leg bridges	Legs, thighs, glutes	30	6	Add kettle bell on top of pelvis to make more difficult	3 sets per leg
	Side plank holds	ABS, Core	30 seconds	4		2 sets per side

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