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Torso Slider - Beginner Workout

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 giving exercise eg. If you were to press 100kg for only one rep as you max, your training weight for 45% on max of 10 reps. Would be 45kg pushed 10 times.

Exercise program:

1. As a beginner do the first weeks reps until muscle failure to establish what you are capable of.
2. Please keep a diary, and write down what you are able to do for each set and exercise, for each day.
3. Each week try to increase each exercises reps by 2 , thus progressing yourself week by week.
4. Do this program for 8-10 weeks, then revert to Trojan for more advice.
5. This exercise plan for your abdominals should be accompanied by other exercise, either cardio or resistance training in order to have maximum effect. For guidelines and suggestions please contact Trojan for assistance.

Day	Exercise	Sets
1	Straight slides of as many reps as you can	4 sets
	Torso slide to the right for as many reps as you can	4 sets
	Torso slide to the left for as many reps as you can	4 sets
2		
3	Torso slide to the right for 1 rep, then straight to the front for one rep, then to the left for 1 rep. Repeat until failure (week 1).	5 sets
	Torso slides to the left then to the right, alternating between sides, repeat till failure (week 1)	5 sets
	Floor crunches, as many as possible	3 sets
4		
5	Floor crunches, as many as possible	4 sets
	Torso slide to the right for as many reps as you can	4 sets
	Torso slide to the left for as many reps as you can	4 sets