



Beginner Elliptical fitness and weight loss 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.

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 , 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 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.
Superset	This refers to doing the 2nd exercise immediately after completing the first exercise without pause

Exercise program:

1. Start out with 30 minutes 3 days a week
2. Intensity:Low to medium
3. Do this program for 6 - 8 weeks then move onto intermediate program

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Stretching	Legs			5 min, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 min	Low	Keep movements slow and steady
	Elliptical	Legs / cardio		20 min	40% of max, increase heart rate, but stay aerobic	Keep a pace that you can handle for 20 min.
2						
3	Stretching	Legs			5 min, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 min	Low	Keep movements slow and steady
	Interval elliptical training	Legs / cardio		20 min	20%- 70% of max, hi, low intensity training	Go as fast as you can for as long as you can then, slow down to recover, and repeat process
4						
5	Stretching	Legs			5 min, 15 second holds on stretches	Do static stretching, no bouncing
	Warm up on elliptical	Legs / cardio		5 min	Low	Keep movements slow and steady
	Elliptical	Legs / cardio		20 min	40% of max, increase heart rate, but stay aerobic	Keep a pace that you can handle for 20 min.

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