



**The Motorsport Core and Strength 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. To prevent injury, only use the product for its intended purpose.

**Exercise and training terms:**

<b>Duration</b>	In a gym program this will refer to the workout time of the entire program
<b>Intensity</b>	This will refer to the amount of weight used and the amount of rest given between each set of an exercise
<b>Type</b>	Refers to the type of training, i.e. strength, resistance, cardio etc.
<b>Reps/repetitions</b>	A single cycle of lifting and lowering a weight
<b>Sets</b>	A number of reps performed together ended with a rest period is referred to as a set
<b>Tempo</b>	Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion
<b>% of max.</b>	Is determined as % of 1 repetition of the 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. 30 minutes, 3 days a week
2. Intensity: High

**Equipment required:**

- |                        |               |
|------------------------|---------------|
| Medicine Ball          | Barbell set   |
| Kettle bell 3kg or 5kg | Skipping Rope |

3. Do this program for 6 – 8 weeks then request a progression from Trojan health. You will have to train longer and an extra day in your progression.

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes and exercise execution
1	Skipping Rope	Legs, Calves, Cardio	1 minutes	4	70% of max,	Keep the jump and motion in your calve muscles.
	Reverse Forearm Curls	Arms	25	4	Full range at a speed that allows full reps to be achieved at weight that allows min of 20 reps	Do this standing, with hands and elbows at shoulder width, and elbow at 90 degree, wrists do all the
	Medicine Ball Core push ups	Core, Arms, chest	20	4	70% of max,	When bringing knee to elbow, alternate sides and legs.
	Side plank, to raises	Abs, core	Hold position for 15 seconds	3 each side	Full range at a speed that allows full reps to be achieved	Hold side plank with one leg in the air for 20 sec, then lower and raise hip for 15 reps, 3 sets each side.
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3	Skipping Rope	Legs, Calves, Cardio	1 minutes	4	70% of max,	Keep the jump and motion in your calve muscles.
	Kettle Bell Hammer Curls	Forearms, Biceps	15	3 each arm	70% of max, weight of kettle bell must allow reps to be achieved	Keep elbow tucked by your side.
	Behind the back Forearm curls	Arms	30	4	70% of max, weight on dumbbells must allow reps to be achieved	Flex forearm as much as possible, maintain curl for a slight pause before doing next rep.
	Kettle bell front raise with rotation.	Shoulders, Forearms	20	3	70% of max, weight on dumbbells must allow reps to be achieved	20 reps each arm, do each arm individually. rotation to be done when arm is outstretched at top of shoulder motion
<b>4</b>						
5	Skipping Rope	Legs, Calves, Cardio	1 minutes	4	70% of max,	Keep the jump and motion in your calve muscles.
	Reverse Forearm Curls	Arms	25	4	Full range at a speed that allows full reps to be achieved at weight that allows min of 20 reps	Do this standing, with hands and elbows at shoulder width, and elbow at 90 degree, wrists do all the
	Medicine Ball Core push ups	Core, Arms, Chest	20	4	70% of max,	When bringing knee to elbow, alternate sides and legs.
	Side plank, to raises	Abs, Core	hold to 15	3 each side	Full range at a speed that allows full reps to be achieved	Hold side plank with one leg in the air for 20 sec, then lower and raise hip for 15 reps, 3 sets each

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