



Colorado 350 and 360 beginner cardio 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 a
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 giving exercise e.g.. If you were to press 100kg for only one rep as your max, your training weight for 45% on max of 10 reps, would be 45kg pushed 10 times.

Exercise program:

1. 30 minutes 3 days a week
2. Intensity: medium
3. Do this program for 4 weeks then move onto the intermediate program.

Equipment required:

1. Colorado 350 or Colorado 360 rower

Day	Exercise	Muscle group	Time	Intensity	Notes / exercise execution
1	Warm up row	Arms, back, shoulders, cardio	5 mins	Relaxed	Do arm and back stretching for 2 mins after rowing and return to rower
	Rowing	Arms, back, shoulders, cardio	22 mins	No added resistance from rower yet	Record how many meters you rowed in 22 mins
2	Warm up row	Arms, back, shoulders, cardio	5 mins	Relaxed	Do arm and back stretching for 2 mins after rowing and return to rower
	Rowing	Arms, back, shoulders, cardio	22 mins	Add 30% resistance with airbrake system and try match meters rowed	Record how many meters you rowed in 22 mins
3	Warm up row	Arms, back, shoulders, cardio	5 mins	Relaxed	Do arm and back stretching for 2 mins after rowing and return to rower
	Rowing	Arms, back, shoulders, cardio	22 mins	Add 30% resistance with airbrake system and try beat meters rowed by 100-200m	Record how many meters you rowed in 22 mins
For each week try to increase 200m for each workout, so 600m extra each week in total					
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