

# EXERCISE PROGRAMS



## Weight Loss Beginner



## Weight Loss - Beginners

### Introduction

This exercise routine is created for men and women with the goal of losing weight. It incorporates cardiovascular exercise as well as a weight training program in order to maximize weight loss potential.

Weight Loss for Beginners differs from the other routines in that it keeps in mind that these clients may be use to a sedentary life. It involves whole body exercises that utilises several muscles at once to increase calories burned.

*Exercise intensity – low to moderate.*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ To lose weight, it is recommended that your client participates in a cardio routine about five times a week.
- ▶ Beginner clients are best to aim at around 150 minutes of exercise per week, but slowly build this up to 300 minutes.
- ▶ Advise your client that a banana and water is a great pre-workout food to have 30-60 minutes prior.
- ▶ Rest between sets should start at about 90 seconds and can get down to 45 seconds as the client progresses.
- ▶ Focus on the client's technique and posture throughout the workout.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

### Lateral Leg Rolls - Feet Up

- Lie on the floor
- Knees & hips bent, feet off the floor
- Roll knees from side to side
- Shoulders remain flat on floor



Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

### Alternate Back Slaps - Dynamic Stretch

- Stand with feet shoulder width apart
- Raise one arm above head & the other behind low back
- Swap the arm position repeatedly
- Focus on rhythm & posture



Complete 2-4 sets of 20-30 repetitions. Rest 60s between sets.

### Calf Stretch - Forward lunge

- Split stance
- Both feet flat on floor & pointing straight ahead
- Lean forward over front leg, keep back leg straight
- Keep heels flat
- Drop back foot further back to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

## Walk - Continuous on Incline

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- Select a treadmill or walking trail
- Set timer or use preset treadmill program
- Walk briskly for designated time on an incline
- Monitor heart rate if possible



Complete 30 min.

## Lateral Shuffle - Dynamic Stretch

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- Stand side on to direction of intended movement
- Feet further than shoulder width apart
- Use shuffle steps to move laterally, keep feet wide apart
- Maintain a low centre of gravity throughout



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

## Split Squat - Overhead - Medicine Ball

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- Long split stance
- Medicine ball above head
- Descend until leading thigh is parallel to floor
- Ascend back to start position
- Keep ball above head & maintain upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Front Raise - Single Arm & Leg - Dumbbell

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- Stand on one leg, hold dumbbell in hand on same side
- Lift dumbbell forward to shoulder height
- Lower & repeat as directed
- Maintain strong upright posture & balance



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Push Up - Kneeling

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- Supported on hands & knees, body straight
- Lower chest towards floor
- Push up slowly
- Repeat as directed



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Step Up - Body Weight

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- Stand in front of a knee high box
- Slowly step up onto the box and extend one hip behind you.
- Step down slowly
- Maintain upright posture & keep leading foot flat throughout
- Repeat on the other leg for one rep



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Side Lying Leg Lifts - Hip Abduction

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- Lie on side, head supported
- Roll top hip slightly forward
- Slowly lift & lower top leg
- Toes face straight ahead



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Abdominal Brace - Single Leg Extension - Knees Up

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- Lie face up, knees & hips bent to 90 degrees
- Preset lower abdominals
- Slowly extend one leg whilst maintaining position of the other leg
- Return leg to start position, repeat on the other leg
- Maintain neutral spine position



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

## Hamstring Stretch - Seated

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- Sit with one leg straight, other leg bent
- Lean forward from hips
- Reach towards shin of straight leg



Hold for 20-40 seconds. Repeat 1-3 times.