

# INTRODUCTORY PROGRAM

## BODY WEIGHT EXERCISES



### LEGEND:

**DB** = Dumbbell

**BB** = Barbell

**FB** = Fit Ball

**MB** = Medicine Ball

**HS** = Hammer Strength machine

**SS** = Super Set

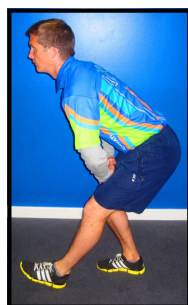
**FL** = Floor

MACHINE No.	SEAT No.	EXERCISE	SETS	REPS	WEIGHT
<b>WARM UP 3- 5 min on Cardio Equipment (Rower, Treadmill, Bike or X Trainer)</b>					
		Lunges	2	10 - 18	
		Push ups	2	10 - 18	
14/21		Chin Ups (can be assisted)	2	10 - 18	
<b>5 - 10min Cardio</b>					
11		Leg Press	2	10 - 18	
9		Chest Press	2	10 - 18	
10		Seated Row	2	10 - 18	
<b>5 - 10min Cardio</b>					
FL		Plank	2	MAX	
		Back Extension	2	10 - 18	
<b>Complete all stretches. Hold Each for 15—20 sec</b>					



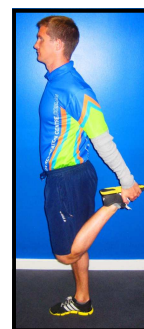
### CHEST

- Interlock fingers together
- Push down & back opening up the chest



### HAMSTRINGS

- One leg straight, one bent
- Hands on bent knee
- Lean down



### QUADRICEPS

- Pull back one foot
- Knees together
- Stand tall



### BACK

- Interlock hands together
- Drop the head
- Push out opening up the back



### SHOULDER

- One arm across the chest
- Opposite arm holds and pulls across keeping the chest upright



### CALVES

- Large step apart
- Feet flat on the ground
- Lean forward