

SWITCH: ALL ROUNDER

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	WARM UP	Cross trainer	50%	Warm up	5 Minutes	Easy
	PROGRAMME EXERCISE	Chest press		Resistance machine	2x 8 Reps	40% 1 rep max
		Leg press		Resistance machine	2x 8 Reps	40% 1 rep max
		Plank		Hold	30 Seconds	Body weight
		Sit up		Knees bent	2x 10 Reps	Body weight
		Shoulder press		Resistance machine	2x 8 Reps	40% 1 rep max
		Lateral pull down		Resistance machine	2x 8 Reps	40% 1 rep max
		Bike	65%	CV machine	5 Minutes	Level 1-5
	COOL DOWN	Treadmill	Reduce slowly	Cool down	5 Minutes	Brisk to slow walk

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	WARM UP	Cross trainer	50%	Warm up	5 minute	Easy
	PROGRAMME EXERCISE	Chest press		Resistance machine	2x 12 Reps	50% 1 rep max
		Leg press		Resistance machine	2x 12 Reps	50% 1 rep max
		Plank		Hold	1 minute	Body weight
		Sit up		Knees bent	3x 10 Reps	Body weight
		Shoulder press		Resistance machine	2x 12 Reps	40% 1 rep max
		Lateral pull down		Resistance machine	2x 12 Reps	40% 1 rep max
		Bike	75%	CV machine	5 Minutes	Level 3-8
	COOL DOWN	Treadmill	Reduce slowly	Cool down	5 Minutes	Brisk to slow walk

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	WARM UP	Cross trainer	50%	Warm up	5 Minutes	Easy
	PROGRAMME EXERCISE	Chest press		Resistance machine	2x 12 Reps	65% 1 rep max
		Leg press		Resistance machine	2x 12 Reps	65% 1 rep max
		Plank		Hold	1 minute	Body weight
		Sit up		Knees bent, hold medicine ball	3x 10 Reps	4kg medicine ball
		Shoulder press		Resistance machine	2x 12 Reps	65% 1 rep max
		Lateral pull down		Resistance machine	2x 12 Reps	65% 1 rep max
		Bike	85%	CV machine	8 Minutes	Level 3-8
	COOL DOWN	Treadmill	Reduce slowly	Cool down	5 Minutes	Brisk to slow walk