

# SWITCH: BITS & BOBS

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	WARM UP	Treadmill	65% HRM		10 minutes, 6-7KPH	
	PROGRAMME EXERCISE	Chest Press			1-2x 12-15 Reps	To failure
		Leg Press			1-2x 12-15 Reps	To failure
		Ab crunch (seated)			1-2x 12-15 Reps	To failure
		Wide Pulldown			1-2x 12-15 Reps	To failure
		Glute Machine			1-2x 12-15 Reps	To failure
		tricep press			1-2x 12-15 Reps	To failure
		Bike			5 minutes	Level 1-3
	COOL DOWN	Cool down and stretch				

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	PROGRAMME EXERCISE	Rower			2,000 metres, up to 12 minutes	
		Ball crunch			2-3x 20-30 Reps	
		Reverse curl		Legs straight	2-3x 10-15 Reps	
		Side curl			2-3x 10-15 Reps	
		Assisted chin ups			2x 12-15 Reps	To failure
		Assisted dips			2x 2-15 Reps	To failure
		Leg press			3x 10 Reps	Heavy, to failure
		Cross Trainer		Random programme	5-10 minutes	Level 10-12

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	PROGRAMME EXERCISE	Stepper			10 Minutes	Level 7 to 17 in 10 Minutes
		Chin Ups		Any grip	3x 8 Reps	
		Bench press			3x10-12 Reps	
		Fly		Dumbbell or cables	3x 10-12 Reps	
		Single arm row			3x 10-12 Reps	Heavy
		Ab bench curl			1x 50 Reps	
		Lunge with core rotation			2x 10-20 Reps	
		Cable torsions			2x 10-20 Reps each side	
		Summit trainer			5 Minutes	Level 1 to 5 in 5 Minutes
		Cool down and stretch				