

Step ① ② ③

your 2006 gym plan

It's easy to get into a fitness rut, but how do you move on? Tailor make your workout to take you to the next level

1 Your personal goal

FAT LOSS (Cardiovascular Training)

- Burns calories resulting in fat loss
- Conditions your heart and lungs
- Relieves stress
- Boosts stamina

Activities include:

aerobics, cycling, running, rowing, swimming, walking

IMPROVED MUSCLE TONE (Strength Training)

- Boosts metabolism and aids fat loss
- Reshapes and sculpts
- Strengthens muscles and bones
- Improves posture

Activities include:

Circuit training, body sculpting classes, free weights, resistance training with bands and tubes, weight machines

INCREASED FLEXIBILITY (Stretching Exercises)

- Prevents injury
- Increases agility
- Relieves stress and helps you relax
- Improves range of motion and posture

Activities include:

Pilates, tai chi, yoga, stretch classes

2 Assess your fitness level

LEVEL ONE

Cardio:

If you're currently inactive or workout occasionally, work with sustained light to moderate breathing. Build up slowly.

Strength:

You never or rarely perform resistance work. If you're at this level, do 1 set of 15-20 reps.

LEVEL TWO

Cardio:

You're currently exercising 2-3 times a week for 20 minutes or more. If you're at this level, work with breathing.

Strength:

You can comfortably perform 15-20 reps for 8-10 muscle groups 2-3 times a week. If you're at this level, do 1-2 sets of 12-15 reps.

LEVEL THREE

Cardio:

Comfortably participating in at least 30 minutes of continuous activity 4 or more times a week. If you're at this level, work with sustained moderate to heavy breathing.

Strength:

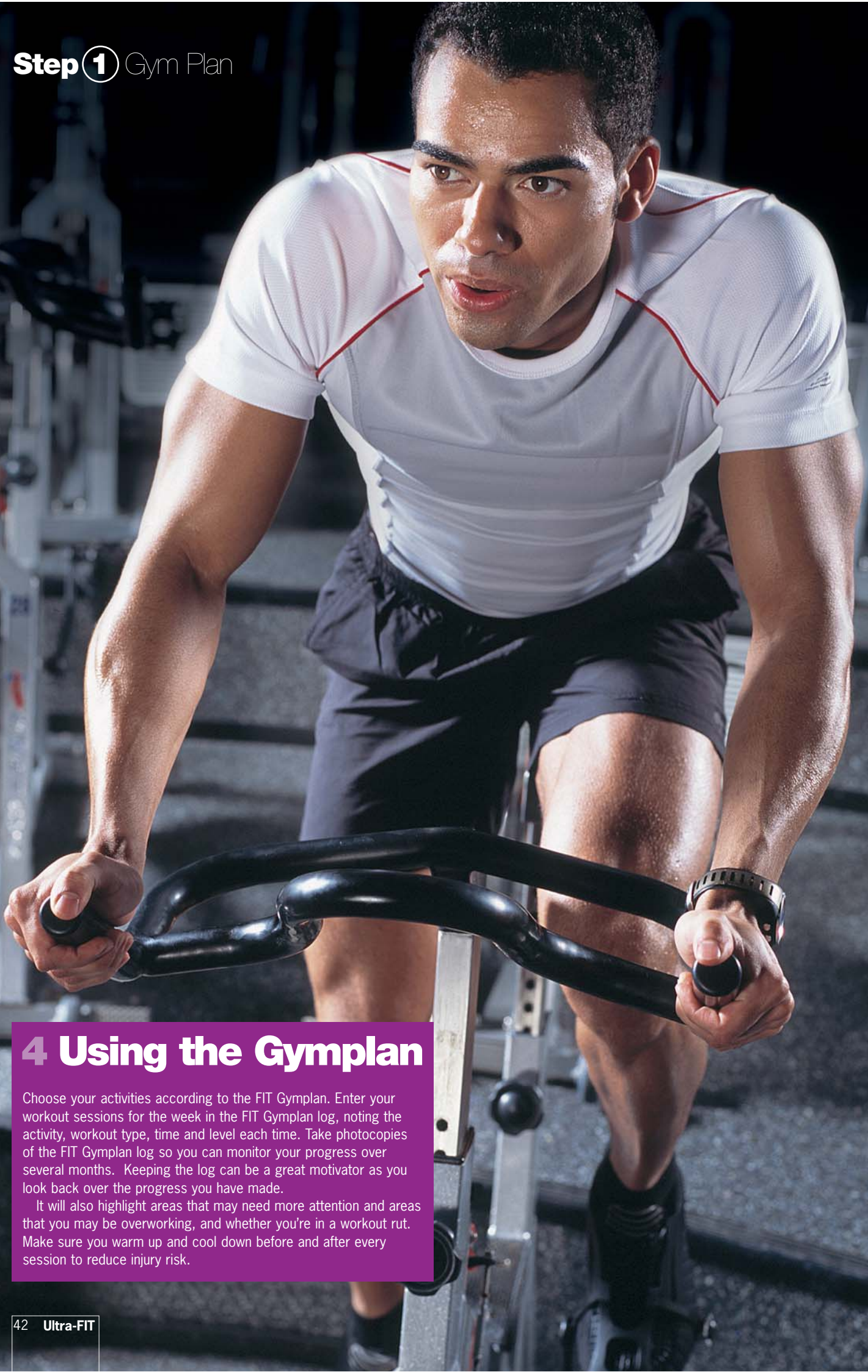
You comfortably perform 8-12 reps for 8-10 major muscle groups 3-4 times a week. If you're at this level, do 2-3 sets of 8-12 reps.

FLEXIBILITY

This will probably vary from limb to limb. So modify your stretches to accommodate any tightness.

3 Training to achieve your goal

- It is better to start gradually to give your body time to cope with the demands you are placing on it, rather than launch straight into a high-intensity plan that soon becomes a five-minute wonder.
- Cross-training can give you a better balanced body, reduced injury risk and a more stimulating workout. To cross-train effectively, you have to decide your overall goals and structure sessions to achieve them. You need a combination of cardiovascular, strength and flexibility training, whether your goal is fat loss, improved muscle tone, increased flexibility or a general boost in health and fitness levels overall. You may find that your activity level varies according to the activity, for example, you may be at level 3 for cardio, but level 1 for strength. If there is little difference, focus mainly on the level of exercise that is the key to your goal.
- Stay at each level for at least 6-8 weeks. With cardio work, boost the intensity or increase the time spent exercising. Don't up the intensity and duration at the same time. Try a mixture of hard, fast sessions, alternating with long, slow sessions. With strength training, only increase the weight when you can comfortably do the maximum number of reps.



4 Using the Gymplan

Choose your activities according to the FIT Gymplan. Enter your workout sessions for the week in the FIT Gymplan log, noting the activity, workout type, time and level each time. Take photocopies of the FIT Gymplan log so you can monitor your progress over several months. Keeping the log can be a great motivator as you look back over the progress you have made.

It will also highlight areas that may need more attention and areas that you may be overworking, and whether you're in a workout rut. Make sure you warm up and cool down before and after every session to reduce injury risk.

GOALS	LEVEL 1			LEVEL 2			LEVEL 3		
	Cardio (CV)	Strength (ST)	Flexibility (FL)	Cardio (CV)	Strength (ST)	Flexibility (FL)	Cardio (CV)	Strength (ST)	Flexibility (FL)
FAT LOSS	3x/week 20-30 min	2x/week 20 min	3x/week 10 min	4x/week 30-40 min	3x/week 20 min	4x/week 10 min	5x/week 30-60 min	4x/week 30 min	5x/week 15 min
IMPROVED TONE	3x/week 20 min	3x/week 20 min	3x/week 10 min	3x/week 20 min	4x/week 20-30 min	3x/week 10 min	3x/week 30 min	5x/week 30 min	3x/week 15 min
INCREASED FLEXIBILITY	3x/week 20 min	2x/week 20 min	3x/week 20-30 min	3x/week 20 min	3x/week 20 min	4x/week 20-45 min	3x/week 30 min	3x/week 20 min	5x/week 20-60 min
ENHANCED OVERALL FITNESS	3x/week 20-30 min	2x/week 20-30 min	3x/week 20-30 min	4x/week 30 min	4x/week 20-30 min	4x/week 20-45 min	5x/week 30 min	4x/week 20-30 min	5x/week 20-60 min

Warming up

One of the most vital aspects of working out, warming up:

- Prepares your body to work harder
- Increases muscle temperature
- Increases heart rate
- Mobilises joints
- **Activities:** exercise bike, rower, brisk walk, mobility moves

Cooling down

This is important to allow your body to return to its pre-exercise state, cooling down:

- Clears muscle of waste
- Stretches muscles to prevent soreness and injury
- **Activities:** reduce the intensity of the workout, then stretch and relax

MONTHLY LOG

Month Goal

	Week 1			Week 2			Week 3			Week 4		
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Total Workout time	CV	ST	FL	CV	ST	FL	CV	ST	FL	CV	ST	FL

ALWAYS CHECK WITH A DOCTOR BEFORE STARTING AN EXERCISE PROGRAMME