

# Weightloss For Beginners 1

Duration 30-45 Minutes



## WARM UP & SESSION NOTES

5- 10 minutes cardio warm up of choice (examples; treadmill, cross-trainer, bike, rower).  
Build up gradually until you feel like you are working at effort 7/10 or 70-75% of your max heart rate

Complete all 8 components and then repeat 2-3 times

If the equipment you need is busy you can change the order

EXERCISE	SETS	REPS	NOTES
Leg Press	1	15	Choose a weight that feels challenging by the end of the set
Chest Press	1	15	Choose a weight that feels challenging by the end of the set
Lat Pull Down	1	15	Choose a weight that feels challenging by the end of the set
Step Ups	1	15	Use bodyweight or hold dumbbells to increase intensity
Chest Fly	1	15	Choose a weight that feels challenging by the end of the set
Seated row	1	15	Choose a weight that feels challenging by the end of the set
Alternating Lunges	1	15	Use bodyweight or hold dumbbells to increase intensity
Cardio of choice	1	5-10 Mins	Intervals (1 x minute effort / 1 x minute recovery)
Repeat all exercises 2-3 times			
Cool Down & Stretch			Take 5 minutes easy cool down and stretch as required

## Decrease or Increase your intensity

To Decrease Intensity: Reduce weight, rest between sets.

To Increase Intensity: Add another circuit, increase intensity of CV, add more weight.