

General Conditioning Program

Strength based 60 minute program suitable for most members.

1. Warm up

- a. 5-10mins
- b. use bike, rower, skipping rope, pilates machine

2. Conditioning Phase – work around the room

This phase should see 2 sets of 15-20 reps –

- work x2 stations at a time – see groupings
- NO rest – just a rest from using that muscle group – see grouped

a. Leg Press – standard quad press

b. Bench Press – standard shoulder width grip

c. LAT Pulldown – wide grip

d. Leg Extension – quad extension

e. Shoulder Press – standard press up

f. Bicep Curls – on preacher curl

g. Chest – flys - Incline Bench

h. Leg Raises – on Hip Flexor

i. Roman Chair – back extensions

j. Calf raises – on box

k. Abs – V-sits or Planks

l. Triceps – on box

3. Warm down

- a. 3-5minutes on bike, rower, pilates
- b. 5-10mins Stretching – all muscle groups