



# WEIGHT TRAINING PROGRAM

## BASED ON CARDIO ROOM EQUIPMENT

### \*3RD FLOOR LAKESHORE FITNESS CENTRE

#### *Helpful Information*

**This is a four-week full-body strength training program focusing on progression to be done using the equipment in the Cardio Room.**

- The program is set up to train **3 days a week**. Each week the exercises will stay the same, however, the weights and rep schemes will slightly change. This is to allow for **progressive overload** – gradually increasing the stress placed on your body which will continuously improve your performance over time. By continually challenging your body with progressively more difficult workouts, you will see more gains in strength. This is accomplished by increasing weight, increasing repetitions or sets, or slowing down your movement. Generally, as weights are increased, the repetitions performed will decrease.
- **Rest and recovery days are important** in a strength training program. It is while the muscles are recovering, resting and repairing that they develop and get stronger. To get the most benefit out of this program, focus on recovery on the off days- getting **7-8 hours** of sleep, eating a **healthy diet** with protein at each meal, easy walking **7000-8000 steps** a day and incorporating **mobility, stretching or yoga**.
- **Keep a workout journal** in a notebook or on your phone. This will help you to track your weights, reps and progress over time.
- **Listen to your body!** If you are struggling with the prescribed weights and reps, it is all right to adjust to them and still work at a challenging level.
- When you have completed the 4-week cycle, you can **repeat** it increasing the weights and adjusting the reps as needed.
- Beginners can do **1-2 easy warmup sets** either bodyweight or light weight before doing 2-3 sets at your working weight
- If you have any questions about how to use or setup the equipment, please **scan the QR code** for help







## DAY 2

**REST AND WALK**  
7000 - 8000 steps



## DAY 3

### WARM UP

- Use our follow along video  
[Click for Video - Warm Up](#)

### WORKOUT

- **TRX Reverse Lunge** 10 reps x 3 sets  
[Click for Video - TRX Reverse Lunge](#)
- **TRX Row** 10 reps x 3 sets  
[Click for Video - TRX Row](#)
- **Cable Lateral Raise** 10 per arm x 3 sets  
[Click for Video - Cable Lateral Raise](#)
- **Cable Glute Kickback** 10 reps x 3 sets  
[Click for Video - Cable Glute Kickback](#)
- **Cable Face Pull** 10 reps x 3 sets  
[Click for Video - Cable Face Pull](#)
- **Cable Tricep Pulldown**  
10 per side x 3 sets  
[Click for Video - Cable Tricep Pulldown](#)
- **Assisted Leg Raises** 30 secs x 3 sets  
[Click for Video - Assisted Leg Raises](#)

## DAY 4

**REST AND WALK**  
7000 - 8000 steps



**IF YOU'D LIKE A TRAINER TO GUIDE  
YOU THROUGH THIS WORKOUT**  
CONTACT US AT 416-675-6622 EXT 3434

## DAY 5

### WARM UP

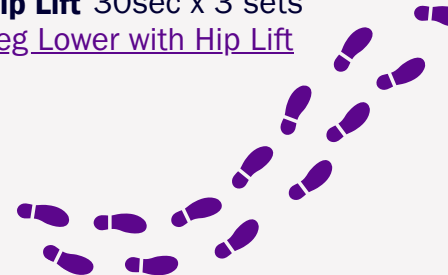
- Use our follow along video  
[Click for Video - Warm Up](#)

### WORKOUT

- **Hip Thrust** 10 reps x 3 sets  
[Click for Video - Hip Thrust](#)
- **Cable Rear Delt Y Raise** 10 reps x 3 sets  
[Click for Video - Cable Rear Delt Y Raise](#)
- **Push up** 10 reps x 3 sets  
[Click for Video - Push up](#)
- **Leg Press** 10 reps x 3 sets  
[Click for Video - Leg Press](#)
- **TRX Bicep Curl**  
10 reps x 3 sets  
[Click for Video - TRX Bicep Curl](#)
- **TRX Tricep Extension** 10 reps x 3 sets  
[Click for Video - TRX Tricep Extension](#)
- **Leg Lower with Hip Lift** 30sec x 3 sets  
[Click for Video - Leg Lower with Hip Lift](#)

## DAY 6 & 7

**REST AND WALK**  
7000 - 8000 steps



### DISCLAIMER:

Before embarking on any fitness program, we prioritize your wellbeing. We kindly request that you consult with your physician or healthcare provider to ensure that the program is suitable for you, especially if:

- You or a family member has a history of heart disease or high blood pressure
  - You have ever experienced chest pain when exercising or in the last month when inactive
  - You are a smoker, have high cholesterol, are obese, or have bone or joint problems that could be aggravated by physical activity.
- In case your physician or healthcare provider advises against starting a fitness program, we recommend following their guidance. If you experience dizziness, pain or shortness of breath during exercise, please stop immediately and consult with your doctor.