

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



PROGRAM BREAKDOWN

WEEK 1 & 2 ESTABLISH A BASELINE

The first 2 weeks of this program should enable you to work on **form** and **technique**, learn to use the equipment and become comfortable with the routine. Follow the same routine for each day

WEEK 3 INCREASE WEIGHTS

This week, do the same exercises each day but increase the weights 5-10%. Aim to complete the same repetitions of the movements but it is okay to do fewer reps due to the increased weights.

WEEK 4

MODIFY REPETITIONS

Keep the same weights as Week 3 and change your rep scheme. Try adding 1-2 reps using good form to each exercise. For example, if you did 8-10 reps in Week 3, aim for 9-11 in Week 4.



DAY 1

WARM UP

 3-5 minutes on either the treadmill, spin bike, ski erg or rowing machine.

WORKOUT

- **Seated Leg Press** 10 reps x 3 sets Click for Video - Seated Leg Press
- Diverging Lat Pulldown 10 reps x 3 sets <u>Click for Video - Diverging Lat Pulldown</u>
- TRX Chest Press 10 reps x 3 sets Click for Video - TRX Chest Press

- Follow that with some dynamic stretching/movement Click for Video - Warm Up
- Seated Rear Delt Fly 10 reps x 3 sets Click for Video - Seated Rear Delt Fly
- Cable Bicep Curl 10 reps x 3 sets Click for Video - Cable Bicep Curl
- Total Ab Trainer Scrunch 30 sec x 3 sets Click for Video - Total Ab Trainer Scrunch



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 <u>Click for Video - TRX Reverse Lunge</u>
- 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 <u>Click for Video - Cable Glute Kickback</u>
- 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

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 <u>Click for Video - Warm Up</u>

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 <u>Click for Video - Leg Press</u>
- TRX Bicep Curl
 10 reps x 3 sets
 Click for Video TRX Bicep Curl
- TRX Tricep Extension 10 reps x 3 sets <u>Click for Video - TRX Tricep Extension</u>
- 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.