



WEIGHT TRAINING PROGRAM - 3X A WEEK BASED ON CARDIO ROOM EQUIPMENT IN 3RD FLOOR OF 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**.
- **Track your workouts** using a notebook, your phone, or the printable planner at the end of this PDF.
- **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 using or setting up the equipment, **scan the QR code on the equipment** for help.

 **YouTube**
FOLLOW ALONG PLAYLIST





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.

- Follow that with some **dynamic stretching/movement**
[Click for Video - Warm Up](#)

WORKOUT

- **Seated Leg Press** 10 reps x 3 sets
[Click for Video - Seated Leg Press](#)
- **Diverging Lat Pulldown** 10 reps x 3 sets
[Click for Video - Diverging Lat Pulldown](#)
- **TRX Chest Press** 10 reps x 3 sets
[Click for Video - TRX Chest Press](#)

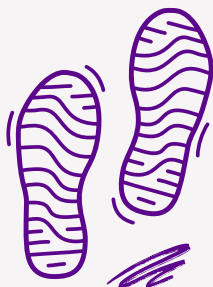
- **Seated Rear Delt Fly** 10 reps x 3 sets
[Click for Video - Seated Rear Delt Fly](#)
- **Cable Bicep Curl** 10 reps x 3 sets
[Click for Video - Cable Bicep Curl](#)
- **Total Ab Trainer Crunch** 30 sec x 3 sets
[Click for Video - Total Ab Trainer Crunch](#)



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 647-577-6444 OR
FITNESSCENTRE@HUMBER.CA**

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.

WEEK 1: WEIGHT TRAINING PROGRAM - CARDIO ROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Diverging Lat Pulldown									
TRX Chest Press									
Seated Rear Delt Fly									
Cable Bicep Curl									
Total Ab Trainer Crunch									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
TRX Reverse Lunge									
TRX Row									
Cable Lateral Raise									
Cable Glute Kickback									
Cable Face Pull									
Cable Tricep Pulldown									
Assisted Leg Raises									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Hip Thrust									
Cable Rear Delt Y Raise									
Push up									
Leg Press									
TRX Bicep Curl									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

 **YouTube**
FOLLOW ALONG PLAYLIST



WEEK 2: WEIGHT TRAINING PROGRAM - CARDIO ROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Diverging Lat Pulldown									
TRX Chest Press									
Seated Rear Delt Fly									
Cable Bicep Curl									
Total Ab Trainer Crunch									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
TRX Reverse Lunge									
TRX Row									
Cable Lateral Raise									
Cable Glute Kickback									
Cable Face Pull									
Cable Tricep Pulldown									
Assisted Leg Raises									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Hip Thrust									
Cable Rear Delt Y Raise									
Push up									
Leg Press									
TRX Bicep Curl									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

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WEEK 3: WEIGHT TRAINING PROGRAM - CARDIO ROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Diverging Lat Pulldown									
TRX Chest Press									
Seated Rear Delt Fly									
Cable Bicep Curl									
Total Ab Trainer Crunch									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
TRX Reverse Lunge									
TRX Row									
Cable Lateral Raise									
Cable Glute Kickback									
Cable Face Pull									
Cable Tricep Pulldown									
Assisted Leg Raises									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Hip Thrust									
Cable Rear Delt Y Raise									
Push up									
Leg Press									
TRX Bicep Curl									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

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WEEK 4: WEIGHT TRAINING PROGRAM - CARDIO ROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Diverging Lat Pulldown									
TRX Chest Press									
Seated Rear Delt Fly									
Cable Bicep Curl									
Total Ab Trainer Crunch									
Day 2	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
TRX Reverse Lunge									
TRX Row									
Cable Lateral Raise									
Cable Glute Kickback									
Cable Face Pull									
Cable Tricep Pulldown									
Assisted Leg Raises									
Day 4	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	☐ DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Hip Thrust									
Cable Rear Delt Y Raise									
Push up									
Leg Press									
TRX Bicep Curl									
TRX Tricep Extension									
Lower Leg with Hip Lift									
Day 6 & 7	☐ REST & WALK FOR 7,000 TO 8,000 STEPS								

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