

# TRAINING PROGRAMMES

weight training - beginners programme [duration: 2 - 3 months]

[use this training log to keep a record of the amount of weight lifted for each exercise for the duration of the programme]

Exercise	Sets	Reps	MONTH 1				MONTH 2				MONTH 3				
			KG	KG	KG	KG	KG	KG	KG	KG	KG	KG	KG	KG	
<b>Chest</b>	Flat Bench Press	2	12-15												
	Pectoral Flyers	2	12-15												
<b>Back</b>	Lat Pulldowns	2	12-15												
	Vertical Seated Rows	2	12-15												
<b>Shoulders</b>	Shoulder / Military Press	2	12-15												
	Deltoid Raise	2	12-15												
<b>Biceps</b>	Standing Barbell Curls	2	12-15												
	Seated Barbell Curls	2	12-15												
<b>Triceps</b>	Pushdowns	2	12-15												
	Dips [Chin Dip Assist Machine]	2	12-15												
<b>Legs</b>	Leg Press	2	12-15												
	Leg Extensions	2	12-15												
	Lying Leg Curls	2	12-15												
<b>Calves</b>	Standing / Donkey Calf Raises	2	Max												
				Number of Crunches				Number of Crunches				Number of Crunches			
<b>Abdominals</b>	Crunches	2	Max												

**PLEASE REMEMBER:**

- > Shoes to be worn at all times while training.
- > Towels to be carried at all times while training.
- > All weights to be packed away after use.