Cardiovascular Exercise Programme

Machine	Program	Time	Comments

Cool Down

Core Stability/Stretching Exercises

Exercise	Reps	Sets

Extra Information

COMPLETEFITNESS

Program start date: _____ **Program review date:** _____

Attendance

Date																			

Exercise tips!

Cardiovascular

- **Rowing machine:** When using a rowing machine, initiate the stroke with your legs, not your arms, to get the most out of your workout. Synchronize your movements so you finish the stroke with your legs straight and your arms bent, with the handle at your lower chest. Then you can pull yourself forward with your feet in their straps, extend your arms, and be ready for the next stroke.
- **Treadmill:** maintain an upright posture. Avoid looking at feet. Holding the rails reduces intensity so you are not burning as many calories. Hold the rails lightly till you get used to the machine, then work towards letting your arms swing naturally.
- **Stepper:** Make sure feet are placed fully on steps, keep body upright, keep heels down at all times.
- **Bike:** Ensure feet are properly strapped in and seat height is correct, avoid leaning forwards.

Resistance

- Aim for smooth, flowing continuous movement when resistance training as fast, jerky or uneven movements put unnecessary strain on the muscles.
- Don't hold your breath your muscles need a constant supply of oxygenated blood.
- Chose a weight that you are comfortable with but will also works your muscles, as a general rule use a weight that tires the muscle out within 8-10 repetitions.

Target heart rate:	From:	To:
Exercise Goals! **Long term**	**Short term**	
Warm Up		

Resistance/Weights Programme

Exercises	Reps	Sets	Time	Weight	Teaching Points

Progression/ Notes