

## GYM PROGRAM BEGINNER

10.1.2022 - 7.3.2022

Gym Start | 6 exercises

### Instructions

In the beginning of the training session, warm up with an aerobic machine (i.e. cross trainer, treadmill or exercise bike as shown in this program) for atleast 5 minutes. After you have finished the muscle fitness training, do a cool down with an aerobic machine for atleast 5 minutes.

### Cross trainer

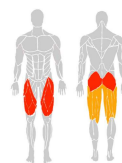
1. Place the feet on the footplates and grasp the handles. Choose a desired workout and appropriate load.
2. Push your left hand forward so that the left foot moves backward. Simultaneously the right hand pulls backward and the right leg moves forward (like running).



### Leg press

Sets: 2-3    Reps: 15    Rest: 60 sec.

1. Sit on the pad and rest your back against the back pad. Set your feet on the footplate with the toes facing forward or slightly outward. Push the legs straight but do not "lock" the knees. Turn the locks to the side and breathe in.
2. Lower the sled in a controlled manner until the knee angle is approx. 90 degrees. The lower back should not leave contact with the back pad.
3. Push the legs straight by extending the knees and keep the tension in the thighs at the top position. Breathe out during the lift.



## Seated row

Sets: 2-3    Reps: 15    Rest: 60 sec.

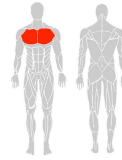
1. Grasp the handles, sit on the bench facing the machine and place the feet firmly on the footplate.
2. Relax the upper back and let the shoulder blades fall away from each other. Breathe in.
3. Pull the handles towards the stomach with the elbows moving very close to the body. Raise the chest up and forward during the pull. Breathe out during the pull.
4. Let the arms return to their straight position and the shoulder blades once again apart so that you feel a stretch.



## Cable cross-over

Sets: 2-3    Reps: 15    Rest: 60 sec.

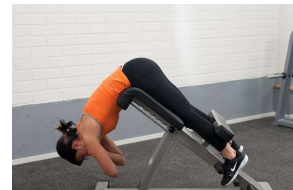
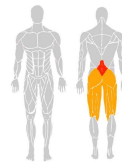
1. Grab the handles of a high position cable cross-over machine and stand with the feet shoulder width apart. Flex slightly at the elbows and breathe in.
2. Lower the handles down and across your body until the hands touch each other and breathe out.
3. Return the arms to the start position in a controlled manner while breathing in.



## Roman chair back extension (straight back)

Sets: 2-3    Reps: 15    Rest: 60 sec.

1. Position the hip pad at the stomach and hip junction, so that you do not need to contract the hip extensors and hamstrings to maintain the position.
2. Begin the movement from the base position. Hang as relaxed as possible. Breathe in.
3. Raise the upper body so that you are in a straight line from the head to the heels. Breathe out during the raise.
4. Lower your body in a controlled manner and release the tension from the back so that you feel a good stretch to the trunk extensors. Breathe in during the descent.



## Elbow to knee crunches

Sets: 2-3

Reps: 15

Rest: 60 sec.

- Lie on a mat, with knees bent. Pull in the stomach and tighten the lower abdominals. Place the hands lightly on the back of the head and breathe in.
- While breathing out, press the chin toward the chest and lift the upper back slowly off the floor. Continue by twisting the upper body to the side and, at the same time, bend the opposite leg towards the twisting elbow. Do not press the lower back against the mat.
- Return to the starting position while breathing in.
- Then twist to the other side.

