









Stretches.

Exercise Order	Picture	Stretch	Muscle	Time	Coaching Points
			Chest/Arms		• Ease into the stretch and hold for a minimum of 20 seconds
			Lower & Mid Back		• Ease into the stretch and hold for a minimum of 20 seconds
			Waist, Back & Hips		• Ease into the stretch and hold for a minimum of 20 seconds
			Thigh & Hip Flexors		• Ease into the stretch and hold for a minimum of 20 seconds
			Leg & Lower Back		• Ease into the stretch and hold for a minimum of 20 seconds
			Lower Leg		• Ease into the stretch and hold for a minimum of 20 seconds
			Tricep		• Ease into the stretch and hold for a minimum of 20 seconds
			Adductor		• Ease into the stretch and hold for a minimum of 20 seconds

Class Recommendations.

Class Type	Day & Time	Coach
Body Balance		
Pilates		
Yoga		
Swimming Lessons		

Zoggs Swim Programme Recommendations.

Session
Calm Programme

Progress Tracker.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Pit-Stop Measurement
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								It's time to book your review. Speak to one of us today.
Week 12								You should have your review booked now. If not, speak to one of us today.

Your feedback:
How are you feeling?
Messages?

LAF/7090



Name: _____

Date: _____

What would you like to achieve? _____

In what time period? _____

Coach: _____

Review Date: _____

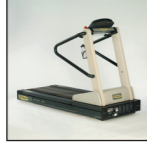





Name: _____

LA fitness
We'll get there together.







Warm Up	
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Your Heart Rate Training Zone




Cardiovascular Exercises.

Exercise Order	Picture	Equipment	Time / Distance / Calories	Intensity	Coaching Points
		Treadmill			• Try to maintain a tall, straight and neutral posture. Try to walk or run in the centre of the bed
		X-Trainer			• Place feet centrally on foot plates. Try to avoid excessive rotational movement from your waist
		Stepper			• Try not to support body weight on arms. Try to maintain a smooth rhythm with medium to larger steps
		Bike			• Try to maintain neutral spine. Try to maintain a stationary upper body and all the applied force from smooth, circular movement
		Recline Bike			• Ideally maintain a 15 degree bend at the knee. Try to maintain a stationary upper body and all the applied force from smooth, circular movement
		Rower			• Always try to maintain a neutral spine, keeping the hips and knees in alignment





Pin-Loaded Exercises.

Exercise Order	Picture	Exercise	Sets / Reps	Weight / Intensity	Coaching Points
		Chest Press	/		• Keep your back and shoulders in contact with the pad • Breathe out as you lift weight
		Pec Dec	/		• Upper arms should be parallel with the floor • Breathe out as you lift weight
		Lat Pulldown	/		• Pull bar down to chest • Try to keep the wrists straight
		Leg Extension	/		• Try not to arch your back • Legs hip width apart
		Leg Curl	/		• Feet hip width apart • Try not to arch the back
		Shoulder Press	/		• Try not to lock the elbows out • Keep breathing! Try not to hold your breath

Free Weight Exercises.

Exercise Order	Picture	Exercise	Sets / Reps	Weight / Intensity	Coaching Points
		One Arm Row	/		• Try to keep your back straight • Try to keep your shoulder isolated
		Tricep Dips	/		• Bend elbows out directly behind you. Straighten your legs to add intensity
		Bicep Curl	/		• Feet shoulder width apart, knees slightly bent, back straight. Try not to swing weights or arch back
			/		
			/		
			/		
			/		
			/		

Core Exercises.

Exercise Order	Picture	Exercise	Sets / Reps	Weight / Intensity	Coaching Points
		Crunches Mat/Ball	/		• Ensure your lower back is fully supported on the ball. Try to keep your hips and legs still throughout
		Plank	/		• Maintain balance between forearms and toes. Keep a straight line from shoulders, across your back to feet
		Side Bridge	/		• Elbow directly below shoulder • Maintain a straight line from neck to feet
		Supermans	/		• Raise only a few inches • Keep the back still throughout
			/		

Cool Down	
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Notes.

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