









### 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
Spin		
Aerobics		
Aqua		
Step		
Body Combat		

### Zoggs Swim Programme Recommendations.

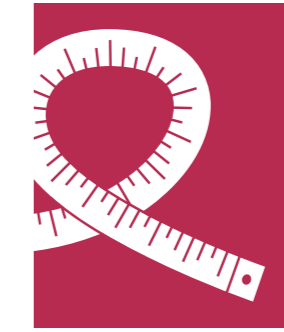
Session
Tone & Shape Programme

### 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/7087



Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would you like to achieve? \_\_\_\_\_

In what time period? \_\_\_\_\_

Coach: \_\_\_\_\_

Review Date: \_\_\_\_\_

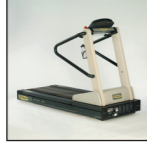





Name: \_\_\_\_\_

**LA fitness**  
We'll get there together.





Warm Up	
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Your Heart Rate Training Zone
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### 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
		Lat Pulldown	/		• Pull bar down to chest • Try to keep the wrists straight
		Leg Press	/		• Feet hip width apart • Start with a 90 degree angle at the knee
		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
		Press-Up	/		• Place hands a little wider than shoulder width apart. Straighten legs behind you to increase difficulty
		Bicep Curl	/		• Feet shoulder width apart, knees slightly bent & back straight. Avoid swinging weights or arching back
		Tricep Kickback	/		• Try to keep your back flat • Pivot on elbow
		Step-Ups	/		• Place feet fully onto step • Maintain steady rhythm
		Lunges	/		• Take very large steps • Ensure your front knee doesn't go past your toes
		Side Lunges	/		• Keep torso upright during lunge • Try to keep knee pointing in same direction as foot
		Calf Raises	/		• Stand with feet shoulder width apart & toes pointing straight forwards. Keep knees straight
			/		
			/		

### 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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