

## General fitness

Always view the **'before you start'** document prior to beginning.

For every **resistance** exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). **Increase the repetitions to make this harder.**

For every **cardio** exercise, complete intervals of 30 seconds fast and 1 minute cool down, and repeat that 3-4 times (unless otherwise stated). **Increase the 'fast' time to make this harder.**

**1** **Bike**  
Alternative: Sprints, Arm bike



**2** **Chest press machine**  
Alternative: Press ups



**3** **Pull down machine**  
Alternative: Pull ups or rows



**4** **Leg press machine**  
Alternative: Squats or lunges



**5** **Dips**  
Alternative: Press ups



**6** **Sit ups**  
Alternative: Half way



**7** **Cross trainer**  
Alternative: Any other cardio equipment, sprints, arm bike



Head to the website for more plans, such as upper body, lower body, and running.