

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.