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.