

# GETTING STARTED IN THE GYM



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This leaflet is designed to help you in your first few weeks in the gym, it will explain some of the gym terminology that is used and also help you to get familiar with the equipment and different exercises.

## WARM UP

All workouts should start with a warm up. This could be any activity, between 3 and 5 mins in duration that will gently increase your heart rate and get your blood circulating around your body faster. Recommended equipment for a warm up is the treadmill, rowing machine or bike.

## RESISTANCE WORKOUT

This includes exercises using the resistance equipment in the gym such as the chest press, leg press or the free weights / kettle bells / medicine ball's etc. It is important to factor in resistance exercises to all gym workouts as it can be influential in burning fat, increasing strength, power and endurance. Many resistance workouts will stipulate the following -

- Reps: repetitions of an exercise, how many times to perform it
- Sets: a group of repetitions, for example if you did 6-8 reps that could be called a set, you would then take a short break before performing another set.
- Rest: a short rest period between sets is encouraged

## CARDIOVASCULAR WORKOUT

This includes exercises using equipment such as the treadmill, rowing machine, exercise bike and cross trainer. Recommended times on these machines should be anything from 10-30 mins in duration. It is possible to vary the resistance and speed of these machines to vary the intensity that you are working at throughout the workout.

## FLOOR BASED EXERCISES

Most gyms have a matted area for floor based exercises. This is an ideal place to perform basic exercises like sit ups, squats or more complex exercises like the plank and plyometric exercises such as jumping squats, tuck jumps.

## COOL DOWN

All workouts should finish with a cool down. This is vitally important to reduce the heart rate slowly, bringing it down to less than 100bpm. Any of the cardiovascular machines are best suited to achieve this, as most programmes on the machines will incorporate a cool down for you. Once you have returned your heart rate to less than 100bpm, it is recommended that you gently stretch the muscles you have used. You can either do this standing or do floor based stretches. All stretches in the cool down should be held for between 15 and 20 seconds.

## YOU WILL NEED

Comfortable, suitable well fitted trainers, suitable clothing, a water bottle, snack e.g. protein shakes for afterwards and a towel to wipe down equipment after use.



# FIRST TWO WEEKS PROGRAMME

## WEEK 1

### Cardio - 10-30 minutes total

Get to know the equipment, try them out, decide what you like to use, when using the Cardio Vascular Equipment try to do a minimum of 10 mins on each, gradually increase the speed or resistance according to how you are feeling. Time: 10 mins per machine RPE: 5-6

### Resistance

On the Resistance Equipment, a good guide is to start off with a weight that you can lift comfortably for 12 repetitions on your first set, and do 3 sets of 12 repetitions on each piece of equipment. Again try them all out, see which you like, work out how you like the machine to be set up for yourself. Time:15 in total RPE 5-6

## WEEK 2

### Cardio - 10-30 minutes total

Choose 1 or 2 pieces of Cardio that you like, incorporate a warm up into the first one, do this for 5 minutes at RPE 3-4. Increase resistance or

speed for the remainder of time on that piece of equipment, up to RPE 5-7. If using a second piece of cardio equipment there is no need to warm up again, continue working at 5-7 RPE. Time:20-30 RPE: 3-7

### Resistance

At this stage focus still on full body workouts, there is no need to use all of the resistance equipment, just one for each muscle group, for example - leg extension, leg curl, abductor, adductor, chest press, shoulder press, seated row. Time:15-20 RPE 5-7

### Free Weights and Floor

(Ask an instructor to help or assist you if you need)

Introduce yourself to the free weights section, this may not be part of your daily routine but it will be nice to have the option to use occasionally. Use the same rule of thumb as with resistance machines with the 3 sets of 12.

Also you can use the mat area for abdominal work, or to use the Fitballs or BOSU balls

At this stage if you think you would be interested in having a programme designed for then please contact the gym desk, programs are available free of charge.

**Boditrax:** You can use our Boditrax machines to track your progress in the gym, Boditrax can measure all your vital body statistics, and your first scan is free, ask a member of the gym staff for more details.