

## Sample Exercise Session

*Caution: Consult your Medical Practitioner prior to undertaking vigorous physical activity.*

### 1. Warm-up

- Brisk walk or Jog for 10 min at a comfortable pace
- **Flexibility:** Shoulder/triceps stretch, Seated forward Flexion; Quads/Hip Flexor. 40-60 sec hold X 3 sets.

### 2. Main Sets.

- **Aerobic Endurance:** 30 mins aerobic interval training (work at 70-80% of max heart rate (220 – your age, X .7 or .8))  
Perform 200-400m runs, taking 30-60 sec rest between repeats.  
Complete as many sets in 30 mins.  
(Build-up - week 1 - 15min; week 2 – 20min; week 3 – 25 min; week 4+ 30min).
- **Strength:** Seated rowing, squats, upright rowing, dead lifts,  
3 sets, 10-12 reps, moderately heavy weights. (Build-up – week 1 - 1 set of 10 reps; week 2 - 2 sets of 10 reps; week 3 – 3 sets of 10 reps).

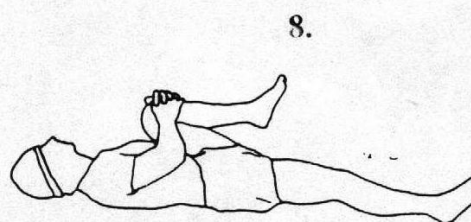
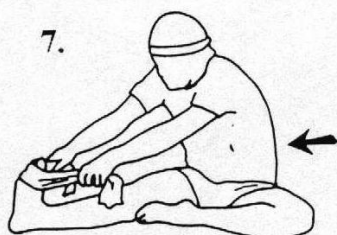
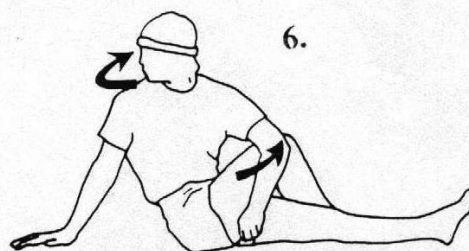
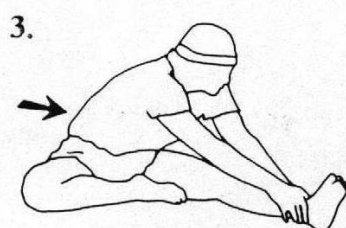
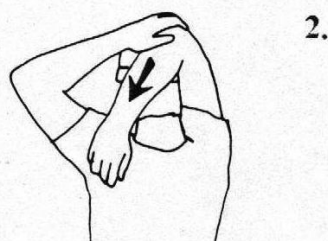
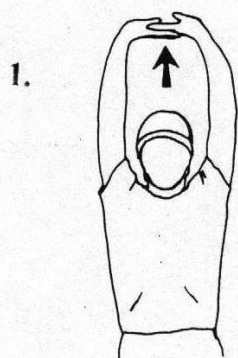
### 3. Cool-Down

Easy jog for 5 min  
Stretch

- Train 3 – 4 days per week, alternate training and rest days.
- Seek advice on correct technique, and suitability of each exercise for your current physical condition.

## Flexibility Routine.

- To be completed after a general warm-up and prior to specific training.
- The routine should be completed after training as part of the cool-down.
- Each stretch should be held in the correct position as shown for 15-20 secs. Those with poor range of motion in any of the joints being stretched should hold the stretch for 40-60 secs.
- Only stretch to the point of slight discomfort.
- Breath normally and relax as much as possible during the stretch.



## Strength Training Exercises

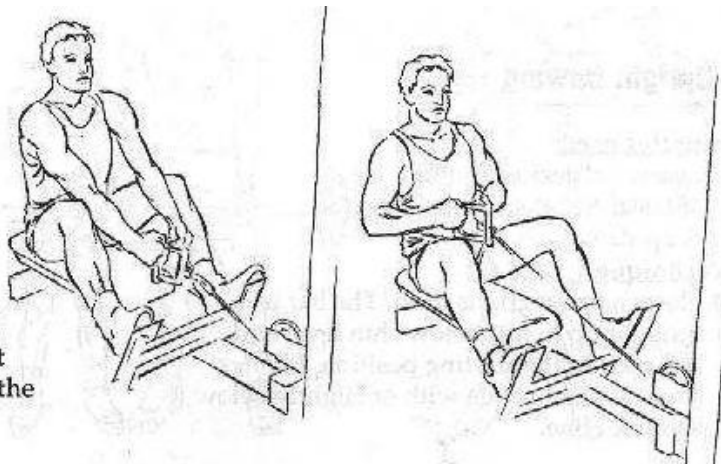
### Sealed Pulley Rows

**Muscles used:**

Rhomboids, *Teres* Group, and Latissimus Dorsi

**Technique:**

Knees are bent and the back is held straight. The hand grip is brought to the chest and then returned to the starting position.



### Squats

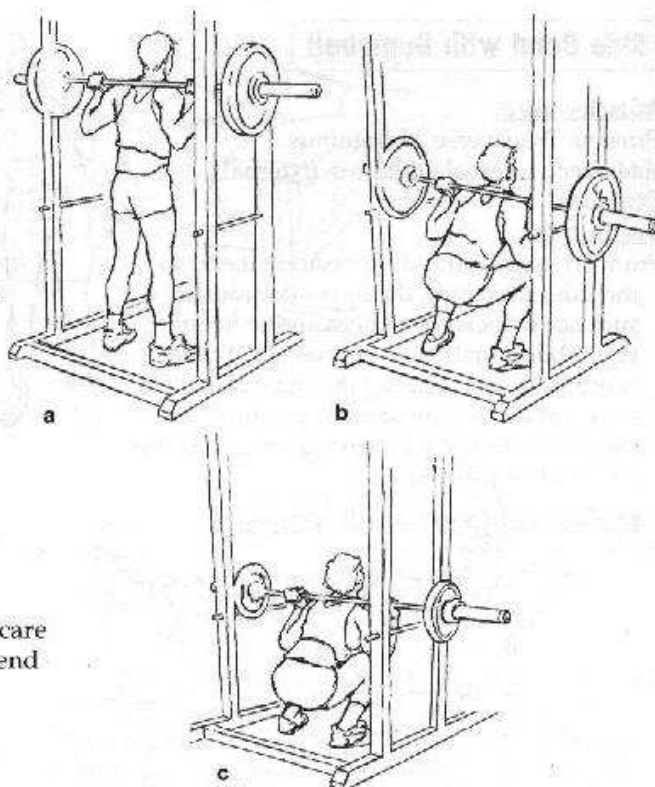
**Muscles used:**

*Primary:* Gluteals, Quadriceps, Hamstrings

Full squats involve more Gluteal use.

**Technique:**

The safest way to perform squats is to use a squat rack, as shown in figures a, b, and c. Starting from an upright position with the bar on your shoulders, bend at the knees and slightly lower yourself to a position of a 90-degree angle between your thigh and leg. This is a half squat. In the full squat, lower yourself to a fully lowered position. Full squats (figure c) put great stress on the knees and can produce injuries in susceptible individuals. Take special care while doing full squats. We recommend half squats over full squats.



## **Upright Rowing**

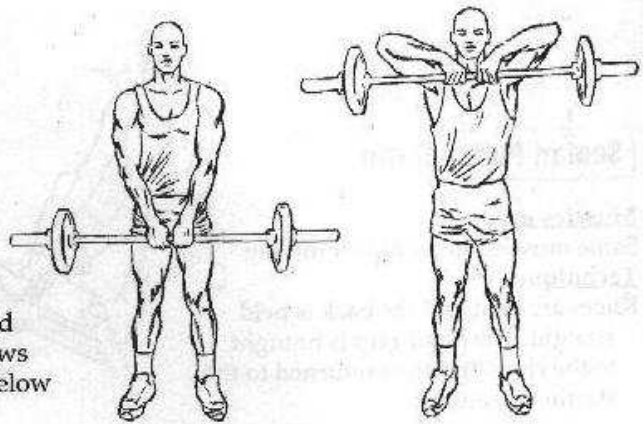
### **Muscles used:**

*Primary:* Trapezius, Deltoid

*Additional:* Supraspinatus, Levator  
Scapulae

### **Technique:**

A close, narrow grip is used. The bar is brought up to just below chin level and returned to the starting position. Elbows should remain even with or slightly below shoulder line.



## Deadlift

**Muscles used:** Hamstrings, Erector Spinae, Gluteals, Quadriceps.

### **Technique:**



The lift is done when you pull the weights off the floor to a point where the lifter is standing with his shoulders back and legs straight. It is very important to keep the back straight, in relation with your spine. This will keep the pressure off the spinal cord and lower back muscles.

Concentrate on sitting back when you lift the weights. Grab the weight and drive the weight from your heels through your legs, sitting back will help you do this. Do not use the balls of your feet.

Thighs should be parallel to the floor in the squat position, your knees directly over your feet, but not beyond. Keep your butt low to the ground. If you have too much weight on the bar, your butt goes up in the air, rounding your back, this may cause injury.

Using the powerful gluteus and quadriceps muscles, explode the weight off the floor.