

Training program #1



Cardio



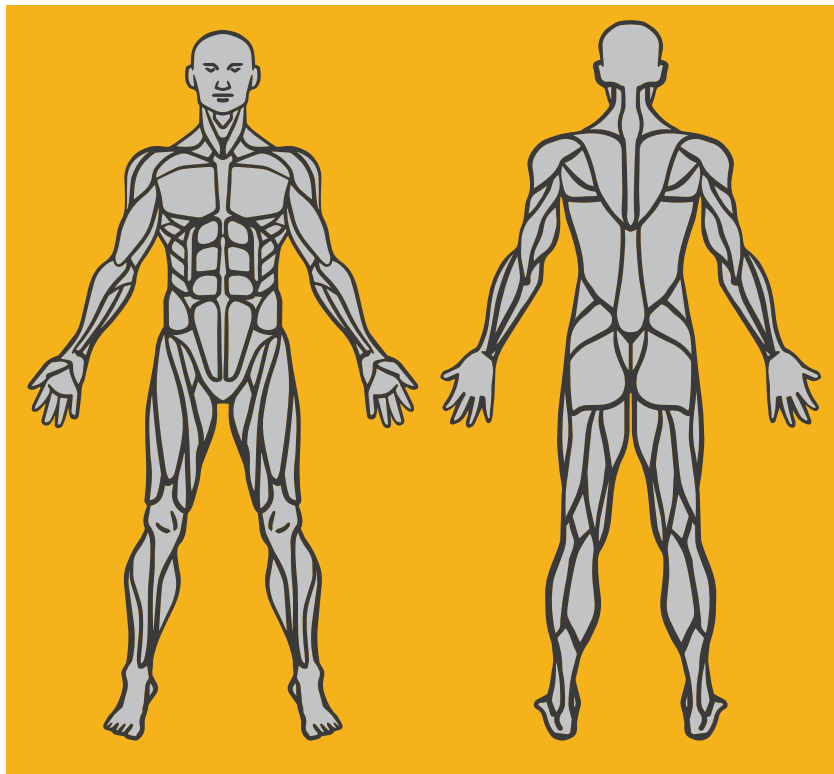
Conditioning



Strength

Upgrade your membership and take advantage of the following options:

	Platine
• Unlimited access to all gyms	✓
• Unlimited access to the showers	✓
• Unlimited use of massage chairs	✓
• Unlimited use of hydro massage beds	✓
• Unlimited use of tanning equipment (18 and over)	✓
• Share your membership card with 10 friends.	✓
• Gym bag	✓
• T-shirt	✓



MISE EN FORME
Éconofitness

Everybody is different.

Work your way up to the recommended time or reps/sets.

CARDIO



Improve heart health and increase your metabolism by performing one of the following exercises.



Stationary Bike
10 minutes



Treadmill
10 minutes



Elliptical
10 minutes



High Knees
3 X 30 secondes

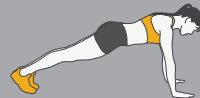
CONDITION



Use your body weight to tone.



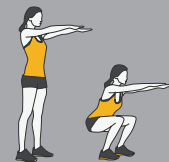
Plank
2 x 30-45 secondes



Push Up
12-15 reps X 2 sets



Weighted Oblique Twist
12-15 reps X 2 sets

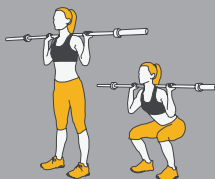


Squat
12-15 reps X 2 sets

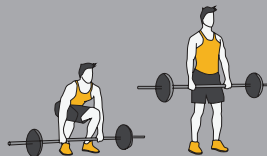
STRENGTH



Add some weight to help build muscle. Develop strength and tone your body by increasing weights and repetitions.



Weighted Squat
12-15 reps X 2 sets



Deadlift
12-15 reps X 2 sets



Chest Press
12-15 reps X 2 sets



Barbell Row
12-15 reps X 2 sets

This handout is for informational purposes only and should not be taken as professional or medical advice. Always consult your physician before beginning any exercise program or completing any of the exercises illustrated on this handout. It is your sole responsibility to evaluate your own medical and physical condition and to independently determine whether to perform any of the exercises on this handout. Fit4Less specifically disclaims liability for incidental and/or consequential damages and assumes no responsibility or liability for any loss or damage whatsoever suffered by any person as a result of the use or misuse of any information on this handout.