



Shannon Swimming & Leisure Centre

FREE 4-Week Introductory Gym Programme

Suitability: Beginners

Days: 1 – 3 days per week

Day 1

Warm up: (*get your body ready for exercise*)

Cross-trainer

5-7min (easy)

Stretches

5min. (ask a member of the team for assistance)

Strength (*Resistance*)

Chest press machine

2 sets x 15reps

Pec deck machine

2 sets x 15reps

Lat. Pull down

2 sets x 15reps

Seated row

2 sets x 15reps

Fitness (*Cardiovascular*)

Bike

7-10 minutes

Upper body ergometer

5-10 minutes

Stretches

5-10min.

Day 2

Warm up (*get your body ready for exercise*)

Bike

5-7min (easy)

Stretches

5min. (ask a member of the team for assistance)

Strength (*Resistance*)

Leg extension

2 sets x 15reps

Leg curl

2 sets x 15reps

Lateral dumbbell shoulder raises 2 sets x 15reps
Shoulder press machine 2 sets x 15reps

Core:

Basic crunch: 3 sets x 10-15 reps
Back extension on the floor: 3 sets x 10-15 reps
Bicycle on the floor: 3 x 20-30 seconds
Superman: 3 sets x 10-15 reps (each side)

Stretches 5-10min.

Day 3

Warm up:*(get your body ready for exercise)*

Treadmill 5-7min (easy)
Stretches 5min. (ask a member of the team for assistance)

Strength *(Resistance)*

Bicep curl machine 2 sets x 15reps
Tricep press machine 2 sets x 15reps

Fitness *(Cardiovascular)*

Bike 7-10 minutes
Cross-trainer 10 minutes

Stretches 5-10min.

Notes:

Start with the light weights and then when you feel comfortable increase the resistance
Start off with one day a week in the gym and work up to 2 or 3 days when you are ready.
Stay active on non-training days.