

Weight loss

If you don't understand any of the exercises, **PLEASE ASK** We are here to help!

Beginner / intermediate

10 min moderate cardiovascular warm up and mobilisation

Cardiovascular workout –

Metabolic burst –

Choose your favourite piece of cardiovascular equipment and complete the following:

5min low intensity (tissue mobility)

Then -

1min High intensity level

1min low intensity level

Repeat the minute intervals 5 times (total of 15mins, including the 5min warm up)

Follow the interval work with 10mins of steady state cardiovascular work on a different piece of equipment Heart Rate zone: 70 – 85%HR max.

Total Cardio work completed - **35mins**

Resistance exercises –

Dumbbell squats	2 sets of 10 reps
Machine chest press	2 sets of 10 reps
1 arm dumbbell row	2 sets of 10 reps
Dumbbell shoulder press	2 set of 10 reps
Leg press	2 sets of 10 reps
Plank	2 x 30 sec holds

5 min aerobic cooldown and static stretching

Neither the company, nor any employees or agents of the company shall be responsible for any death, personal injury or illness occurring upon the club premises or as a result of the use of the facilities and/or equipment and programmes either provided by or used in the club.

Intermediate / Advanced

10 min moderate cardiovascular warm up and mobilisation

Cardiovascular workout –

Metabolic burst –

Choose your favourite piece of cardiovascular equipment and complete the following:

5min low intensity warm up

Then –

30 sec very high intensity work

30 sec low intensity work

Complete 10 intervals in this manner

Then – 10min moderate intensity

Followed by

1 min high intensity work

1 min low intensity

Complete 5 intervals in this manner

Total Cardio time completed – **45mins**

Resistance circuit – minimal rest between exercises

Dumbbell squat to press	1*20 reps
Dumbbell lunge to lateral raise	1*20 reps
Step ups with upright row	1*20 reps
Mountain climbers (hands on step)	1*20 reps
Kettlebell swings	1*20 reps
Press ups	1*20 reps
Bicycle crunch	1*20 reps
Rest 2 – 3 mins and repeat circuit 2-3 times	
5min cooldown and static stretches	



**Ilkley Lawn Tennis & Squash
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