



GYM

Exercise Guide

Monday 1 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips
Squats	Bodyweight squat to chair 3 x 10 reps	Barbell Squat (light) 3 x 10 reps	Barbell Squat (moderate-heavy) 4 x 8–10 reps	Squat to approx 90° knee angle, keeping core tight
Deadlift (RDL)	Hip hinge with dumbbell 3 x 10 reps	Romanian Deadlift with Dumbbells 3 x 10	Barbell RDL 3 x 8–10 reps	Hinge at hips, back straight
Lunge	Stationary Lunges (no weight) 3 x 8/leg	Walking Lunges (bodyweight) 3 x 10/leg	Dumbbell or Barbell Lunges 3 x 10/leg	Keep upper body upright
Hip Thrust	Glute Bridge on floor 3 x 12	Hip Thrust with dumbbell 3 x 12	Barbell Hip Thrust 4 x 10	Squeeze glutes at the top. If using barbell use bar padding

Tuesday 2 September

Upper Body

Exercise	Easy	Moderate	Advanced	Tips
Chest Press	Machine Chest Press 3 x 10 reps	Dumbbell Chest Press (flat bench) 3 x 10 reps	Barbell Bench Press 4 x 8–10 reps	Keep elbows at 45°, lower with control. If using barbell ensure you have a spotter
Shoulder Press	Seated Dumbbell Press 3 x 10 reps	Standing Dumbbell Press 3 x 10 reps	Barbell Overhead Press 3 x 8–10 reps	Don't arch back, brace your core
Lat Pull-down	Lat Pulldown on machine (light weight and/or assisted) 3 x 8 reps	Lat Pulldown (moderate weight) 3 x 10	Pull-ups or Heavier Lat Pulldown 3 x 8–10 reps	
Bicep Curl	Light weight 3 x 8 reps	Moderate weight 3 x 10 reps	Moderate weight with 2s pause at the top 3 x 10 reps	Dumbbells

Wednesday 3 September

Cardio

Easy	Moderate	Advanced	Tips
<p>Treadmill: Walking (3.5–4.5 km/h) 10–15 min</p>	<p>Jogging (6–8 km/h) 15–20 min</p>	<p>Intervals: 30s sprint + 1-min walk x 10</p>	<p>Use incline for more burn; land softly</p>

Thursday 4 September

Core & Balance/Mobility

Exercise	Easy	Moderate	Advanced	Tips
Bird-Dog	Bird-Dog 3 x 10 per side	Bird-Dog + Elbow-to-Knee Tap 3 x 8 reps per side	Bird-Dog with 10s pause at the top 3 x 8 per side	Keep hips level and slow movement
Sit up	Lay down, cross hands behind head and lift upper back 3 x 10 reps	Traditional sit up 3 x 15 reps	Traditional sit up with holding a plate weight/dumbbell 3 x 15 reps	
World's Greatest Stretch	Keep back knee on floor. Elbow does not need to touch floor 3 x 5 per side	Traditional 3 x 10 per side	Hold elbow on floor for 3s and hold top position for 3s. 3 x 8 per side	How-To
Cable Twist	Standing cable twist (light weight) 3 x 10 reps per side	Standing Cable Twist 3 x 12 reps per side	Standing Cable Twist 3 x 15 reps per side	Engage and twist from core, avoid using arms only

Friday 5 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips / Notes
Squats	Bodyweight squat to chair 3 x 10 reps	Barbell Squat (light) 3 x 10 reps	Barbell Squat (moderate-heavy) 4 x 8–10 reps	Squat to approx 90° knee angle, keeping core tight
Leg extension	3 x 8 light weight	3 x 10 moderate weight	3 x 15 moderate weight	Using machine, controlled, extend all the way to the top
Leg curl	3 x 8 light weight	3 x 10 moderate weight	3 x 15 moderate weight	Using machine, controlled movement
Wall Sit	Static Wall Sit 3 x 20s	Static Wall Sit 3 x 30s	Static Wall Sit with weight plate on lap 3 x 45s	Keep knees at 90°

Saturday 6 September

Upper body

Exercise	Easy	Moderate	Advanced	Tips
Wall Angels	Seated Wall Angels 3 x 10 reps	Standing Wall Angels 3 x 12 reps	Wall Angels with Mini Band 3 x 15 reps	Keep lower back flat against wall
Rear Delt Fly	Light Dumbbell Fly (seated) 3 x 10 reps	Standing Rear Delt Fly 3 x 12 reps	Incline Rear Delt Fly or Cable Reverse Fly 3 x 12 reps	Keep slight bend in elbows; squeeze shoulder blades
Face Pull (Cable)	Resistance Band Face Pull 3 x 12 reps	Cable Face Pull (light-mod) 3 x 12 reps	Cable Face Pull with Hold 3 x 15 reps	Pull toward forehead, lead with elbows
Overhead Press	Dumbbell Press (light) seated 3 x 10 reps	Standing Dumbbell Press 3 x 10 reps	Arnold Press or Barbell Press 3 x 8–10 reps	Don't arch back; engage your core

Sunday 7 September

Cardio/Rest

Easy	Moderate	Advanced
Treadmill walk (4 km/h) 10–15 min	Incline treadmill walk (5–6 km/h) 30 min	Jog/Sprint Intervals (15s fast, 45s slow walk) x5

Monday 8 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips / Notes
Lunges	Bodyweight 3 x 8 per leg	Holding dumbbells 3 x 10 per leg	Static lunges with barbell 3 x 10 per leg	
Kickback	Standing Kickback (bodyweight) 3 x 12 per leg	Resistance Band Kickback 3 x 15 per leg	Cable Kickback with Pause 3 x 15 per leg	Slow tempo = better muscle activation
Deadlift (RDL)	Hip hinge with dumbbell 3 x 10 reps	Romanian Deadlift with Dumbbells 3 x 10	Barbell RDL 3 x 8–10 reps	Hinge at hips, back straight
Leg abduction	3 x 10 light weight	3 x 12 moderate weight	3 x 12 heavy weight	Using machine

Tuesday 9 September

Upper body

Exercise	Easy	Moderate	Advanced	Tips
Bicep Curl	Seated dumbbell curl (light weight) 3 x 8 reps	Standing bicep curl (moderate weight) 3 x 10 reps	Standing bicep curl with 2s pause at top (moderate weight) 3 x 10 reps	Elbows close to torso, slow down the lowering phase
Tricep curl	Using cable (light weight) 3 x 10	Using cable (moderate weight) 3 x 10	Using cable and pause 2s when extended, or dips (moderate weight) 3 x 12	Keep upper arms still, only forearms move
Shoulder Lateral Raise	Side raise (light weight) 3 x 10	Side raise (moderate weight) 3 x 10	Side raise to front raise (moderate weight) 3 x 12	Slight bend in elbows, raise only to shoulder height. Using dumbbells.
Lat Pull- down	Lat Pulldown on machine (light weight and/or assisted) 3 x 8 reps	Lat Pulldown (moderate weight) 3 x 10	Pull-ups or Heavier Lat Pulldown 3 x 8–10 reps	

Wednesday 10 September

Cardio

Easy	Moderate	Advanced
Treadmill walk (4 km/h) 10–15 min	Incline treadmill walk (5–6 km/h) 30 min	Jog/Sprint Intervals (15s fast, 45s slow walk) x10

Thursday 11 September

Core & Balance/Mobility

Exercise	Easy	Moderate	Advanced	Tips
World's Greatest Stretch	Keep back knee on floor. Elbow does not need to touch floor 3 x 5 per side	Traditional 3 x 10 per side	Hold elbow on floor for 3s and hold top position for 3s. 3 x 8 per side	How-To
Cable Twist	Standing cable twist (light weight) 3 x 10 reps per side	Standing Cable Twist 3 x 12 reps per side	Standing Cable Twist 3 x 15 reps per side	Engage and twist from core, avoid using arms only
Pallof Press	Seated Band Press-Out 3 x 10 reps	Standing Pallof Press 3 x 12 reps	Press + Overhead Variation 3 x 10 per side	Anti-rotation core strength; don't twist. How-To
Plank	On forearms and knees 3 x 20s	Traditional plank 3 x 30s	Traditional plank 3 x 1 min	

Friday 12 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips / Notes
Squat	Bodyweight squat to chair 3 x 10 reps	Barbell Squat (light) 3 x 10 reps	Barbell Squat (moderate-heavy) 4 x 8–10 reps	Squat to approx 90° knee angle, keeping core tight
Hip Thrust	Glute Bridge on floor 3 x 12	Hip Thrust with dumbbell 3 x 12	Barbell Hip Thrust 4 x 10	Squeeze glutes at the top. If using barbell use bar padding
Reverse Lunge	Step-back lunge with support 3 x 8 per leg	Reverse Lunge (no support) 3 x 10 per leg	Reverse Lunge + Knee Drive 3 x 12 per leg	Push through front heel
Wall Sit	Static Wall Sit 3 x 20s	Static Wall Sit 3 x 30s	Static Wall Sit with weight plate on lap 3 x 45s	Keep knees at 90°

Saturday 13 September

Upper body

Exercise	Easy	Moderate	Advanced	Tips
Chest Press	Machine Chest Press 3 x 10 reps	Dumbbell Chest Press (flat bench) 3 x 10 reps	Barbell Bench Press 4 x 8–10 reps	Keep elbows at 45°, lower with control. If using barbell ensure you have a spotter
Shoulder Press	Seated Dumbbell Press 3 x 10 reps	Standing Dumbbell Press 3 x 10 reps	Barbell Overhead Press 3 x 8–10 reps	Don't arch back, brace your core
Lat Pull-down	Lat Pulldown on machine (light weight and/or assisted) 3 x 8 reps	Lat Pulldown (moderate weight) 3 x 10	Pull-ups or Heavier Lat Pulldown 3 x 8–10 reps	
Bicep Curl	Light weight 3 x 8 reps	Moderate weight 3 x 10 reps	Moderate weight with 2s pause at the top 3 x 10 reps	Dumbbells

Sunday 14 September

Cardio/Rest

Easy	Moderate	Advanced
Treadmill walk (4 km/h) 10–15 min	Incline treadmill walk (5–6 km/h) 30 min	Jog/Sprint Intervals (15s fast, 45s slow walk) x5

Monday 15 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips / Notes
Bulgarian Split Squat	Keep both feet on floor 3 x 8 per leg	Traditional 3 x 10 per leg	Traditional 3 x 12 per leg	How-To
Deadlift (RDL)	Hip hinge with dumbbell 3 x 10 reps	Romanian Deadlift with Dumbbells 3 x 10	Barbell RDL 3 x 8–10 reps	Hinge at hips, back straight
Leg extension	3 x 8 light weight	3 x 10 moderate weight	3 x 15 moderate weight	Using machine, controlled, extend all the way to the top
Leg curl	3 x 8 light weight	3 x 10 moderate weight	3 x 15 moderate weight	Using machine, controlled movement

Tuesday 16 September

Upper body

Exercise	Easy	Moderate	Advanced	Tips
Push-Up	Wall push up 3 x 10 reps	Traditional push up (knees or toes) 3 x 12 reps	Knee push ups 3 x 15 reps	
Med Ball Slam / Throw	Overhead Slam with Light Ball 3 x 8 reps	Slam with Squat 3 x 10 reps	Slam + Jump or Rotational Throw 3 x 10 reps	Engage core and lats, exhale on slam
Battle Ropes	Slow Alternating Waves 3 x 20 sec	Fast Waves + Squat Hold 3 x 30 sec	Waves + Jump Squat Intervals 3 x 30 sec	Use whole body, not just arms
Lat Pull-down	Lat Pulldown on machine (light weight and/or assisted) 3 x 8 reps	Lat Pulldown (moderate weight) 3 x 10	Pull-ups or Heavier Lat Pulldown 3 x 8–10 reps	

Wednesday 17 September

Cardio

Easy	Moderate	Advanced
Treadmill walk (4 km/h) 20 min	Incline treadmill walk (5–6 km/h) 40 min	Jog/Sprint Intervals (30s fast, 1min slow walk) x10

Thursday 18 September

Core & Balance/Mobility

Exercise	Easy	Moderate	Advanced	Tips
Bird-Dog	Bird-Dog 3 x 10 per side	Bird-Dog + Elbow-to-Knee Tap 3 x 8 reps per side	Bird-Dog with 10s pause at the top 3 x 8 per side	Keep hips level and slow movement
Sit up	Lay down, cross hands behind head and lift upper back 3 x 10 reps	Traditional sit up 3 x 15 reps	Traditional sit up with holding a plate weight/dumbbell 3 x 15 reps	
World's Greatest Stretch	Keep back knee on floor. Elbow does not need to touch floor 3 x 5 per side	Traditional 3 x 10 per side	Hold elbow on floor for 3s and hold top position for 3s. 3 x 8 per side	<u>How-To</u>
Cable Twist	Standing cable twist (light weight) 3 x 10 reps per side	Standing Cable Twist 3 x 12 reps per side	Standing Cable Twist 3 x 15 reps per side	Engage and twist from core, avoid using arms only

Friday 19 September

Lower Body

Exercise	Easy	Moderate	Advanced	Tips / Notes
Squats	Bodyweight squat to chair 3 x 10 reps	Barbell Squat (light) 3 x 10 reps	Barbell Squat (moderate-heavy) 4 x 8–10 reps	Squat to approx 90° knee angle, keeping core tight
Deadlift (RDL)	Hip hinge with dumbbell 3 x 10 reps	Romanian Deadlift with Dumbbells 3 x 10	Barbell RDL 3 x 8–10 reps	Hinge at hips, back straight
Lunge	Stationary Lunges (no weight) 3 x 8/leg	Walking Lunges (bodyweight) 3 x 10/leg	Dumbbell or Barbell Lunges 3 x 10/leg	Keep upper body upright
Hip Thrust	Glute Bridge on floor 3 x 12	Hip Thrust with dumbbell 3 x 12	Barbell Hip Thrust 4 x 10	Squeeze glutes at the top. If using barbell use bar padding

Saturday 20 September

Upper body

Exercise	Easy	Moderate	Advanced	Tips
Chest Press	Machine Chest Press 3 x 10 reps	Dumbbell Chest Press (flat bench) 3 x 10 reps	Barbell Bench Press 4 x 8–10 reps	Keep elbows at 45°, lower with control. If using barbell ensure you have a spotter
Shoulder Press	Seated Dumbbell Press 3 x 10 reps	Standing Dumbbell Press 3 x 10 reps	Barbell Overhead Press 3 x 8–10 reps	Don't arch back, brace your core
Lat Pull-down	Lat Pulldown on machine (light weight and/or assisted) 3 x 8 reps	Lat Pulldown (moderate weight) 3 x 10	Pull-ups or Heavier Lat Pulldown 3 x 8–10 reps	
Bicep Curl	Light weight 3 x 8 reps	Moderate weight 3 x 10 reps	Moderate weight with 2s pause at the top 3 x 10 reps	Dumbbells

Sunday 21 September

Cardio

Easy	Moderate	Advanced
Treadmill walk (4 km/h) 10–15 min	Incline treadmill walk (5–6 km/h) 30 min	Jog/Sprint Intervals (15s fast, 45s slow walk) x5