

## The Orange Downloads Document

### **Basic Suggested Exercise Plan**

For each exercise, choose a weight that is manageable in the beginning but heavy enough so that the last few reps are challenging.

### **Mondays/Wednesdays and Fridays: (weight training)**

After a gentle warm up of 5 -10 minutes, complete the following nine exercises in the prescribed format below:

- Perform the following three exercises in a row. That is one round.

Push-ups	10 reps	3-4 rounds
1 arm rows	10 reps per arm	3-4 rounds
Goblet squats	10 reps	3-4 rounds

- Perform the following three exercises in a row. That is one round.

Tricep dips	10 reps	3-4 rounds
Bicep curls	10 reps	3-4 rounds
Reverse lunges	6-8 per leg	3-4 rounds

- Perform the following three exercises in a row. That is one round.

Shoulder press	10 reps	3-4 rounds
Crunches on ball	15 reps	3-4 rounds
Plank	Build up to 1 minute	3-4 rounds



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### **Tuesdays/Thursdays and Saturdays: (cardio)**

After a gentle warm up of 5-10 minutes, complete the following program on a treadmill or stationary bicycle.

EXERCISE ROUND TO COMPLETE	Number of rounds to complete	Total exercise time
Perform 30 seconds of cardio at an intensity level of 8/10 (ie, high intensity), followed by 30 seconds at an intensity level of 3/10 (ie, recovery)	20 - 24	20 – 24 minutes