

## Henfield Leisure Centre Beginner Programme

<b>Name:</b>	<b>D.O.B:</b>	<b>Start Date:</b>	<b>Reprogramme date:</b>	<b>Instructor:</b> Matt
--------------	---------------	--------------------	--------------------------	----------------------------

Order	Machine Name/station	Notes	Mode	Time	Level	Target Speed	Weight	Seat	Sets & Reps
1	Treadmill	Warm up	Quick start	5 mins	2.5	4 - 5			
2	Simple Stretch								
3	Upright bike		Quick start	15 - 20mins	6				
4	Shoulder Raise (pulley)						5 kg		3 x 8
5	Tricep pushdown (Rope)						20 - 25 kg		3 x 8
6	Bicep curl (cable bar)						25 - 27.5 kg		3 x 8
7	Leg Press						70 kg		3 x 10
8	Chest Press						10 - 14 kg		3 x 10
9	Shoulder Raise (plate)						10 kg		3 x 8
10	Fitball sit ups								3 x 20
11	Leg raises								3 x 12
12	Rowing machine	Cool down		7.5 mins	5				
13	Simple Stretch								
14									
15									
16									

**Attendance Log: Session 8\* please book for a re-programme at reception.**

1	2	5	6	7	8*	9	10	11	12
13	14	17	18	19	20	21	22	23	24

<b>Heart Rate Training Zones</b>			
<b>Maximum Heart Rate:</b>	90% <input style="width: 50px;" type="text"/>	80% <input style="width: 50px;" type="text"/>	70% <input style="width: 50px;" type="text"/>

<b>Comments from Instructor:</b>
----------------------------------

**Henfield Leisure Centre**  
**Beginner Programme**

---