

WARM UP! Do the following as a circuit for warm up.
30 seconds of each and repeat 3x

1. Stair walk 05507



sec	30
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2. Deep squat 01211



sec	30
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3. TRX Horizontal row 10038



sec	30
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The Beginner Muscle gain program.

Complete each exercise's sets and reps before moving to the next one.
 Keep good form and push hard until you cannot complete any more reps
 with good form. Control the downward phase of each repetition!
 MAX reps mean as many controlled reps as possible with good form!
 Start with 3 sets of each and build up weekly to 5 sets

4. Monkey bar pull up 05651



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

5. Chin up 01893



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

6. TRX Horizontal row 10038



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

7. Dips 04375



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

8. TRX Chest Press 10125



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

9. Bench dips 03676



1.5min	Med	
3 x	5-MAX	
Mon	B-Wgt	
01/03		

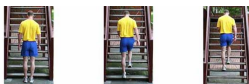
10. TRX Push up with pike 10073



1min	Slow	
3 x	10-20	
Mon		
01/03		

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4. TRX Single leg Squat 10162



1min	Med	
3 x	10-30	EL
Wed	B-Wgt	
03/03		

5. Stair split squat 05503



1min	Med	
3 x	10-30	
Wed	B-Wgt	
03/03		

6. Step up 05988



1min	Med	
3 x	10-30	EL
Wed	B-Wgt	
03/03		

7. Bench bridging 03682



1min	Med	
3 x	10-30	
Wed	B-Wgt	
03/03		

8. Single leg bench bridging 03683



1min	Med	
3 x	10-30	EL
Wed	B-Wgt	
03/03		

9. Lunge walk 01277



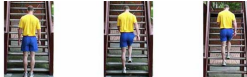
1min	Med	
3 x	10-30	
Wed	B-Wgt	
03/03		

Fri 05/03
Workout 1

WARM UP! Do the following as a circuit for warm up.

30 seconds of each and repeat 3x

1. Stair walk 05507



sec 30

2. Deep squat 01211



sec 30

3. TRX Horizontal row 10038



sec 30

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MAX reps mean as many controlled reps as possible with good form!

Start with 3 sets of each and build up weekly to 5 sets

4. Swing chest fly 05667



1min	Med	
3 x	5-MAX	
Fri	B-Wgt	
05/03		

5. TRX Single leg Squat 10162



1min	Med	
3 x	10-30	EL
Fri	B-Wgt	
05/03		

CHOOSE ONE OF THE NEXT TWO DEPENDING ON HOW STRONG YOU ARE

6. Pull-up ladder climb 10204



1min	Med	
3 x	2-MAX	EL
Fri	B-Wgt	
05/03		

8. Single leg bench bridging 03683



1min	Med	
3 x	10-30	EL
Fri	B-Wgt	
05/03		

10. Hanging hip flexion 04379



1min	Med	
3 x	5-Max	
Fri	B-Wgt	
05/03		

7. Monkey bar walk 05643



1min	Med	
3 x	5-MAX	EL
Fri	B-Wgt	
05/03		

9. Dips 04375



1.5min	Med	
3 x	5-MAX	
Fri	B-Wgt	
05/03		

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Chin up 01893



Tips: Grasp the bar with a supinated grip with the hands approximately shoulder width apart. Pull the body up until the chin is above the bar then allow the arms to fully extend to the start position before commencing the subsequent repetitions.

Cautions: Control both phases of the pull up & maintain a firm grip on the bar throughout the exercise.

Bench bridging 03682



Tips: The position of the hands on the floor can vary depending on how much balance is required. Place the hands wider on the floor to increase the stability. Starting with the feet hip width apart on the bench, raise the hips off the floor until the thighs are in line with the torso. Return the hips to the floor then continue the exercise or keep the hips off the floor throughout the exercise.

Cautions: Do not allow the spine to extend & do not raise the hips too high.

Bench dips 03676



Tips: Ensure that the bench is on a non-slip surface & start with the hands approximately shoulder width apart. Flex the elbows to lower the hips towards the ground then extend back to the start position. Keep the hips close to the bench & do not allow the elbows to hyper extend as the arms straighten.

Cautions: If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise. Ensure that the hands have a firm & stable grip on the bench.

Deep squat 01211



Tips: Start with the elbows wide, the feet slightly wider than shoulder width & facing out. Perform a deep squat while maintaining an erect torso & keeping the feet flat on the ground. The knees should track in line with the centre of the feet. The range of motion for the squat may vary depending on strength & flexibility.

Cautions: Maintain neutral curves in the spine & do not pull the neck forward as the hands remain positioned behind the head.

Dips 04375



Tips: Ensure that the hands firmly grip the handles. Lower the body towards the ground as comfortable then push up to the start position.

Cautions: Keep the upper body stable & do not allow the elbows to hyperextend when returning to the start position. If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise.

Hanging hip flexion 04379



Tips: Take a firm grip on the bar with the hands approximately shoulder width apart. Maintaining a vertical torso position, flex both hips then reverse the movements back to the start position. The amount of hip flexion can vary depending on the requirements of the exercise. Consider using wrist straps if the grip strength is inadequate to sustain the hanging position.

Cautions: Ensure that you have a firm & secure grip on the bar. Try not to develop momentum or swing the legs unless there are specific requirements to do so.

Lunge walk 01277



Tips: Start with an erect posture with the hips & shoulders facing forward. Rapidly flex the hip & dorsiflex the foot to take a stride forward. The knees should track in line with the feet & the shoulders should remain above the hips. Keep the chest up & maintain a rigid torso. Vary the stride length & depth as required.

Cautions: Do not allow the knees to buckle inwards. Do not allow the knees to travel past the position of the feet unless specified otherwise by an exercise professional.

Monkey bar pull up 05651



Tips: Perform a pull up using the monkey bars or similar equipment. Alternate the side that the head clears the centre bar with each repetition. The distance between each bar may vary depending on the various playgrounds.

Cautions: Ensure that you have a secure grip on each bar & that the head does not contact the bars during the pull up.

Monkey bar walk 05643



Tips: Grasp the first bar with the leading hand then grasp the same bar with the following hand. Repeat the cycle for the next bars. The distance between each bar may vary depending on the various playgrounds.

Cautions: Ensure that you have a secure grip on each bar.

Pull-up ladder climb 10204



Tips:

Cautions:

Single leg bench bridging 03683



Tips: The position of the hands on the floor can vary depending on how much balance is required. Place the hands wider on the floor to increase the stability. Starting with the foot in line with the hip, raise the hips off the floor until the thighs are in line with the torso. Keep the hips & shoulders square & try not to allow the pelvis to rotate. Return the hips to the floor then continue the exercise or keep the hips off the floor throughout the exercise.

Cautions: Do not allow the spine to extend & do not raise the hips too high. Ensure that the foot is stable on the bench.

Stair split squat 05503



Tips: Start with the hands behind the head, the elbows wide & the front foot on the second or third step. Keeping the hips & shoulders square, squat straight up & down. Maintain an erect posture, ensuring the knees track in line with the centre of the feet.

Cautions: Do not allow the knees to twist or buckle in.

Stair walk 05507



Tips: Walk up one step at a time with a natural stepping gait & continue to swing the arms as required. Maintain an erect posture with a slight forward lean at the hips. The knees should track in line with the centre of the feet with each stride.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip. Do not allow the knees to buckle in.

Step up 05988



Tips: The height of the step may vary depending on the requirements of the exercise. However a general guideline in relation to the height of the box is that the knee should be in line with or slightly below the height of the hip. Place the foot on the box in a heel to toe stride & then extend the hip & knee while maintaining a tall posture. The foot should face forward & be in line with the knee & hip. The knee should track in line with the centre of the foot. Reverse the movements back to the start position while maintaining alignment. Either repeat the movements with the same leg or alternate legs with each repetition.

Cautions: Do not round the spine or allow the knee to buckle in. Start with a smaller box & increase the height of the box as strength improves as long as correct technique is not compromised.

Swing chest fly 05667



Tips: Place the hands securely on the each seat & keep the arms straight. Maintaining a rigid & straight body, press the seats to the sides then pull back to the start position.

Cautions: Control both phases of the exercise & ensure that you have a secure grip on the seats.

TRX Chest Press 10125



Tips:

Cautions:

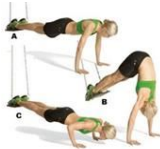
TRX Horizontal row 10038



Tips:

Cautions:

TRX Push up with pike 10073



Tips:

Cautions:

TRX Single leg Squat 10162



Tips:

Cautions: