

# 6 Week Gym Programme

## WARM UP

5 Mins - Any CV equipment  
**Mobility** - Arm Circles, Leg Swings, Ankle Rotations

## COOL DOWN

5 Mins - Any CV equipment  
Stretches

Please warm up and cool down when completing this fitness programme

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>CARDIO</b> - Any CV Equipment - Repeat 10 Times						
Faster Paced	30 Secs (5-7 RPE)	30 Secs (5-7 RPE)	45 Secs (6-7 RPE)	45 Secs (6-7 RPE)	45 Secs (6-8 RPE)	60 Secs (5-7 RPE)
Slower Paced	60 Secs (2 RPE)	45 Secs (2 RPE)	45 Secs (3 RPE)	45 Secs (3 RPE)	30 Secs (3 RPE)	30 Secs (3 RPE)
<b>RESISTANCE</b> - All Exercises						
Squats	8 - 12 Reps Each x 1	8 - 12 Reps Each x 2	8 - 12 Reps Each x 3	<b>INCREASE WEIGHT FOR ALL</b>		
Back Step Lunge						
Straight Leg Deadlift						
Chest Press						
Shoulder Press						
Bent Over Row						
<b>CORE CIRCUIT</b> - All Exercises						
Mountain Climbers	30 Secs Each	45 Secs Each	30 Secs Each x 2	45 Secs Each x 2	30 Secs Each x 3	45 Secs Each x 3
Bicycle Crunch						
High-Low Plank						

## RPE SCALE

<b>0</b> Rest	Easy to breathe and can hold a conversation	<b>3</b> Moderate	Breathing heavily and can hold a short conversation	<b>5</b> Hard	Short of breath can speak a sentence	<b>7</b>	Very Hard	Difficult to speak, able to maintain exercise intensity for a short time only
<b>1</b> Very Easy		<b>4</b>		<b>6</b>		<b>8</b>		
<b>2</b> Easy		<b>9</b>		<b>10</b> Maximum		Unable to speak		