

# The Super Toning Training Routine

## Warm Up.

The first part of any training routine is the warm-up, it should increase the heart rate, blood pressure, oxygen consumption, dilate the blood vessels, increase elasticity of the active muscles, and increase the heat produced by the muscle groups to be used during exercise.

### A proper warm-up consists of two phases:

1. A graduated aerobic warm-up activity - This is a warm-up to get the blood flowing to the muscles. This also heats up the working muscles making them less prone to injury. Any aerobic activity done at the very low intensity can serve to warm-up the muscles, tendons, and ligaments.
2. Stretching and flexibility – This is to be performed on the muscle groups you will be exercising during the cardiovascular activity. (An example would be a quadriceps stretch before bicycling).

The warm-up phase should last anywhere from 5 – 10 mins.

## Cool Down

The purpose of a cool down is to slowly decrease the cardiovascular work and overall metabolism that were elevated during the cardiovascular activity. A cool down consists of slowing down the intensity level of the cardiovascular activity you are performing slowly. Stopping exercise suddenly can be dangerous. A cool down keeps the body circulating blood and keeps blood from pooling in the veins. A proper cool down should last about 5 – 10 min for each thirty minutes of exercise if the cardiovascular activity is performed for longer periods or is of higher intensity the cool down phase should last longer.

## Stretching After Warm-Up Training

Stretching before your training routine has positive effects on your posture and mobility, and can also reduce the risk of injury. Here is a list of basic stretching exercises.

### Upper back stretch.

From a standing position, grasp a stationary object (such as a pole or exercise machine) with both hands. Bend the knees and sit back so that your arms are fully extended and supporting your weight. Shift your weight to the right to isolate the right portion of your latissimus muscle (side of back). Hold this position for 20 – 30 seconds, and then shift your weight to the left. Complete 1 – 3 repetitions.

### **Triceps stretch. (back of arm)**

From a standing position, raise your right arm over your head. Bend your elbow so that your right hand is behind your head. With your left hand grasp your right wrist or elbow and pull it back as far as comfortably possible, pointing your right elbow toward the ceiling. Hold this position for 20 -30 seconds then repeat the process with your left arm. Complete 1 – 3 repetitions with each arm.

### **Chest stretch.**

From a standing position, grasp a stationary object (such as a piece of exercise equipment or a pole) with your right hand. Your arm should be straight and roughly parallel to the ground. Slowly turn away from the object, allowing your arm to go as far behind the body as comfortably possible. Hold this position for 20 – 30 seconds, and then repeat the process with your left arm. Complete 1 – 3 repetitions on each side.

### **Shoulder stretch.**

From a standing position, Grasp your right wrist or elbow with your left hand. Without turning your body, slowly pull your right arm across your torso as far as comfortably possible. Hold this position for 20 – 30 seconds, and then repeat the process with your left arm. Complete 1 – 3 repetitions with each arm.

### **Bicep stretch (front or arm).**

From a standing position, extend your right arm forward with your palm facing up. Place your left palm underneath your right elbow. Slowly straighten your right arm as much as comfortably possible, pressing your elbow down into your left hand. Hold this position for 20 – 30 seconds, and then repeat the process with your left arm. Complete 1 – 3 repetitions with each arm.

### **Glute/Hamstring stretch (backside and back of leg).**

Sit on the floor with your legs straight and slowly bend forward. Allow your hands to travel down along the line of your body as far as comfortably possible. When you feel an intense stretch in your hamstrings, (back of the leg) grab onto your legs and hold this position for 20 – 30 seconds. Complete 1 – 3 repetitions with each leg.

### **Quadriceps stretch (front of thigh).**

From a standing position, grasp a stationary object (such as a pole or exercise machine) with your right hand. Bend your left knee and bring your left foot toward your backside. Grasp your left ankle or foot with your left hand and slowly lift your foot as high as comfortably possible. Hold this position for 20 – 30 seconds and then repeat on the other leg. Complete 1 – 3 repetitions on each leg.

## Calf stretch (rear of lower leg).

From a standing position, grasp a stationary object (such as a piece of exercise equipment or pole) with both hands. Bend your right knee and bring your left leg behind your body as far as possible whilst keeping your feet flat on the floor. Slowly lean forward without lifting your left heel. Hold this position for 20 – 30 seconds then repeat the process for the left leg.

## Resistance Training.

In relation to the overload principle, the weight you choose must be heavy enough that the last few reps must be a struggle, and you may not be able to complete all the reps, therefore if you are able to complete the full amount of reps quite easily then the weight is too light. If you are not able to complete at least eight reps then the weight is too heavy and must be dropped. It may take you a couple of sessions to get the weights right.

Rests between sets will be 30 – 60 seconds between sets.

## Workout 1. Shoulders, Biceps and Triceps.

Exercise	Sets	Rep Range	Weight
Dumbbell Shoulder Press	4	8 – 15 reps	=====
Cable Upright Row	3	8 – 15 reps	=====
Dumbbell Reverse Flye	3	8 – 15 reps	=====
One Arm Cable Curl	3	8 – 15 reps	=====
Barbell Curl	2	8 – 15 reps	=====
Dumbbell Concentration Curl	2	8 – 15 reps	=====
Dumbbell Triceps Kickbacks	3	8 – 15 reps	=====
One-Arm Dumbbell Triceps Ext	3	8 – 15 reps	=====
One-Arm Reverse Pushdown	2	8 – 15 reps	=====

## Workout 2: Thighs, Hamstrings and Calves.

Exercise	Sets	Rep Range	Weight
Dumbbell Squat	4	8 – 15 reps	=====
Leg Extension	3	8 – 15 reps	=====
Dumbbell Side Lunge	3	8 – 15 reps	=====
Dumbbell Stiff-leg Deadlift	3	8 – 15 reps	=====
Lying Leg Curl	3	8 – 15 reps	=====

Standing Calf Raise

3

8 – 15 reps

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## Workout 3: Chest, Back and Abdominals.

Exercise	Sets	Rep Range	Weight
Incline Press	4	8 – 15 reps	_____
Dumbell Flat Press	3	8 – 15 reps	_____
Dumbell Incline Fly	3	8 – 15 reps	_____
Lat Pulldown	4	8 – 15 reps	_____
One-Arm Dumbell Row	3	8 – 15 reps	_____
Dumbell Pullover	3	8 – 15 reps	_____
Cable Weighted Crunch	3	30 reps	_____
Leg Raises	3	30 reps	_____

## Cardiovascular Training.

You will monitor the intensity of intervals using a rate of perceived exertion (RPE). This is a measure of how hard you feel when you are training, taking into account the physical sensations you experience during your workout, including increases in hear rate, breathing rate, and sweating. The RPE is rated using an incremental scale ranging from one to ten, with one representing a lack of exertion and ten being the maximum possible exertion. For example, a three would indicate a level of exertion that is fairly easy, and a level eight would be a level that was very demanding. You may have trouble getting through an entire workout at the suggested RPE levels; if this is the case then don't worry simply decrease your levels to a level more consistent with your level of ability. As time goes on then your level of fitness will increase enabling you to complete the workout at a higher level.

## Interval Training.

### Day 1, Static Cycle.

Minutes	RPE	Notes
3	3	Warm up at low intensity
4	5	Increase resistance and/or pedal power
1	7	Increase resistance and/or pedal power
3	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
2	5	Decrease resistance and/or pedal power

1	9	Increase resistance and/or pedal power
2	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
3	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
4	5	Decrease resistance and/or pedal power
1	7	Increase resistance and/or pedal power
3	3	Cool down at low intensity

## Day 2, Cardio.

This week we increase the intensity by altering the duration. Static cycle.

Minutes	RPE	Notes
3	3	Warm up at low intensity
1	7	Increase resistance and/or pedal power
3	5	Decrease resistance an/or pedal power
1	8	Increase resistance and/or pedal power
2	5	Decrease resistance an/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance an/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance an/or pedal power
1	9	Increase resistance and/or pedal power
2	5	Decrease resistance an/or pedal power
1	8	Increase resistance and/or pedal power
2	5	Decrease resistance an/or pedal power
1	7	Increase resistance and/or pedal power
3	5	Decrease resistance an/or pedal power
3	3	Cool down at low intensity

## Day 3, Cardio.

Minutes	RPE	Notes
3	3	Warm up at low intensity

2	5	Increase resistance and/or pedal power
1	7	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	9	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	8	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
1	7	Increase resistance and/or pedal power
1	5	Decrease resistance and/or pedal power
3	3	Cool down at low intensity

**Due to the nature of this super toning routine, your nutrition must be optimum and fluid intake must be of at least 2 litres per day.**