



HOW TO FOLLOW THE PROGRAMME

It's an 8 week programme of resistance exercises and the inclusion of some cardio exercise

- Accept the Terms & Conditions and proceed to all the info
- The Exercise Readiness Questionnaire is important – you'll know if you need to visit your doctor before starting the exercises, especially if you haven't exercised before
- Go at your own pace and if you're new to exercising, start with the beginner version of an exercise, where it's relevant
- For the exercises, you'll need an exercise mat (or a towel on a soft carpet will be fine), and a set of lightweight dumbbells, and a little bit of space at home. If you're travelling and can't take your weights with you, use water bottles or do those requiring weights when you get home
- Watch the videos to complete the exercises for each day. The sequence of exercises starts off with Day 1, Day 3 and Day 5 of resistance exercises e.g. Monday, Wednesday & Friday. Day 2, 4 and 6 are considered 'cardio days'
- Week 2 therefore starts with Day 7...and so the programme continues....
- Download the calendar to help with your schedule!
- If you miss a day because you have other commitments, just follow the programme as closely as you can, because even exercising twice a week is better than no exercise at all!
- There is an emphasis on the major muscle groups and that's why lunges, squats, calf raises and stomach exercises are done 3 x per week
- Cardio exercise is for example walking, jogging, swimming or cycling. There is a cardio plan for you if you want to start off walking and slowly build up to jogging or running.
- Take note of the change in repetitions each week, or for the time-based exercises like holding a plank, take note of the increase or decrease in time each week
- It's best to warm up before exercise and stretch afterwards – follow the suggested guide lines which you can download
- Remember to visit our Facebook page for updates and motivational tips, and visit the SPAR website Health section for information on healthy eating. **www.spar.co.za**