

SEER GREEN FITNESS EQUIPMENT

SAMPLE CIRCUIT

WARM UP & STRETCH

A vital part of any workout. Begin by walking or jogging around the rec to gradually raise your heart rate.

SQUAT TO OVERHEAD ARM SWING

- Squat down and swing the arms down and back
- Return to standing position with arms stretched overhead
- Repeat 8-10 times



LUNGE WITH ROTATION

- Stand tall with feet hip width apart
- Lunge forward while rotating the torso towards the lunging leg
- Push back with the lead foot and return to start position
- Repeat 8-10 times



MAIN WORKOUT

AIR SKIER

- Place hands on both handles and step up on to the machine
- Swing your legs from left to right, altering speed and height as necessary



SQUATS

- Stand with your feet shoulder-width apart
- Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than your knees
- Press your heels into the floor to return to the initial position
- Repeat
- Beginners 5 times; Intermediate 10 times; Advanced 15 times



COMBINATION PULL DOWN AND CHEST PRESS

PULL DOWN

- Sit down and grab handles overhead, placing your feet on the bar
- Pull down with both arms and the seat raises up - you are using your own body weight as resistance
- Control your movement both on the way up and way down
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



CHEST PRESS

- Sit down and take handles on each side, placing your feet on the bar
- Push both arms out and the seat raises up - you are using your own body weight as resistance and may feel quite tough.
- Control your movement both on the way up and way down
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps

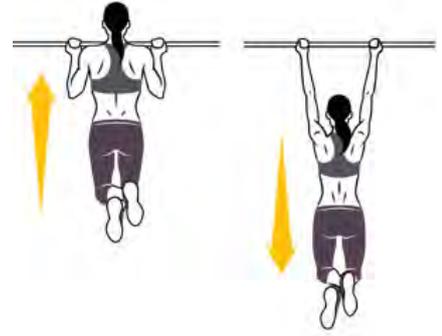


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SAMPLE CIRCUIT

CHIN UPS

- Grip either height of bar with your palms facing towards you
- Hang from the bar with arms extended
- Pull yourself up with your arms, bringing your elbows back
- Pause at the top and slowly lower yourself down
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



ALTERNATIVE

- Jump up and grab the bar with your palms facing towards you
- Slowly lower yourself to the ground

PARALLEL BARS

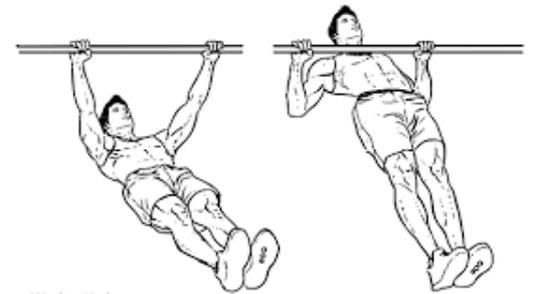
TRICEP DIPS

- Stand in the middle of the bars
- Grip each bar with one hand
- Jump up until your arms are straight and your body is straight
- Slowly lower yourself by bending your elbows
- Slowly raise yourself back up
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



INVERTED ROW

- Stand on the outside of the bars, facing one of the bars
- Grasp the bar from underneath with your palms facing upwards
- Move your feet forward until your body is straight in a diagonal position
- Extend your arms, slowly lowering your torso towards the ground
- Pull up with your arms until you are back in the starting position
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



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SIT UP BOARDS

SIT UPS

- Sit on the tall end of the bench, and tuck your feet under the bar.
- Slowly lower yourself backwards until you feel a tension in your stomach
- Pull yourself back up using your abdominal muscles
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



PRESS UP

- Grip the sides of the bench at either end (the higher end is easier)
- Lower your chest to the board by bending your elbows
- Push yourself back up keeping your body straight
- Beginners 5 reps; Intermediate 10 reps; Advanced 15 reps



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STRENGTH TRAINER

- Stand facing a wheel
- Grab the wheel at both edges
- With your arms straight, twist the wheel round at least 45 degrees to the right and left
- Beginners 15 reps each side; Intermediate 30 reps; Advanced 50 reps

TRY THIS WITH A FRIEND AND COMPETE WITH EACH OTHER TO TURN YOUR WHEEL AGAINST THEIRS



**THIS COMPLETES ONE CIRCUIT
YOU SHOULD AIM TO COMPLETE THE CIRCUIT THREE TIMES, AND YOU CAN ADD A JOG/
WALK AROUND THE REC BETWEEN EACH ONE**

ROWER

- To end the workout, some fun on the rower
- Sit in the machine and grab each hand hold
- Pull/ push yourself backwards and forwards
- Try not to let the seat touch the metal bar as you reach the end of each movement
- Beginners 15 reps each way; Intermediate 30 reps; Advanced 50 reps



COOL DOWN AND STRETCH

- To cool down, walk around the rec until your heart rate begins to slow down to a normal rate

STRETCHES

Quadriceps Stretch

- Stand facing the parallel bars, and hold on with one hand
- Bring your right foot towards your bottom, holding on to your foot or ankle
- Keep your thigh in line with your body
- Switch Legs



Hamstring Stretch

- Stand upright with one foot in front and one foot behind
- Bend your back leg and perform a sitting motion, keeping your front leg straight
- Switch legs



Chest and Back Stretch

- Stand upright and bring your arms forward as far as you can
- Feel the stretch in your back
- Bring your arms all the way back parallel to the ground
- Feel the stretch in your chest

