

2 Day a week resistance program C

The 2 day a week resistance programs A, B and C are great for people commencing resistance based training for the first time and have not been exposed to the intensity of lifting weights. These programs will cover all muscle groups throughout the 2 sessions and introduce you to the pinnacle exercises to give you a good strength foundation. They are also a great addition to any sport you may be playing or other forms of high intensity training. If you are new to lifting, please ensure that you have one of our staff or PT's check out your technique prior to loading up with any significant weight. Remember for safety when working alone, please utilise the safety arms on those exercises where you are underneath the weight/bar.

It is recommended that you persist with any resistance based program for between 10 and 12 weeks to ensure you allow sufficient time for muscle adaptation and strength improvements to occur. Usually after that amount of time it is time to select alternate exercise choices to ensure continual adaptations occur in body composition.

Your warmup should commence with mobility exercises in some foam rolling as per the video demonstration here

https://www.youtube.com/playlist?list=PLatfjwuXTMtd4eluwvnUqQi_dYpkwBcwu

Resistance based Warmup – % of your working weight

1 st warmup set 12 reps at 25%	warmup set only required on
2 nd warmup set 8 reps at 50%	first exercise only.
3 rd warmup set 6 reps at 75%	
4 th warmup set 3 reps at 80%	(your working weight for the session)

Repetition speed - slow and controlled. Around 2 sec for each movement (Eccentric and Concentric... up and down)

Recovery – 90sec - 2 min between sets. This will allow full sufficient recovery of your anaerobic energy system to ensure quality lifts.

Note: This exercise program is a guide only and prior to any resistance based exercise ensure that you are comfortable and confident with your technique. Resultz Gym have developed these programs/workouts exclusively for their members. If you believe there is a risk to your health by participating in this exercise program, please cease training immediately and inform the manager in writing about the perceived risk. You must assess your own fitness/strength level and modify any program accordingly.

Technique and form: Resultz Gym have provided exercise charts to assist our members with correct lifting techniques. These charts also provide a QR code that you can scan with your smart phone and see a demonstration online. If you have any queries whatsoever please ensure that you have one of our staff or PT's check out your technique prior to commencing.

Day 1	Reps	Sets
**Barbell dead lift	8-12	2
Barbell decline bench press	8-12	2
Lat Pull down	8-12	2
45° Seated leg press	8-12	2
Dumbbell seated shoulder press	8-12	2
Core Exercises	100	

**Only advance to a Barbell dead lift once you have perfected the Hex bar dead lift technique. It may take 6 months of dead lifting with a Hex bar prior to using the straight bar.

Day 2	Reps	Sets
Barbell split squat	8-12	2-3
Seated row	8-12	2-3
Barbell close grip chest press	8-12	2-3
Barbell bent over row	8-12	2-3
Dumbbell alternate bicep curl	8-12	2-3
Core Exercises	100	