

# SCULLY FITNESS – LEVEL 1 WORKOUT

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## **RESISTANCE WORKOUT – Upper/Lower**

Warm up = 5 mins Bike

Workout = 40 mins

**\*\*COMPLETE FOR 4 WEEKS\*\***

Exercise	Sets	Reps	Rest	Notes	Weight
1A) Leg Press 1B) Lat Pulldown	3	12	30s		
2A) Hip Abductor 2B) Chest Press	3	12	30s		
3A) Knee Extensions 3B) Seated Row	3	12	30s		
4A) Leg Curl 4B) Body Squats	3	10	30s		
Cross Trainer	10min				



# SCULLY FITNESS – LEVEL 1 WORKOUT

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## **CIRCUIT – Upper/Lower**

Warm up = 5 mins Bike

Workout = 40 mins

**\*\*COMPLETE FOR 4 WEEKS\*\***

Exercise	Sets	Reps	Rest	Notes	Weight
1. Lat pulldown 2. Leg Press 3. Chest Press 4. Knee Extensions 5. Jump Squats 6. Walking Lunges 7. KB Swings	3	15		**Complete each exercise once, then move onto next.	
8. Mountain Climbers 9. Plank	3	30s 30s			
10. Rowing Machine	3	200m			



# SCULLY FITNESS – LEVEL 1 WORKOUT

## **CARDIO**

Warm up = 5 mins Bike or Cross Trainer and Stretches

Workout = 30 - 40 mins

**\*\*COMPLETE x 2 Times per Week, For 7 WEEKS\*\***

Week	Cross Trainer	Treadmill	Rower	Bike (cool down)
<b>Week 1</b>	5 minutes	<b>Total = 3km</b> Walk 1 mins, run 2 mins	NA	3-5 mins
<b>Week 2</b>	5 minutes	Total = 4km Walk 1 mins, run 3 mins	NA	3-5mins
<b>Week 3</b>	5 minutes	Total = 5km Walk 1 mins, run 5 mins	NA	3-5mins
<b>Week 4</b>	5 minutes	Total = 5km Run 10 mins, Walk 1 mins	NA	3-5mins
<b>Week 5</b>	5 minutes	Total = 8km Run 10 mins, Walk 1 min	NA	3-5mins
<b>Week 6</b>	5 minutes	Total = 10km ( <b>Only 1 Day</b> ) Run 10 mins, Walk 1 min	NA	3-5mins
<b>Week 7</b>	5 minutes	Total = 5km <b>**FINAL WEEK**</b> Run 5km no breaks, once during this week	NA	3-5mins



