

fernzeood.



*DISCLAIMER The content in this eBook is for general information and promotional purposes only. It does not take into consideration your personal or health conditions. Always consult your GP, medical specialist, or mental health specialist, for health-related advice. Speak to a qualified Personal Trainer or relevant instructor before undertaking any of the exercises in this eBook. Only undertake physical activity if you are fit and well to do so.





MONDAY

Upper Body Strength

FRIDAY Pilates Class

TUESDAY

Cardio

SATURDAY Cardio or activity of choice

WEDNESDAY

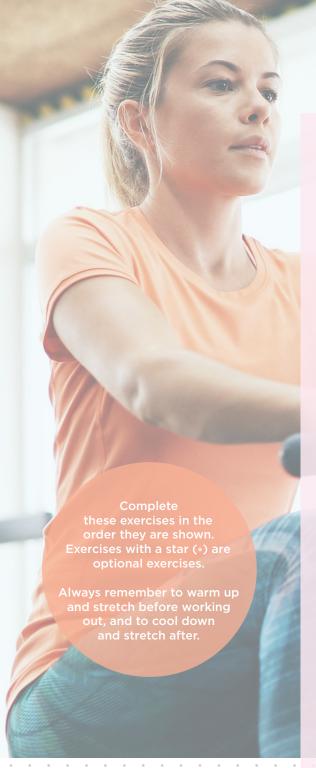
Rest Day + Meditation

SUNDAY Rest Day + Meditation

THURSDAY

Lower Body Strength JOIN FERNWOOD! When you join us, you get access to MyFernwood, which has loads of workouts, recipes and meditation sessions.





UPPER BODY STRENGTH

BEGINNER

BACK ROW	SETS 3	REPS 12
CHEST PRESS	3	12
SHOULDER PRESS	3	10
DB BICEP CURLS*	3	8
CABLE TRICEPS EXTENSION*	3	8

INTERMEDIATE-ADVANCED

DB BENCH PRESS	SETS 3	REPS 8
DB ROW	3	8
INCLINE CHEST FLYS	3	12
LAT PULL DOWN	3	12
DB HAMMER CURL*	3	15
OVERHEAD TRICEPS EXTENSION*	3	15
FRONTAL RAISES*	3	12
UP RIGHT ROW*	3	12

Workouts created by Fernwood Ascot Vale Personal Trainer Jacinta





INTERMEDIATE-ADVANCED

ROMANIAN DEADLIFT	SETS 3	REPS 10
BOX JUMPS	3	10
FRONT SQUATS	3	10
SLED PUSH	3	2
KETTLEBELL SWINGS	3	20

Workouts created by Fernwood Ascot Vale Personal Trainer Jacinta





500M ROWROW FOR 500M FOLLOWING THE BELOW WORKOUT.

- Warm up at a speed of 30-35rpm for 30 seconds
- After warm up, keep a pace of 30-35rpm.
- In the last 30 metres of each 100 metre block, increase speed to 40-45rpm or however fast you can maintain.

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WE'RE A SOCIABLE BUNCH

Don't forget to tag us in pics of you enjoying these workouts with #FernwoodFitness on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

- **(1)**
- @FernwoodFitness
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#FernwoodFitness

MOVING WITH A WORKOUT

Get started by presenting this page to a Fernwood Fitness club to receive your

FREE CLASS PASS.

Terms and conditions apply.

Valid at participating clubs only.