



Workout PLANNER

FITNESS
fernwood®



WORKING OUT *feels amazing*

- we don't have to convince you of that. Sometimes staying on track is the hardest part of staying committed to your fitness. So to make that a little easier, we've created a fitness planner just for you.

Plus, we've included a workout guide to help kick start your Fernwood journey! It's a combination of strength training, cardio, Pilates and of course rest days

***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.

Weekly

WORKOUT

Here is a sample weekly workout for you to kick start your exercise routine.

Everyone will have different goals and schedules, so feel free to change it up depending on what you want to achieve and what works best for you.

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

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

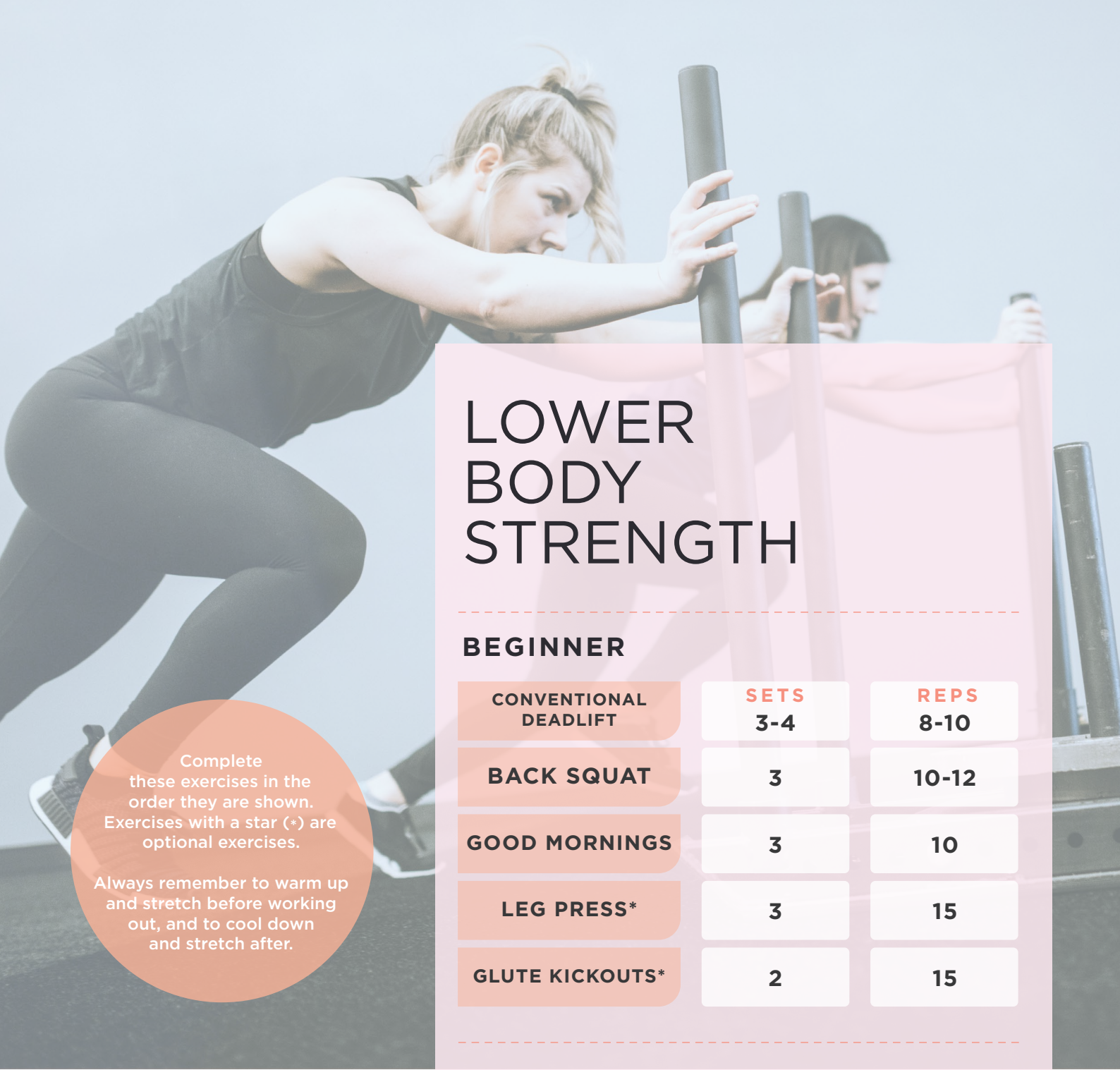
Complete these exercises in the order they are shown. Exercises with a star (*) are optional exercises.

Always remember to warm up and stretch before working out, and to cool down and stretch after.

INTERMEDIATE-ADVANCED

	SETS	REPS
DB BENCH PRESS	3	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



LOWER BODY STRENGTH

BEGINNER

CONVENTIONAL DEADLIFT	SETS 3-4	REPS 8-10
BACK SQUAT	3	10-12
GOOD MORNINGS	3	10
LEG PRESS*	3	15
GLUTE KICKOUTS*	2	15

Complete these exercises in the order they are shown. Exercises with a star (*) are optional exercises.

Always remember to warm up and stretch before working out, and to cool down and stretch after.

INTERMEDIATE-ADVANCED

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

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Repeat the workout until you reach 2-3km, or 20-30 minutes (depending on how you are monitoring your goals).

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CARDIO

WALKING TO RUNNING

SPEED	TIME
4-7KM/PH	3 MIN
8-10KM/PH	30 SEC - 1 MIN
4-7KM/PH	2 MIN

500M ROW

ROW 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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Workout PLANNER

My goal this week is...

MON

TUE

WED

WORKOUT
TYPE &
DURATION

DISTANCE
REPS
WEIGHTS
INTERVALS

THU

FRI

SAT

SUN

WORKOUT
TYPE &
DURATION

DISTANCE
REPS
WEIGHTS
INTERVALS

This week I am most proud of...

This week I struggled with...

In the future I will...

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!



@FernwoodFitness



#FernwoodFitness

Share the love

Workouts are always better with a friend, that's why we'd love to give you this **free class pass** that you can gift to a friend.

Free Class Pass

Simply contact your local Fernwood to activate your free pass.

Available at participating clubs only.