



# 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).

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

# 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...

WORKOUT  
TYPE &  
DURATION

MON

TUE

WED

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**

*Get your body*

## 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.