

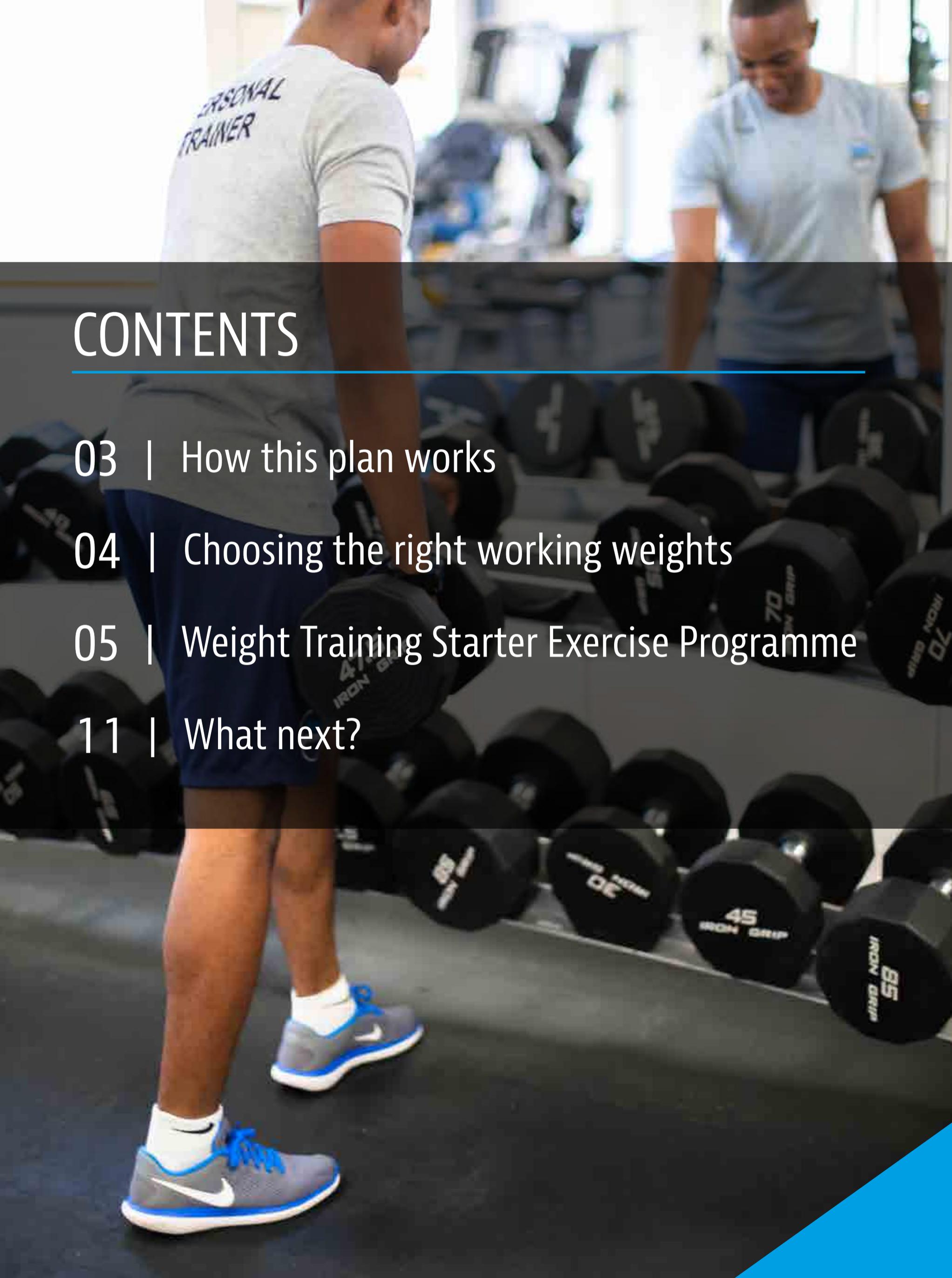
# WEIGHT TRAINING

## STARTER PLAN



HELPING YOU GO FAR  
WITH YOUR FITNESS





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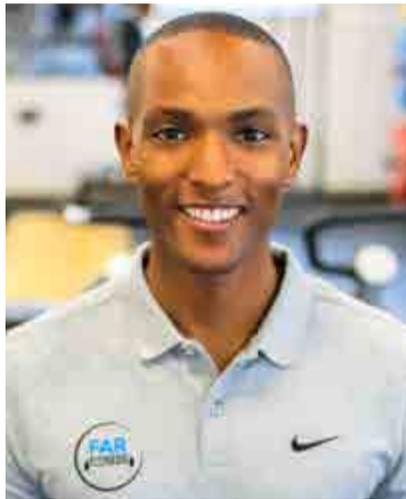
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# HOW THIS PLAN WORKS

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This plan has been specifically designed to give you a source of guidance for your exercise regime and is the perfect tool for anyone who is either new to weight training, needs more direction with their current regime or is not currently following a plan.

My exercise plan has been devised based on current knowledge and recommendations and is not a substitute for professional medical care or diagnosis. In all cases it is advised that you consult your medical professional before following this exercise regime.

As with any exercise programme, by participating you knowingly and voluntarily assume all risks associated with such exercise activities. FAR Fitness accepts no liability for any injury, loss or damage resulting from physical exercise.

When training you should do so in a safe and controlled environment, ensuring that you have supervision, and when needed are assisted by another competent / qualified fitness professional. It is advised that you should not attempt to perform this exercise programme in an environment whilst alone.

Should you suffer from any medical conditions, injuries or illness, experience pain as a result of your participating, or be in any doubt whatsoever as to your participation, you are advised to seek medical/professional advice immediately and not to proceed to partake in any associated physical activity.

Challenge your limits and enjoy, and you will go FAR!

**Julian**

# CHOOSING THE CORRECT WORKING WEIGHT

## How do you know that the weights which you are using are correct?

Although this programme is generic, everybody is different. So, in order to maximise your progression it is important that you select your 'working weights' to target your specific ability and goals.

The table below will give you an idea of how many repetitions you should be doing for each exercise to support your goals.

## WHAT ARE YOUR GOALS?

TRAINING GOALS	REPETITIONS	SETS	REST TIME
"I JUST WANT TO GET STRONGER"	8-10	Beginner 2 Intermediate 3 Advanced 5	Beginner 90-120 secs Intermediate 60-120 secs Advanced 60-120 secs
"I WANT TO INCREASE MY STRENGTH AND MUSCLE MASS"	10-12	Beginner 2 Intermediate 3 Advanced 5	Beginner 90-120 secs Intermediate 60-120 secs Advanced 60-120 secs
"I WANT TO IMPROVE MY MUSCLE MASS AS WELL AS MY MUSCLE TONE"	12-15	Beginner 2 Intermediate 3 Advanced 5	Beginner 60 secs Intermediate 45 secs Advanced 30 secs
"I WANT TO TONE UP AND IMPROVE MY MUSCLE DEFINITION"	15-20	Beginner 2 Intermediate 3 Advanced 5	Beginner 60 secs Intermediate 45 secs Advanced 30 secs

These intensities can be generic throughout your workout or different for different exercises and muscle groups.

In addition, this video will give you some more information on how to choose the right 'working weight'.

## Speed of movements

It is generally recommended to perform your resistance exercise in a slow and controlled manner.

Try to always follow a 2:1:2 speed ratio, this is 2 seconds in one direction :  
1 second pause at the top of the movement :  
and 2 seconds in the other direction.



# WEIGHT TRAINING STARTER EXERCISE PROGRAMME

This workout plan will provide best results when performed 2-3 times per week and is supported by an appropriate nutrition plan.

If you will be working out more than 3 times per week, or need specific help with your nutrition, visit [www.farfitness.co.uk/trainingplans](http://www.farfitness.co.uk/trainingplans) to view my other training plans and to get more help achieving your goals

**First Warm Up** - Before you start your resistance training plan it is important to first warm up. This could include 5-10 minutes of progressive and rhythmic aerobic exercise using your choice of cardiovascular machine.

**Make sure that you know your Reps, Sets, Speed and Rest Time**

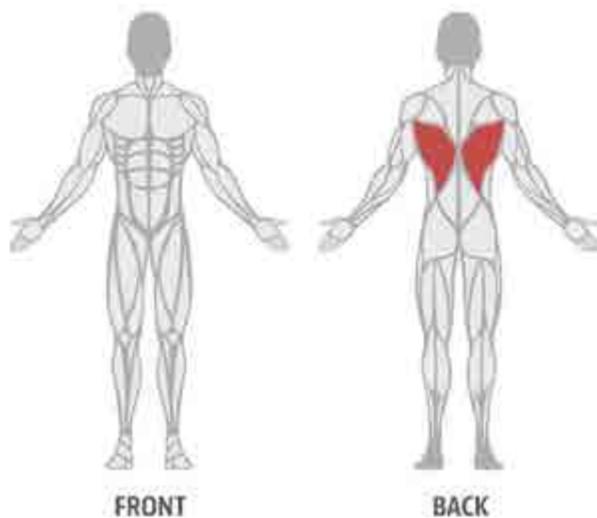


# LAT PULLDOWN

Know your Reps, Sets, Speed and Rest Time

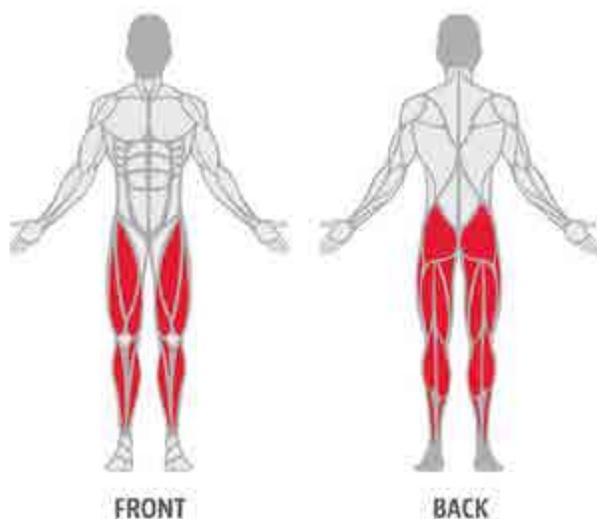


- Position hands evenly with an overhand grip
- Avoid swinging the back as you pull down
- Pull down the bar below your chin
- Lower and raise the bar in a smooth and controlled movement



# LEG PRESS

- Position feet evenly on the foot plate with your legs shoulder width apart
- Adjust your seat to start in the lowest position possible
- Push through the heels of your feet keeping the whole foot flat on the plate
- Avoid locking the knees as the legs extend

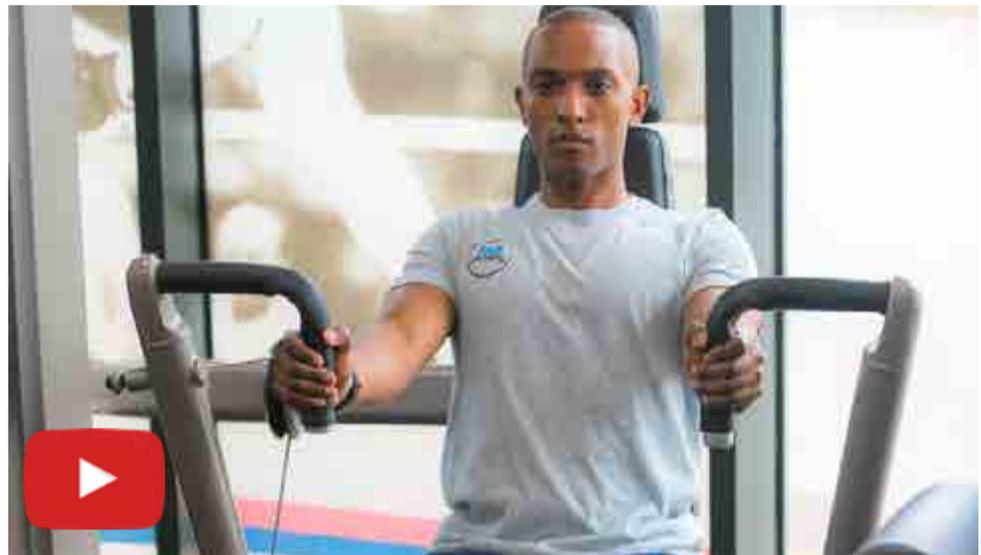
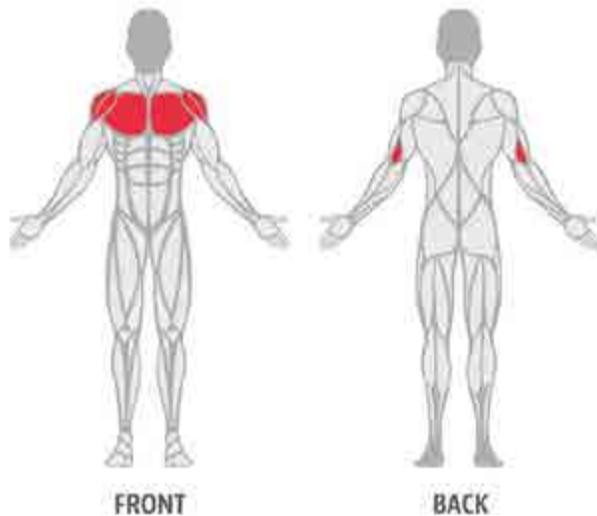


# CHEST PRESS

Know your Reps, Sets, Speed and Rest Time

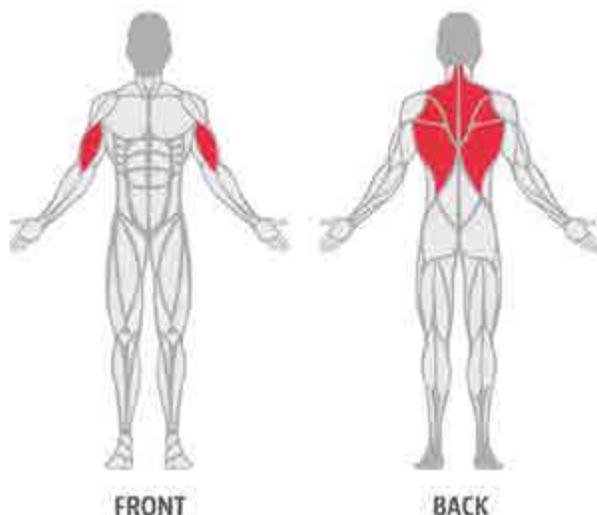


- Adjust your seat height so that your chest is in line with the handle bars
- Position your feet on the floor
- Grip the bars evenly with your knuckles facing forward
- Avoid locking your elbows when the arms are fully extended



# SEATED ROW

- Adjust your seat height so that the chest pad sits in the centre of your chest
- Grip the handle bars evenly
- Maintain a straight back, keeping your chin up
- Tuck the elbows in close to the body as you row
- Avoid locking the elbows when your arms are fully extended

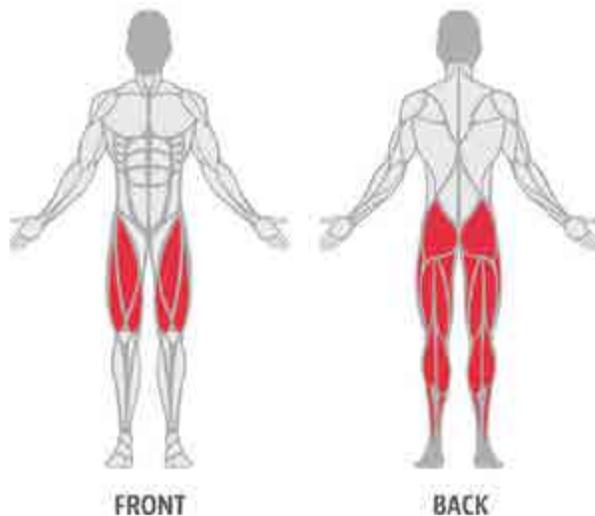


# LUNGES

Know your Reps, Sets, Speed and Rest Time

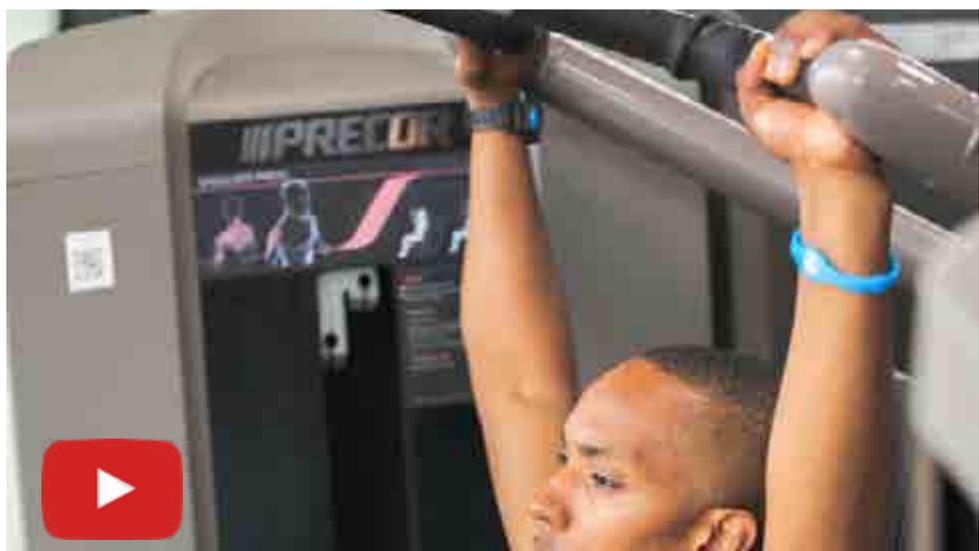
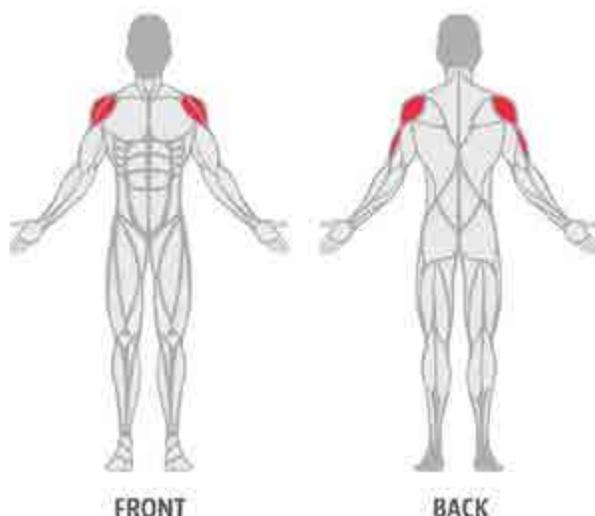


- Alternate legs, stretching your stride to achieve approx 90° bend at each knee
- Avoid the knee of your rear leg touching the floor
- Avoid the knee of your front leg going past your front foot toes
- Keep your back straight and your chin up



# SHOULDER PRESS

- Adjust seat height so that your shoulders align with the handle bars
- Position hands evenly with knuckles facing up
- Avoid locking your elbows when your arms are fully extended
- Keep your chin up and your head and back supported by the seat

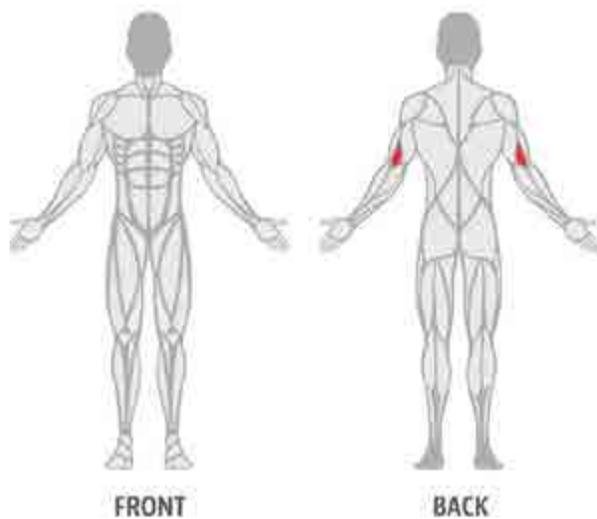


# TRICEPS EXTENSION

Know your Reps, Sets, Speed and Rest Time

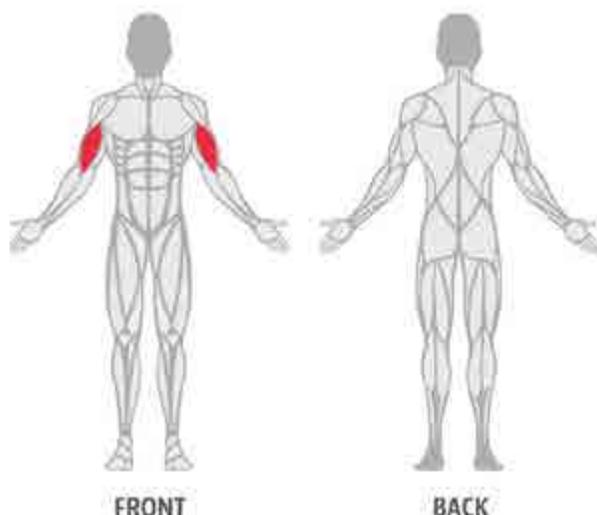


- Adjust your seat height so that your underarms rest at the top of the pad and the back of your arm rests comfortably on the pad
- Keep the back straight and the head in-line
- Keep the back of your arm on the rest pad throughout the movement
- Avoid locking the elbows when your arms are fully extended



## BICEP CURLS

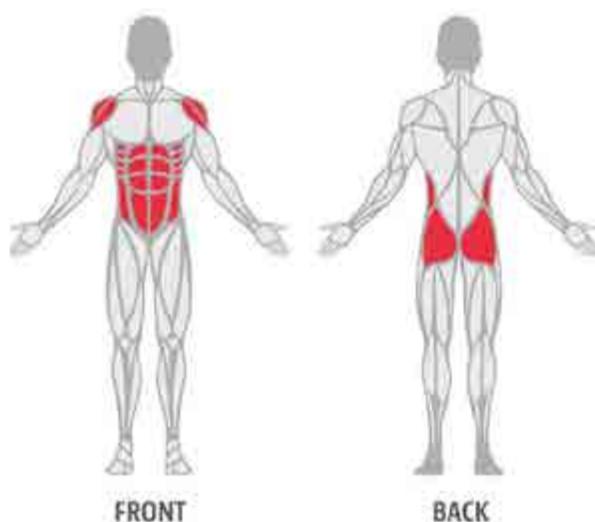
- Adjust your seat height so that your underarms rest at the top of the pad and the back of your arm rests comfortably on the pad
- Keep the back straight and the head in-line
- Keep the back of your arm on the rest pad throughout the movement
- Avoid locking the elbows when your arms are fully extended



# PLANK

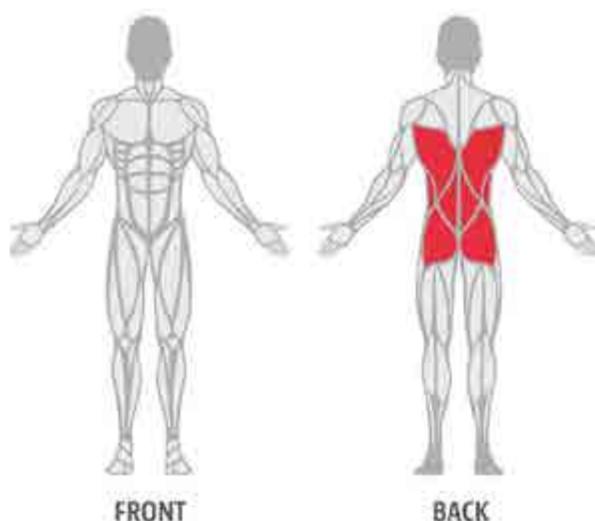


- Position your feet hip-width apart
- Rest your forearms on the floor with your elbows aligned directly underneath your shoulders
- 'Brace' the abdominals by pulling your bellybutton towards your spine
- Maintain a straight back throughout
- Breathe normally and hold this position for as long as you can



# BACK EXTENSIONS

- Lying on your front, keep your feet on the floor throughout
- Lift your chest from the floor without assistance from your arms
- 'Tense' your glutes as you raise the torso
- Maintain a neutral neck position by keeping your eyes on the floor throughout

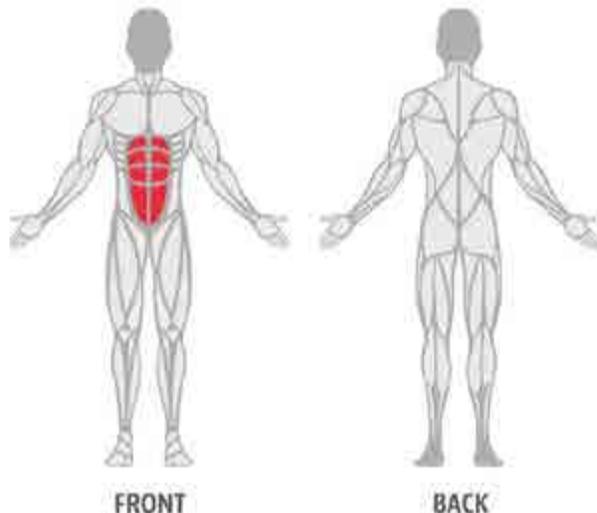


# AB CRUNCHES

Know your Reps, Sets, Speed and Rest Time



- Position feet shoulder width apart with less than 90° bend at the knees
- Sit up so that the head and upper back come off the floor
- Maintain a neutral neck position by keeping your chin off your chest



**Now cool down** - It is important to finish your workout with a cool down. This could include 5-10 minutes of descending rhythmic aerobic exercise using your choice of cardiovascular machine.

**Complete this workout 2-3 times per week for up to 6 weeks.**

For faster reductions in your body fat and improvements in aerobic fitness, combine this regime with a [FAR Fitness Cardio Training Plan](#)

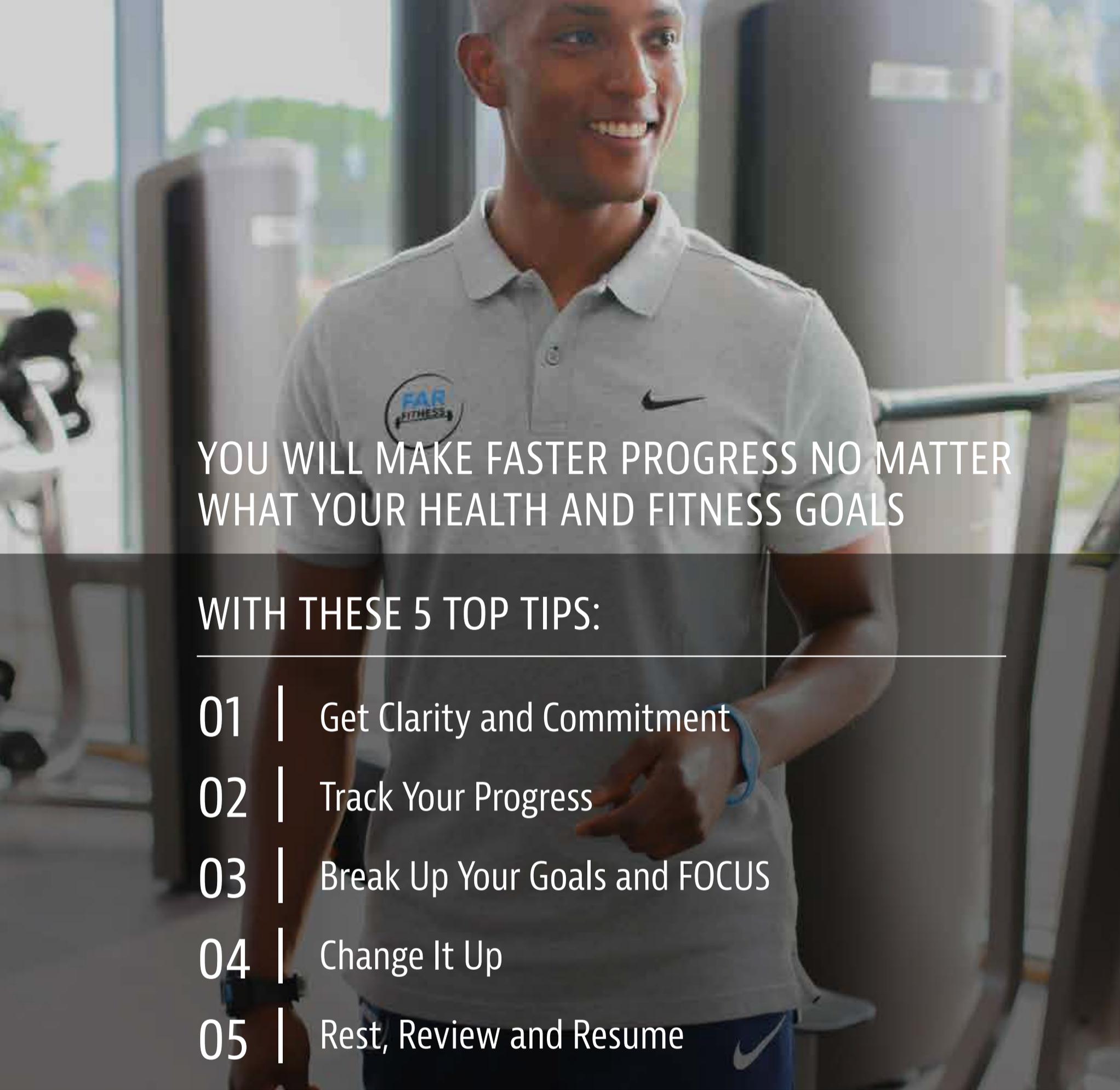
## BUT IT'S ONLY JUST BEGINNING!

Congratulations on completing the **FAR Fitness Weight Training Starter Plan**, this has no doubt been a challenging and rewarding journey, but it only just the beginning!

Be sure to get in touch with me to share your [progress and feedback](#)

You have done a great job but this is just the start of your success. You can now go further with FAR fitness by following any of my bespoke training plans, all available on [my website](#).

For more training plans check out [www.farfitness.co.uk/trainingplans](http://www.farfitness.co.uk/trainingplans)



YOU WILL MAKE FASTER PROGRESS NO MATTER  
WHAT YOUR HEALTH AND FITNESS GOALS

WITH THESE 5 TOP TIPS:

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- 01 | Get Clarity and Commitment
- 02 | Track Your Progress
- 03 | Break Up Your Goals and FOCUS
- 04 | Change It Up
- 05 | Rest, Review and Resume

Download my FREE   
Top Tips E-Book  
to ensure that you  
progress even faster.

