



Email: info@proludic.co.uk

Tel: 0115 982 3980

Fax: 0115 982 3985

www.proludic.co.uk

Disclaimer

Before starting any exercise program or you make any changes to your diet or lifestyle you must seek a doctors approval. Performing exercise of all types can pose a risk to the individual and we advise that you should take full responsibility for your own health and safety and ensure the correct techniques are used at all times. Before exercising make sure you are wearing the correct attire and know your own physical limits. Adequate warm up and cool downs should be undertaken before and after any exercise. If you experience any pain, discomfort, dizziness or you become short of breath stop exercising immediately and consult your doctor. Proludic cannot be held responsible for any in proper use of equipment.

Social **F**itness **Z**one

The Social Fitness Zone has been developed to encourage users of all age groups to participate in regular exercise in parks throughout the UK.

Personal Progress Planner

Social Fitness Zone - Package 1

Beginners

20 seconds for each exercise

60 seconds rest between each exercise

Intermediate

30 seconds for each exercise

30 seconds rest between each exercise

Advanced

60 seconds for each exercise

30 seconds rest between each exercise

Number of repetitions in given time

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up & Stretching	5 minutes								
Station 1 - Top to Toe	Balancing Tube								
Step Overs	Stand along side tube, step over onto the other side - repeat								
Press Ups	Grip tube firmly and lower chest to the tube - repeat								
Toe Taps	Stand facing tube and tap each toe onto top of bar - alternate								
Station 2 - Strength & Toning	Wall Bars								
Hill Climber	Step up to first bar with both feet, step back down. Step up to the first bar then second bar and step back down and so on (hold onto upper bars for support)								
Calve Raises	Hold onto bars with feet shoulder width apart raise your heels onto tip toes and lower back down								
Step Ups	Hold onto bars step onto first bar with both feet and step back down - repeat								
Station 3 - Cardio	Stepping Posts								
Weave	Run in and out of the posts - repeat on the way back								
Shuttles	Run to the first post and back, first and second post and back first, second and third post and back and so on								
Hop Overs	Balance on the first post and hop to the next post alternating legs each time until you reach the end - repeat								
Station 4 - Abdominals	Balancing Tube								
Elevated Crunches	Rest ankles or soles of feet on the tube, bend the knees, place hands lightly on either side of head lift your neck and shoulders off the ground and crunch towards your knees								
Plank	Get into pushup position with legs resting on the tube bend your elbows 90 degrees and rest your weight on your forearms								
Mountain Climbers	While holding upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under body, landing on both forefeet simultaneously								
Cool Down & Stretching	5 Minutes								

Measurements					
Area of body	Week 0	Week 2	Week 4	Week 6	Week 8
Upper Arm					
Waist					
Hips					
Thigh					

Notes:

Goal Weight by week 8	
Weight week 1	
Weight week 4	
Weight week 8	