

Warm up/Stretching

It is important that prior to exercise you warm up and stretch your muscles and after exercise, you cool down to reduce your heart rate back to its pre-exercise level. This should only take 3-5 minutes for both but it is very important that you incorporate this into your exercise routine.

- Warming up will increase the flow of blood to your muscles and help prevent against injury.
- Cooling down will allow the heart rate to drop gradually thus avoiding dizziness and fainting.
- Stretching is also very important as it greatly aids improved flexibility.

Our team of experienced staff are on hand to give you exercise advice, so feel free to ask them a question, they are happy to help.

Programme Start Date:

Please record your visits by writing in the relative months and crossing the dates below.

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



One way to get the most from your work-out
One of a kind

Gym programme card

Q Leisure Tips:

1. Always include a period of warm up and cool down in each session.
2. Be prepared to adjust your programme depending on how you are feeling.
3. Drink fluids regularly during and after exercise.
4. Wear comfortable clothing and trainers when working out.
5. Remember that your exercise programme is only as useful as the extent to which it is followed.

Your Name:

Instructor's Name:

Your Membership Number:

Q Leisure Exercise Programme

Aerobics/Resistance Work Out	Seat Height	Programme	Time	Level/ Weight	Sets	Reps	Notes
Warm Up							
Cool Down							

Resting heart rate:

Age:

Training heart rate:

Weight in kilos: