

Programme Type: 6 Week 6 Pack Programme

Training Level: **Advanced**

This Programme is designed for those that are relatively experienced at fitness or resistance training.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should require it during the latter repetitions.

Programme Explained:

This programme is designed for those that want those 6 pack abs and is a 6 week programme. The programme focuses on core strength including the abdominal and lower back regions.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

Programme Type: 6 Weeks to 6 Pack Programme

Week One

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Sit Ups	4 Sets of 15 Repetitions
Bridging	Hold for 30 seconds – 1 minute
Leg Raises	4 Sets of 15 Repetitions
Supermans	3 Sets of 20 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.

Week Two

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Oblique Sit Ups	3 Sets of 15 Repetitions
Swiss Ball Sit Ups	4 Sets of 15 Repetitions
Back Extensions	3 Sets of 20 Repetitions
Reverse Curls	4 Sets of 15 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.

Week Three

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Swiss Ball Sit Ups	4 Sets of 20 Repetitions
Supermans	3 Sets of 20 Repetitions
Oblique Sit Ups	4 Sets of 20 Repetitions
Cycle (knee to opposite elbow)	3 Sets of 20 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.

Week Four

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Hanging Knee Raises	3 Sets of 20 Repetitions
Back Extensions	3 Sets of 20 Repetitions
Bridging	Hold for 1 minute
Reverse Curls	3 Sets of 20 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.

Week Five

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Sit Ups	4 Sets of 15 Repetitions
Bridging	Hold for 1 minute
Leg Raises	4 Sets of 15 Repetitions
Supermans	3 Sets of 20 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.

Week Six

Weight Training Programme

To be completed 3 times per week.

Warm Up

Easy Rowing 5 minutes

Exercise

Weighted Sit Ups (10kg)	4 Sets of 15 Repetitions
Bridging	Hold for 2 minutes
Oblique Sit Ups	4 Sets of 30 Repetitions
Back Extensions	4 Sets of 20 Repetitions

Warm Down

Easy Rowing 5 minutes. Stretch abs over Swiss Ball.