

**HINTS
& TIPS**



TRAINING GUIDE

PUSH UP BARS

Heritage
GOLD'S GYM. **65**

PUSH UP BARS TRAINING GUIDE

Heritage65
STRENGTH
PROGRAMME



HERITAGE STRENGTH PROGRAMME

Strength training is one of the best ways to reshape and sculpt your body. The Heritage Strength Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, Heritage Strength is perfect for all fitness levels. If you have never done any strength training before you may want to start with no weight or a very light weight and increase your resistance as your strength increases over time. With a wide variety of fitness items throughout the Heritage and Gold's Gym Fitness Range, you will always find a product to match your fitness level.



WARMUP

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

- Ensure that you wear exercise footwear that gives good support and cushioning.
- Stop if you feel any pain or dizziness.
- Avoid locking or over extending knee and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.
- Allow at least one day of rest between similar workouts.
- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets of your desired number of repetitions, increase to 3 or 4 as your fitness improves.

When doing repetitive resistance exercise make sure that you:

- Breathe out on the exertion portion of the movement.
- Perform each repetition in a slow and controlled manner.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Work up to 10 - 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more repetitions, moving more slowly or increasing the range of motion (note point above).



EXERCISE TIPS

- Start with one or two circuits of the following exercises in the order shown. Increase to three circuits as your fitness improves.
- If you do this programme more than twice a week, alternate between exercises A and B from one session to the next.

PUSH UP BARS

WARNING

ALWAYS CHECK WITH
YOUR DOCTOR BEFORE BEGINNING
ANY EXERCISE PROGRAMME:





PUSH UP STANDS

INTRODUCTION

The Heritage Push Up Stands are an essential part of your home workout equipment. They are easily assembled and have comfortable foam grip handles. They can also be used for warm-up routines as well as part of your main workout. "Push ups" are a strengthening exercise whose purpose is to develop strength in the upper arm and shoulder muscles. Start the exercise by lying face down on the floor with your feet about shoulders' distance apart and on your toes. Place your hands just in front of and slightly to the outside of your shoulders. Keeping your back straight, "push up" with your arms to the raised or up position. Maintaining control, lower yourself to within a fists height of the floor - do not touch the floor; return to the up position. Do not arch your back and hold your head in the line with your spine, lower your body evenly and wait for a few seconds before returning to the starting position. Do not hurry to finish off and do as many repetitions as you can. The push up can be carried out in various levels of difficulty, it is advisable to start at the beginners level working your way up unless you are at a competent level of fitness.



BEGINNERS LEVEL PUSH UP Place yourself on your hands and knees. Keep your spine straight and keep your head down in line with your spine. Grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Extend your arms in a push up motion to raise yourself up. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every 2 seconds.

INTERMEDIATE LEVEL PUSH UP Place yourself on your hands and knees, but this time cross your feet at the ankles. Keep your spine straight and keep your head down in line with your spine. Grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Extend your arms in a push up motion to raise yourself up. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every 2 seconds.

BEGINNER LEVEL TRICEP DIP Sit on the floor and place the Push Up Stands just outside either side of your thighs. Grasping the Push Up Stands raise yourself off the floor. Keep your feet on the floor, your elbows pointing backwards, and your knees slightly bent. Keep your shoulders back and down - try to avoid rounding your back, which will cause strain. Lower yourself back towards the floor, until your elbows are nearly at right angles, then press yourself back up.

ADVANCED LEVEL PUSH UP Place yourself face down on the floor with your legs fully extended. With your toes touching the floor, grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Keeping your back straight, your head down and in line with your spine, extend your arms. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every two seconds.

ADVANCED LEVEL TRICEP DIP Sit on the floor and place the Push Up Stands either side of your thighs about 6-8" away from the outside of your thighs. Grasping the Push Up Stands raise yourself off the floor. Keep your feet on the floor, your elbows pointing backwards, and your knees slightly bent. Keep your shoulders back and down - try to avoid rounding your back, which will cause strain. Lower yourself back towards the floor, until your elbows are at right angles, then press yourself back up.

CONTACT US:

Model Number: GH-G750

Email: techsupport@rfeinternational.com
 Contact Technical Support: 08714 742614
 RFE International, The Performance Centre, Maidstone Road,
 Kingston, Milton Keynes MK10 0BD, UK