

Fitness24

Workout Routine

Getting Back To Routine

Optimized for Life Fitness & Hammer Strength Premium Equipment

High-efficiency workout plan designed specifically for the premium layout at Fitness24Bury

This routine maximizes your time across the two floors by grouping exercises together logically to avoid unnecessary movement while utilizing the club's premium Life Fitness cardio and selectorized strength machines.

Warm Up

Location Workflow:
Second Floor

Exercise / Activity	Duration
Dynamic Stretching (Ground/Mats area)	5 Minutes
Life Fitness Cardio (Treadmill / Cross-Trainer)	5 - 10 Minutes

Dynamic Stretching

Goal: Prepare your joints, increase mobility, and raise blood flow.

Leg Swings (Front-to-Back):

1 set of 15 reps per leg. Keep your torso upright and hold a rail for balance.

Arm Circles:

1 set of 15 reps forward, 15 reps backward. Start small and gradually increase circle size.

Torso Twists:

1 set of 20 total reps (10 per side). Keep feet planted wide and rotate smoothly from the hips.

Walking Lunges:

1 set of 12 total steps (6 per leg). Step forward gently, dropping your back knee toward the floor.

Cardiovascular Warm-Up

Location Workflow:
Second Floor

Goal: *Elevate your heart rate and prime your central nervous system..*

Equipment: Life Fitness Treadmill or Cross-Trainer.

Duration: 5 to 10 minutes.

Intensity: Moderate pace (you should be breathing heavily but still able to speak a sentence).

Carefully stop your cardio machine, collect your water bottle and towel, and head down the stairs to the Ground Floor strength training zone.

Strength Conditioning

Location Workflow:
Ground Floor

Perform these exercises as a circuit or one by one. Take 60 to 90 seconds of rest between each set.

Life Fitness Leg Press

Target:

3 sets of 10 to 12 reps.

Form Cue:

Place feet shoulder-width apart on the sled.

Lower the weight smoothly until your knees are at a 90-degree angle, then press through your heels without locking your knees at the top.

Life Fitness Chest Press

Target:

3 sets of 10 to 12 reps.

Form Cue:

Adjust the seat so the handles align with the middle of your chest.

Keep your shoulder blades pinned back against the pad as you press forward.

Strength Conditioning

Location Workflow:
Ground Floor

Perform these exercises as a circuit or one by one. Take 60 to 90 seconds of rest between each set.

Life Fitness Lat Pulldown

Target:

3 sets of 10 to 12 reps.

Form Cue:

Sit tall and pull the bar down toward your upper chest, squeezing your shoulder blades together at the bottom.

Do not lean back excessively.

Life Fitness Seated Leg Curl

Target:

3 sets of 10 to 12 reps.

Form Cue:

Align your knees with the machine's pivot point.

Contract your hamstrings to pull the roller pad smoothly beneath your seat.

Strength Conditioning

Location Workflow:
Ground Floor

Perform these exercises as a circuit or one by one. Take 60 to 90 seconds of rest between each set.

Life Fitness Shoulder Press

Target:

3 sets of 10 to 12 reps.

Form Cue:

Keep your core tight and your lower back pressed firmly into the backrest as you press the handles directly overhead.

Life Fitness Abdominal Crunch

Target:

3 sets of 10 to 12 reps.

Form Cue:

Exhale and pull from your core to curl your torso forward.

Avoid pulling with your arms or using momentum.

Cooldown Stretching

Goal: Stretch muscles, improve flexibility, and lower your heart rate.
Hold each stretch with no bouncing.

Hamstring Fold

Sit on the mat with legs straight out.
Reach forward toward your toes.
Hold for 30 seconds.

Chest Opener

Interlock your fingers behind your back and gently pull your shoulders back and down.
Hold for 20 seconds.

Quad Stretch

Stand tall, pull one heel up toward your glutes, and push your hips slightly forward.
Hold for 25 seconds per leg.

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