

# POWER PUNCHERS EXERCISE PROGRAM

Strength Training is one of the best ways to reshape and sculpt your body. The Reebok Ironwear Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, the Reebok Ironwear Programme 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 Reebok Training range, you will always find a product to match your fitness level.

## Training Goals

The chart shown right outlines your formula for success. Pick your goal and use the outline to find your current fitness level for strength training activities. Then use the Reebok Ironwear Programme in combination with your other favourite activities to reach your fitness goal.

		GOAL 1 Lose Weight	GOAL 2 Improve Muscle Tone	GOAL 3 Increase Flexibility	GOAL 4 Enhance Overall Health & Fitness
<b>FITNESS LEVEL 1</b>	CARDIO	3x / Week 20-30 Min.	3x / Week 20 Min.	3x / Week 20 Min.	3x / Week 20-30 Min.
	STRENGTH	2x / Week 20 Min.	3x / Week 20 Min.	2x / Week 20 Min.	2x / Week 20-30 Min.
	FLEXIBILITY	3x / Week 10 Min.	3x / Week 10 Min.	3x / Week 20-30 Min.	3x / Week 20-30 Min.
<b>FITNESS LEVEL 2</b>	CARDIO	4x / Week 30-40 Min.	3x / Week 20 Min.	3x / Week 20 Min.	4x / Week 30 Min.
	STRENGTH	3x / Week 20 Min.	4x / Week 20-30 Min.	3x / Week 20 Min.	3x / Week 20-30 Min.
	FLEXIBILITY	4x / Week 10 Min.	3x / Week 10 Min.	4x / Week 20-45 Min.	4x / Week 20-45 Min.
<b>FITNESS LEVEL 3</b>	CARDIO	5x / Week 30-60 Min.	3x / Week 30 Min.	3x / Week 30 Min.	5x / Week 30 Min.
	STRENGTH	4x / Week 30 Min.	5x / Week 30 Min.	3x / Week 20 Min.	4x / Week 20-30 Min.
	FLEXIBILITY	5x / Week 15 Min.	3x / Week 15 Min.	5x / Week 20-60 Min.	5x / Week 20-30 Min.



## Workout Advice

### Warm Up

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 or use a Reebok treadmill, bike or elliptical cross-trainer. 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, eg. Reebok DMX, if necessary.
- 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, 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.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Work up to 10 to 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more weight, moving more slowly or increasing the range of motion (note point above).

### Warning

Always check with your doctor before beginning any exercise programme, especially if you are pregnant or over 45. It is very important that you consult your doctor if you have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes or a family history of heart disease.

## Exercise Tips

• Ensure that you can do an exercise correctly with proper form before using the Reebok Ironwear for extra resistance.

• Reebok Ironwear can be used during training to increase your speed and power for your chosen sport. Use during training, for martial arts for example, to improve speed and power of kicks and punches.



### 1. Backwards Lunges - Thighs & Buttocks

Similar to standard lunges but stepping back. Stand upright with your hands at your sides and your abdominal muscles tight. Take a long step backward and lower your body until your back knee almost touches the floor. Your front knee should not extend over your front toe. Check your hips stay square. Step forward so that your feet are together. Repeat. Lifting your arms up as you step back will help balance.



### 3. Shoulder Press - Shoulders & Triceps

Stand tall with feet shoulder width apart. Bring the weights next to your shoulders and draw your abdominal muscles in. With your knees slightly bent, push the dumbbells up until your arms are straight. Lower back down to your shoulders and repeat. Try alternating arms or sitting on a Reebok Gymball to improve trunk strength and balance. To progress, try combining the Shoulder Press with the Squat.



### 2. Bent Over Flies - Back & Shoulders

Stand upright with feet about shoulder width apart. Draw your stomach in and with knees slightly bent, bend over at your hips to about 45 degrees, and straighten your arms towards the floor. Bend only as far as you can keep your back straight. Lift your arms directly up and out to the sides until your elbows are level with your shoulders. Then lower to the start point before repeating.



### 4. Squats - Thighs, Buttocks, Lower Back & Shoulders

With hands by your sides, stand upright with feet slightly wider than shoulder width apart. Draw your stomach in, keep your shoulders back and eyes forward. Let your hips go back as you bend your knees. Keeping your weight evenly distributed over your toes and heels, squat down until your knees are at about 90 degrees. As you go down, lift your arms in front. Exhale as you stand up.



### 5. Lateral Raise - Shoulders

Stand upright with feet about shoulder width apart and your hands by your sides. Draw your stomach in, keep your back flat and knees slightly bent. With your elbows slightly bent, lift your arms directly up and out to the sides until your elbows are level with your shoulders. Then lower to the start point before doing another repetition.



### 7. Kick Backs - Triceps

Lean forward from the hip and rest the right hand on the front thigh. Extend your left arm back until it is parallel to the ground and close to your side with your palm turned inwards. With your elbow kept in that position, bend your arm and lower the weight towards the ground. Lift the weight to straighten your arm and repeat. Switch arms and repeat.



### 6. Arm Curl - Biceps

Stand with feet shoulder width apart. Hold the weights by your sides with your abdominal muscles drawn in. With palms facing forwards and elbows held at your sides, raise the weights towards your shoulders until elbows are fully bent. Lower and repeat. To work slightly different muscles, try the exercise with your palms facing inwards.



### 8. Seated Twist - Abdominals

Sit upright on a mat with your back straight and knees bent about 90 degrees. Keeping your feet on the floor, and your abdominal muscles tight, lean back slightly and clasp your hands out in front of you. Rotate your upper body (as well as your head) slowly from left to right. As you get stronger lean slightly further back.



### 9. Chest Flies - Chest & Shoulders

Lie on the floor, with knees bent and feet flat. For comfort and to improve range of motion, either lie on pillows, a bench or Reebok Step. (To progress, try lying on a Reebok Gymball.) Start with your arms straight above you. Bend your elbows slightly and lower your arms directly out to the sides until your elbows are level with your shoulders. Bring your arms back to the start position and repeat. Breathe in as you lower the weights and exhale as you push back up.