

FITNESS ROUTINES



FITNESS ROUTINES INTRODUCTION

CD One





EXERCISE ROUTINE INTRODUCTION

Welcome to the Australian College of Sport and Fitness' CD One containing a range of sample exercise routines. These are designed to be used directly with clients or as a reference tool for Fitness Professionals to begin composing workout routines.

The general aim of each routine is indicated by the routine title (indicated below) and then describe further in their introduction. Following the introduction, ACSF has provided warm up, workout tips and cool down advice to help the Fitness Professional give an all round service.

Each routine contains the exercise name, a brief description of the exercise, a photo of the exercise and a suggested amount of sets, reps and rest to be completed with each exercise. The sets, reps and rest can be modified by the trainer to target different components of fitness.

What's included?

- Cardio and Core
- Core Workout
- Home Workout – Body Weight
- Home Workout – Dumbbells
- Home Workout
- Lower Body and Cardio
- Lower Body Workout
- Older Adult – Advanced
- Older Adult – Beginner

The Australian College of Sport and Fitness has produced this CD and all contents within for students and qualified Fitness Professionals to use with their clients. The student or fitness professional must understand the information and components within this CD prior to use. ACSF cannot take responsibility for the actions of the student or Fitness Professional.

This CD should only be used by enrolled students or fully qualified and insured fitness professionals. ACSF students using the material on this CD must use it in conjunction with all other course training and learning material provided by ACSF and ensure safety and correct usage at all times.

ACSF cannot take any responsibility of the action taken by the student or fitness professional and the use of the information on this CD.