

## CARE Strength Programme



This strength programme is designed to improve muscular performance as well, as well as reducing injury risk and increasing the performance of weaknesses which you may struggle with. Resistance machines come in many shapes, styles, and sizes. In some cases, several machines can work the same muscle group but be designed completely different. We recommend for the strength that you focus on a full hour of following this specific programme. However, the table below shows an indication for the duration on each section (warm up, weight training, and cool down). Furthermore, this table is just a guide and it is up to the participants judgement on how long they should follow the programme for. The resistance machine programme will focus on a variety of muscle components such as, upper body, core, back, and lower body. The programme will also guide you to complete the exercises correctly with good technique and illustrate the correct reps and sets to complete.

Resistant Training Workout Guide
5-15 minutes warm-up
20-30 weight training
5-10-minute cool-down

### Strength

**Description:** When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increase bone, muscle, tendon, and ligament strength and toughness, improved joint function, reduced potential for injury, increase bone density, increased metabolism, increased fitness and improved cardiac function. Training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups. Strength training is primarily an anaerobic activity, although some proponents have adapted it to provide the benefits of aerobic exercise through circuit training.

### Super Set

**Description:** Supersets can power up your routine in record time. They require more intensity and a faster pace, both of which get you to your goal of building more muscle mass and definition in a short amount of time.

Supersets are combinations of exercises performed consecutively with no rest in between the sets and can be performed on the same muscle group or different groups, depending on your goals and preferences. Supersets allow you to overload your muscles without using heavy weights that might require a spotter, and they can inject interest into a stagnant lifting routine.

### Bicep and Tricep Programme

Exercise	Set	Reps
Bicep Curl (Bar)	3	8/12
Hammer Curls (Dumbbell)	3	8/12
Cable Curls	3	8/12
Dumbbell Tricep Extension	3	8/12
Seat Dumbbell Bicep Curl	3	8/12
Cable Tricep Pushdown	3	8/12
Single arm Bicep Cable Curl	3	8/12

### Chest and Shoulders Programme

Exercise	Set	Reps
Incline Bench Press	3	8/12
Dumbbell Chest Fly's	3	8/12
Cable Fly's	3	8/12
Dumbbell Chest Press	3	8/12
Overhead Shoulder Press	3	8/12
Front/Side Dumbbell Raises	3	8/12
Bent Over Dumbbell Raises	3	8/12

### Back and Core Programme

Exercise	Set	Reps
Pull ups	3	Max Reps
Lat Pull Down	3	8/12
Dumbbell Rows	3	8/12
Seat Pulley Rows	3	8/12
Sit Ups (weighted)	3	20
Rope Crunches	3	20
Leg Raises	3	20

### Quadricep, Hamstring, and Calf Programme

Exercise	Set	Reps
Leg Extension	4	20
Dumbbell Lunges	4	20
Barbell Romanian D.L	4	20
Hamstring Curl	4	20
Dumbbell Squats	4	20
Smith Machine Calf Raises	4	20
Single Leg Calf Raises (step)	4	20