

**Program for: Sunet Zondagh prepared by Jean Gerber**

Day: 1 Skipping



Type: Cardiovascular  
 Equipment: Skipping Rope  
 Force: Explosive Power  
 Mechanics: Cardiovascular/Plyometric  
 Main Muscle: Cardiovascular training  
 Other Muscle:

This is a description for Sunet Zondagh on how to do:

Special instructions for Sunet Zondagh :Skip for 1 minute

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)

Day: 1 Lateral Step Up



Type: Muscle Strength  
 Equipment: Bench  
 Force: Push  
 Mechanics: Compound  
 Main Muscle: Quadriceps  
 Other Muscle: Glutes, Hamstrings and abdominals

This is a description for Sunet Zondagh on how to do:

Place the bar either on the front of your shoulders like a front squat or behind your neck. Stand with your feet even and at about hip width on the left side of a bench or box. Step your outside (left) foot across your body and on top of the bench while attempting to keep your toe pointed straight ahead. Step all the way up to the top of the bench and place both feet down. Pause and step off the other side with your near foot (right). Do not crossover step on the way down. Repeat on the other side. This is 1 repetition. As with the drop lunge, the bar should move side to side with little to no rotation. Set your core at the starting position and exhale as you approach the top of the bench.

Special instructions for Sunet Zondagh :3-4 sets of 12-15 reps per side

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)

Day: 1 Scissor Jumps



Type: Cardiovascular  
 Equipment: Body Only  
 Force: Static  
 Mechanics: -N/A-  
 Main Muscle: Cardiovascular training  
 Other Muscle:

This is a description for Sunet Zondagh on how to do:  
 Stand with right foot in front and back foot behind the body. Arms out. Shoulder height. Start switching legs whilst jumping. Keep arms in line with shoulder. If you get tired, place the hands on the hips until you feel comfortable to lift the arms into position.

Special instructions for Sunet Zondagh :1 minute

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)

Day: 1 Smith Machine Squat



Type: Muscle Strength  
 Equipment: Machine  
 Force: Push  
 Mechanics: Compound  
 Main Muscle: Quadriceps  
 Other Muscle: Calves, Glutes, Hamstrings, Lower Back

This is a description for Sunet Zondagh on how to do:  
 To begin, first set the bar on the height that best matches your height. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it. Hold on to the bar using both arms at each side (palms facing forward), unlock it and lift it off the rack by first pushing with your legs and at the same time straightening your torso. Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back. This will be your starting position. (Note: For the purposes of this discussion we will use the medium stance which targets overall development; however you can choose any of the three stances discussed in the foot stances section). Begin to slowly lower the bar by bending the knees as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees (which is the point in which the upper legs are below parallel to the floor). Inhale as you perform this portion of the movement. Tip: If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past that imaginary line (if they are past your toes) then you are placing undue stress on the knee and the exercise has been performed incorrectly. Begin to raise the bar as you exhale by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position. Repeat for the recommended amount of repetitions. Caution: This is not an exercise to be taken lightly. If you have back issues, substitute it with leg presses instead. If you have a healthy back, ensure perfect form and never slouch the back forward as this can cause back injury. Various stances can be used.

Special instructions for Sunet Zondagh :3-4 sets of 12-15 reps each

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)

**Day: 1** Seated Machine close grip Shoulder Press



Type: Muscle Strength  
 Equipment: Machine  
 Force: Push  
 Mechanics: Compound  
 Main Muscle: Shoulders  
 Other Muscle: Anterior and Medial Deltoids (delts), Posterior Deltoids (delts), Triceps

This is a description for Sunet Zondagh on how to do:

Sit with your back firmly supported against the backrest. Adjust the seat height so that the handles are level with your shoulders or just higher than your shoulders. Grasp the handles closest to your body firmly with a full grip (thumbs clasped around the handles) and maintain a neutral position with your wrists (i.e., wrists in line with your forearms). Position your elbows pointing towards the front of your body (i.e., not in the traditional 3 and 9 o'clock positions where the elbows are aligned with the midline of your trunk). This position shifts more of the load into the triceps and away from the shoulders. Position your feet firmly on the floor or on the foot rests to stabilize your body. Stiffen ("brace") your abdominal muscles to stabilize your spine, but do not press your low back into the backrest. Maintain the natural arch in your low back and avoid arching your back throughout the exercise.

Gently exhale and slowly perform an upward pressing movement, extending your elbows overhead while maintaining a neutral wrist position, head aligned with your spine and avoiding arching your low back.

Continue pressing until your elbows are fully extended. Pause momentarily then gently contract your lats (back muscles) to pull the handles back down towards your starting position, allowing your elbows to flex (bend) in a slow, controlled manner while returning to their starting forward-facing position.

**Special instructions for Sunet Zondagh :3-4 sets of 10-12 reps each**

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)

**Day: 1** Incline Reverse Flyes -one arm

Type: Muscle Strength  
 Equipment: Dumbbell  
 Force: Pull  
 Mechanics: Isolation  
 Main Muscle: Shoulders  
 Other Muscle: Rhomboids, Posterior deltoid, Middle Trapezius



This is a description for Sunet Zondagh on how to do:

Grasp dumbbell with one hand and lie on incline bench, chest against pad. Hold dumbbell below shoulder and keep arm slightly flexed.

Raise arm up until upper arm is parallel to floor or slightly higher.

Use other hand to stabilize position on bench

**Special instructions for Sunet Zondagh :3-4 sets of 10-12 reps each**

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

Important!! Sunet Zondagh, did you remember to complete your progress report

	Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1												
2												
3												
4												

© Copyright subsists on this work. No part of this work may be adapted, amended or reproduced in any form or manner, or by any means without the express written authorization of [www.lifestyle-solutions.biz](http://www.lifestyle-solutions.biz)