**8 Week Blood Pressure/BMI Programme-**

**A gym-based programme to support weight loss and blood pressure reductions. It is recommended you seek the advice of your GP, prior to taking part in any exercise. If you do not have access to a gym, contact** [**jcb.active@jcb.com**](mailto:jcb.active@jcb.com) **and a member of the team can help you with a home/hotel-based plan.**

**MAX HR: 220 – (age)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week** | **Session One** | **Session Two** | **Session Three** | **Session Feedback and Review** |
| **Week 1** | **Warm Up- 10 minutes, upright bike, Level 5-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility- Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.**  **Main-**  **1. Seated Chest Press- 3x10, 25kg, 1 minute rest between sets.**  **2. Upright Bike- 12-15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard)**  **3. Sit to Stand- Bodyweight 3x8, 1 minute rest between sets.**  **Cool Down- Upright Bike-8-10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | **Warm Up- 10 minutes, upright bike, Level 5-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility- Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.**  **Main-**  **1. Box Step Ups- 3x6 each leg, bodyweight, box plus 2 spacers 8” high, 1 minute rest between sets.**  **2. 10-12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 0-2%, 11-13 RPE (Light to Somewhat Hard feeling)**  **3. Seated leg extend-3x8, controlled.**    **Superset with-**    **4. Hamstring Curl-, 3x8. Rest 30-45 seconds after a set of both has been completed.**  **Cool Down- Upright Bike-8-10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | **Warm Up- 6 minutes, 2 rounds 45 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)**  **Main-**  **1. Seated Cable Row- 3x10, level 8, 1 minute rest between sets.**  **2. Upright Bike- 12-15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard)**    **3. Seated Bicep Curls- 7.5kg, 3x8 reps**  **Superset with-**  **4. Triceps Rope Extensions- Level 5, 3x8 reps. Rest 30-45 seconds after both exercises have been completed for one set.**  **Cool Down- 6 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | All exercises in **BOLD** during the programme will signify a change or increase in the exercise, this will help to make it clearer.  3 sessions per weeks.  All exercises have been performed during the first week and JCB Active team will be on hand to support any questions regarding the exercises.  Next week will see half of the exercises progress to support continuous development of performance and support long term goals. As fitness levels improve, level and speed will become easier to maintain so the aim would be to move these up first. |
| **Week 2** | **Warm Up- 10 minutes, upright bike, Level 7-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Seated Chest Press- 3x12, 25kg, 1 minute rest between sets.**  2. Upright Bike- 12-15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard)  3. Sit to Stand- Bodyweight 3x8, 1 minute rest between sets  **Cool Down- Upright Bike- 10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | **Warm Up- 10 minutes, upright bike, Level 7-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Box Step Ups- 3x8 each leg, bodyweight, box plus 2 spacers 8” high, 1 minute rest between sets.**  2. 10-12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 0-2%, 11-13 RPE (Light to Somewhat Hard feeling)  3. Seated leg extend- 3x8, controlled.    Superset with-    4. Hamstring Curl- 3x8. Rest 30-45 seconds after a set of both has been completed.  **Cool Down- Upright Bike- 10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | **Warm Up- 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)**  **Main-**  **1. Seated Cable Row- 3x12, level 8, 1 minute rest between sets.**  2. Upright Bike- 12-15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard)    3. Seated Bicep Curls- 7.5kg, 3x8 reps  Superset with-  4. Triceps Rope Extensions- Level 5, 3x8 reps. Rest 30-45 seconds after both exercises have been completed for one set.  **Cool Down- 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling)**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls and neck tilts.** | **Week 2 changes-**  **Warm up- Session 1 and 2, increase in starting level on the bikes, RPM remains the same, providing a slow build up during the warmup.**  **Session 3, adding 15 seconds per exercise to lengthen the warmup from 6 minutes to 8 minutes.**  **Main 1- All three sessions see an increase in reps per set. 2 reps each set for Chest Press, Box Step Ups and Seated Cable Row.**  **Cool down- Moving the total time of the cool down to 10 minutes to align with the warmup timings. Gradually reducing intensity as the cool down continues.**  **All other areas remain the same and will be progressed during the following week to avoid over training or doing too much too soon.** |
| **Week 3** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Seated Chest Press- 3x12, 25kg, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).**  **3. Sit to Stand- Bodyweight 4x8, 1 minute rest between sets.**  **Cool Down-** Upright Bike- 10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 60-80 RPM, 9-11 RPE (Very Light-Light feeling)  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Box Step Ups- 3x8 each leg, bodyweight, box plus 2 spacers 8” high, 1 minute rest between sets.  **2. 12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 0-2%, 11-13 RPE (Light to Somewhat Hard feeling).**  **3. Seated leg extend-3x10, controlled.**    **Superset with-**    **4.Hamstring Curl- 3x10. Rest 30-45 seconds after a set of both has been completed.**  **Cool Down-** Upright Bike- 10 minutes, level 10-5, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  1. Seated Cable Row- 3x12, level 8, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).**    **3. Seated Bicep Curls- 7.5kg, 3x10 reps.**  **Superset with-**  **4. Triceps Rope Extensions- Level 5, 3x10 reps. Rest 30-45 seconds after both exercises have been completed for one set.**  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 3 changes-**  **Main 2- Cardiovascular exercises progressed from lower end of time to the upper end adding 3 minutes to the bike workout and 2 minutes to the treadmill walk.**  **Main 3- 2 Reps per set added to each of the exercises, giving more time to get used to the weight.**  **Main 4- 2 Reps per set added to each of the exercises, giving more time to get used to the weight.** |
| **Week 4** | **Warm Up- 10 minutes, upright bike, Level 7-10, 65-85 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Seated Chest Press- 3x10, 27.5kg, 1 minute rest between sets.**  2. Upright Bike- 15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).  3. Sit to Stand- Bodyweight 4x8, 1 minute rest between sets.  **Cool Down- Upright Bike- 10 minutes, level 10-7, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up- 10 minutes, upright bike, Level 7-10, 65-85 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Box Step Ups- 3x5 each leg, bodyweight, box plus 3 spacers 10” high, 1 minute rest between sets.**  2. 12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 0-2%, 11-13 RPE (Light to Somewhat Hard feeling).  3. Seated leg extend- 3x10, controlled.    Superset with-    4. Hamstring Curl- 3x10. Rest 30-45 seconds after a set of both has been completed.  **Cool Down- Upright Bike- 10 minutes, level 10-7, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  **1. Seated Cable Row- 3x10, level 9, 1 minute rest between sets.**  2. Upright Bike- 15 minutes, Level 7-10, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).    3. Seated Bicep Curls- 7.5kg, 3x10 reps.  Superset with-  4. Triceps Rope Extensions- Level 5, 3x10 reps. Rest 30-45 seconds after both exercises have been completed for one set.  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 4 Changes-**  **Warm up- Increasing the RPM by 5 on the bike, starting at 65 and building up to 85 if the Light feeling hasn’t been achieved. Keeping session 3 warm up the same.**  **Main 1- Increasing the workload through extra weight or a higher step, reducing the volume by 2 reps for session 1 and 3, for session 2 reps per set reduced from 8 to 5 while getting used to the higher step.**  **Cool down- Session 1 and session 2 cool down, resistance at the lower end finishing at 7, an increase of level, RPM the same to bring the intensity down gradually.**  **Session 3 cool down remains the same.** |
| **Week 5** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 65-85 RPM, 9-11 RPE (Very Light-Light feeling)  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Seated Chest Press- 3x10, 27.5kg, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-12, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).**  **3. Weighted Sit to Stand- 5kg DB ,4x6, 1 minute rest between sets.**  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 65-85 RPM, 9-11 RPE (Very Light-Light feeling**)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Box Step Ups- 3x5 each leg, bodyweight, box plus 3 spacers 10” high, 1 minute rest between sets.  **2. 12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 1-3%, 11-13 RPE (Light to Somewhat Hard feeling).**  **3. Seated leg extend- 3x12, controlled.**    **Superset with-**    **4. Hamstring Curl- 3x12. Rest 30-45 seconds after a set of both has been completed.**  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-60 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  1. Seated Cable Row- 3x10, level 9, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-12, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).**    **3. Seated Bicep Curls- 7.5kg, 3x12 reps.**  **Superset with-**  **4. Triceps Rope Extensions- Level 5, 3x12 reps. Rest 30-45 seconds after both exercises have been completed for one set.**  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 5 Changes-**  **Main 2 (Middle cardio)- Upright bike level increased, building up to more time at the higher end.**  **Treadmill incline starting at 1% going to 3% to help improve ability when walking up hill.**  **Main 3 and 4 (weighted exercises and superset)- Sit to stand developing strength by adding a single DB, lowering the reps to get used to the extra weight.**  **All the superset exercises, moving from 10 reps per set to 12, increasing workload while using the same manageable weight.** |
| **Week 6** | **Warm Up- 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Seated Chest Press- 3x12, 27.5kg, 1 minute rest between sets.**  2. Upright Bike- 15 minutes, Level 7-12, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).  3. Weighted Sit to Stand- 5kg DB, 4x6, 1 minute rest between sets.  **Cool Down- Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up- 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Leg Press- 3x10, 65kg, 90**° **Working angle at the knees, 1 minute rest between sets.**  2. 12 minutes, Treadmill Walk 3.0-3.5 MPH, incline 1-3%, 11-13 RPE (Light to Somewhat Hard feeling).  3. Seated leg extend- 3x12, controlled.    Superset with-    4.Hamstring Curl- 3x12. Rest 30-45 seconds after a set of both has been completed.  **Cool Down- Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).**  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  **1. Seated Cable Row- 3x12, level 10, 1 minute rest between sets.**  2. Upright Bike- 15 minutes, Level 7-12, 70-80 RPM, 11-13 RPE (Light to Somewhat Hard).    3. Seated Bicep Curls- 7.5kg, 3x12 reps.  Superset with-  4. Triceps Rope Extensions- Level 5, 3x12 reps. Rest 30-45 seconds after both exercises have been completed for one set.  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 6 Changes-**  **Warmup- slightly higher RPM starting at 70, this will match the pace during your main cardio, however resistance progression should be more gradual.**  **Main 1- Increase reps from 10 to 12 per set on the chest press, increasing the volume and overall work, following the same pattern as the week before with the other exercises.**  **Seated row, weight and reps increased, and 2 extra reps per set, as observations show this is a much easier exercise for you.**  **Switching out the Step ups for Leg press to help with achieving more leg strength development, step ups can easily be done in a home workout too.**  **Leg press, warm up set of 6-8 before going into the main 3 sets.**  **Cool down- Slight uptick in the ending speed, keeping the resistance reduced when ready to come of the bike.** |
| **Week 7** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling)  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Seated Chest Press- 3x12, 27.5kg, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-12, 70-85 RPM, 11-13 RPE (Light to Somewhat Hard).**  **3. Weighted Sit to Stand- 5kg DB, 4x8, 1 minute rest between sets.**  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling**)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  1. Leg Press- 3x10, 65kg, 90° Working angle at the knees, 1 minute rest between sets.  **2. 12 minutes, Treadmill Walk 3.2-3.7 MPH, incline 1-3%, 11-13 RPE (Light to Somewhat Hard feeling).**  **3. Seated Bicep Curls- 10kg, 3x8 reps.**  **Superset with-**  **4. Triceps Rope Extensions- Level 7, 3x8 reps. Rest 30-45 seconds after both exercises have been completed for one set.**  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  1. Seated Cable Row- 3x12, level 10, 1 minute rest between sets.  **2. Upright Bike- 15 minutes, Level 7-12, 70-85 RPM, 11-13 RPE (Light to Somewhat Hard).**  **3. Seated leg extend- 3x12, controlled.**    **Superset with-**    **4. Hamstring Curl- 3x12. Rest 30-45 seconds after a set of both has been completed.**  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 7 Changes-**  **Main 2- Cardio changes, upright bike, building up to 85 RPM, the aim is to hold a longer amount of time at the higher resistance or RPM.**  **Treadmill, slight increase in overall pace.**  **Main 3 and 4- Switched the sessions 2 and 3 exercises around, this structure change will help further down the programme.**  **Sit to stand, adding 2 reps per set again.**  **Bicep and Triceps, reducing reps down from 12 per set to 8, with a jump in weight.** |
| **Week 8** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling)  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Seated Chest Press- 4x8, 32.5kg, 1 minute rest between sets.**  **Superset with-**  **2. Seated Bicep Curls- 10kg, 4x8 reps.**  3. Upright Bike- 15 minutes, Level 7-12, 70-85 RPM, 11-13 RPE (Light to Somewhat Hard).  4. Weighted Sit to Stand- 5kg DB ,4x8, 1 minute rest between sets.  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 10 minutes, upright bike, Level 7-10, 70-85 RPM, 9-11 RPE (Very Light-Light feeling**)**  **Mobility-** Neck Rotations, Shoulder Rolls, High knee March, Open the gates, heel flicks.  **Main-**  **1. Leg Press- 3x8, 75kg, 90° Working angle at the knees, 1 minute rest between sets.**  2. 12 minutes, Treadmill Walk 3.2-3.7 MPH, incline 1-3%, 11-13 RPE (Light to Somewhat Hard feeling).  3. Seated Cable Row- 3x10, level 9, 1 minute rest between sets.  Superset with-  4. Triceps Rope Extensions- Level 7, 3x8 reps. Rest 30-45 seconds after both exerciseshave been completed for one set.  **Cool Down-** Upright Bike- 10 minutes, level 10-7, 80-65 RPM, 11-7 RPE (Light down to extremely light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Warm Up-** 8 minutes, 2 rounds 60 seconds per exercise, High knee March, Bicep Curl heel digs, Front raise step backs, half stars, 9-11 RPE (Very Light-Light feeling)  **Main-**  **1. Step Ups- Single step high at home, 3x6 reps each leg, 1 minute rest between sets.**  2. Upright Bike- 15 minutes, Level 7-12, 70-85 RPM, 11-13 RPE (Light to Somewhat Hard).  3. Seated leg extend- 3x12, controlled.    Superset with-    4. Hamstring Curl- 3x12 each leg. Rest 30-45 seconds after a set of both has been completed.  **Cool Down-** 8 minutes, 2 rounds 45 seconds per exercise, High knee March, Heel digs, Step backs, Side Steps, 11-7 RPE (Light-Extremely Light feeling).  **Stretch- Quads, Hamstrings, Chest stretch, shoulder rolls, tree hug stretch and neck tilts.** | **Week 8 Changes-**  **Changes to the structure of the programme to fit with possible home session.**  **5kg extra weight on the Chest press, with a reduction of 4 reps per set. 8 reps per set, 4 sets in total, now superset with 4 sets of Bicep curl.**  **Leg press weight increased by 10kg with a reduction of reps per set from 10 to 8 to keep it safe.**  **Step ups can now be done at home during any home riding sessions.**  **Any further changes can be made following another review during week 8.** |

**Health and Fitness Profile**

**You can fill out all or some of the details below, this will help you track your progress and will support your long-term health and wellbeing goals. JCB Active have a Fat % scale and blood pressure monitor, which you are welcome to use, without the need of a gym membership.**

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|  | **Week 1** | **Week 6** | **Week 12** | **6 Month** | **9 Month** | **12 Month** |
| **Blood Pressure** |  |  |  |  |  |  |
| **Resting Heart Rate** |  |  |  |  |  |  |
| **Weight (kg)** |  |  |  |  |  |  |
|  | **Week 1** | **Week 6** | **Week 12** | **6 Month** | **9 Month** | **12 Month** |
| **Fat%** |  |  |  |  |  |  |
| **Fat Mass (kg)** |  |  |  |  |  |  |
| **Muscle (kg)** |  |  |  |  |  |  |
| **Water (kg)** |  |  |  |  |  |  |
| **Water (%)** |  |  |  |  |  |  |
| **Basal Metabolic Rate** |  |  |  |  |  |  |
| **Visceral Fat Rating** |  |  |  |  |  |  |
|  | **Week 1** | **Week 6** | **Week 12** | **6 Months** | **9 Month** | **12 Month** |
| **Recovery Heart Rate** |  |  |  |  |  |  |
| **Predicted Max V02** |  |  |  |  |  |  |
| **Rating** |  |  |  |  |  |  |