

5 Week Commercial Gym Program

We realize not everyone is able to come to our gym (we wish it otherwise!), but we believe fitness should be a part of EVERYONE's life. The benefits to you and those around you are overwhelming. More energy? Check. Live longer? Check. Healthy body composition? Check. Improve resilience against sickness and injury? Check. Improve learning and mental capacity? Check. No one can argue against the benefits of exercise.

However, have you ever been completely lost at the gym and not know what to do? At QTown, we realize that not everyone has a program designed specifically for them or a coach to get advice from. At a big commercial gym it can be truly daunting to know what to do. Oftentimes, we will base what we do from a myriad of Internet resources or simply what your friend is currently doing. Most people (including us in the past) have also tried to get by just randomly selecting exercises from a sea of equipment. What happens as a result is boredom, burnout, wasted time, wasted energy, and a lack of results.

This is why we have created a 5 week program for those of you going to a "big box" gym. The equipment listed is what you would likely find in a bigger gym. The movements are familiar to some, with most exercises done with the assistance of machines which usually have instructions. We realize this is far from a perfect situation as we cannot coach how each movement should feel or the result, but hopefully it can help steer a person to attaining some real results. It's similar to not knowing all the particulars to a specific diet, but understanding that you can get results by simply eating more vegetables and drinking more water.

That being said a word on how to read the program - A1 and A2 are done as paired sets (B1 and B2, C1 and C2 etc). First, it is written as a rep range then sets. A rep range such as 12-15 suggest that you want to work a weight over the full range of motion that gives you a very tough 15 reps. If after the 1st set you are unable to reach 15 reps you now have some breathing room to hit a lower number (12-14). Get less then 12? Shut it down. This applies for all rep ranges. This program is written Monday through Sunday - adjust accordingly to meet your schedule. Miss a day? You can leave it or pick it up and adjust the off days.

Final note, this is a periodized program, meaning that many elements are repeated each week. This is basic strength and conditioning program for a beginner client who needs some guidance on where to get started. We know that everyone is different so adapt accordingly. Please contact your doctor before starting any physical fitness program.

See the next page for a 1 week snapshot of the program.

Click either of the links below to gain full free access.

Enjoy and let us know how it goes!

[5 Week Program on Google Sheets](#)

[5 Week Program PDF Version](#)

Click here for a free consult!

<p>Day 1</p> <p>A1) Incline Dumbbell Bench Press 12-15/arm Rest 30s A2) Gravitron Pull Up 8-10 Rest 30s x 3 B1) Seated Single Leg Knee Extension 12-15/leg Rest 30s B2) Seated Hamstring Curl 12-15/leg Rest 30s x 3 C1) Lying Tricep Extension 8-10 Rest 30s C2) Seated Row Machine 8-10 Rest 30s x 3 D1) Seated Hip Adduction 8-10 Rest 30s D2) Seated Hip Abduction 8-10 Rest 30s x 3 E) 8 Sets 30s Bike 30s Rest Same pace per Moderate effort</p>	<p>Day 2</p> <p>A1) 10 Minutes Moderate Bike Rest/Walk 5 Minutes Over the next four weeks maintain a similar pace A2) 10 Minutes Moderate Row Rest/Walk 5 Minutes A3) 10 Minutes Easy Stair Master B) Accumulate 3 Minutes in a Low plank C) Side Bridge 15s Left/ 15s Right Rest 30s x 3</p>	<p>Day 3</p> <p>A1) Reverse Lunges 16-20 Alternating Legs Rest 30s A2) Single Leg Romanian Deadlift with DB 8/leg Rest 30s x3 B1) Seated Curl to Press 12-15 Rest 30s B2) Seated Lat Pull Down 12-15 Rest 30s B3) Back Extension 12-15 Rest 30s x 3 C1) DB Bench Press 12-15 Rest 30s C2) DB Shoulder External Rotation x12-15/arm Rest 30s x 3 D) Weighted Hip Thrust 15-20 Rest 60s x 4 E) Bike 10-20 Minutes easy</p>	
<p>Day 4</p> <p>A) 5 Rounds of Quality Work 4 Minute Bike/Elliptical 40m Farmers Carry w/ DBs Rest/walk 10 Minutes B) 5 Rounds of Quality Work 4 Minute Bike/Row 30s Front Leaning Rest</p>	<p>Day 5</p> <p>A1) Trap Bar Deadlift 3-5 Toughish perfect Rest 90s A2) Gravitron Pull Up 3-5 tough Rest 90s x 5 B1) Seated Knee Extension 6-8 tough Rest 60s B2) Seated Hamstring Curl 6-8 tough Rest 60s x 4 C1) Back Extension 6-8 Toughish Rest 60s C2) Seated Row 3-5 Rest 60s x 4 D) 10 Minute AMRAP (As many Reps as Possible) 200m Bike 10 Leg Raises 5 Push Ups</p>	<p>Day 6</p> <p>Rest Day 30-60 Minutes Easy activity like walking</p>	<p>Day 7</p> <p>Rest Day</p>

[Click here to set up a free consult!](#)