

The Alpine Circuit is easily customized to meet your health and fitness goals.

GOAL	REPETITIONS
Weight Loss	25
Endurance	15
Strength	8

### Instructions

1. Make sure you have your doctor's approval to participate in aerobic or weight training. It's recommended that you also consult a Certified Personal Trainer the first time you begin a new exercise program.
2. Wear comfortable clothes and good athletic shoes.
3. Decide on your exercise goal for the day (weight loss, endurance, strength) and record your repetition goal in your log.
4. Warm up your body with light exercise for 5 minutes to gradually increase your heart rate and leave your skin moist. Rotate all the major joints of the body through their full Range of Motion (ROM).
5. Try to do at least 15 minutes of aerobic exercise (cross-trainer, treadmill, rower, bikes, stair-master). Exercise at an intensity that allows you to breathe rhythmically (not panting) and talk in complete sentences to other members.
6. Begin the circuit at Station #1 and read the instructions. Set your weight so that you completely fatigue at the goal number of repetitions. It will take some trial-and-error before you understand your strength level.
7. If you like (not necessary), take a 1-2 minute break between stations.
8. After the circuit is completed, finish by stretching all the muscle groups that you exercised through their full ROM.
9. Record any thoughts on intensity, changes for next time, aspects you liked/disliked, questions for a trainer, symptoms of injury or over-exercise, etc.
10. After 3 workouts, hand in your log to the receptionist for long-term tracking and analysis.

### Tips to Success

- Do not try an exercise if you are unsure of how to do it safely.
- Lift slowly (2 seconds), lower slowly (2 seconds). Use a "one-two", slight pause, "three-four" rhythm.
- Exhale on every lift, inhale when lowering the weight
- If you can lift the weight more than the goal number of repetitions, increase the weight by 5-10% **the next time** you return to the gym.
- Feel free to customize your exercise goals, e.g. Endurance on Day 1, Strength on Day 2, etc or, Strength on Arms, Endurance on Legs, etc
- Feel free to add variety by changing the order of exercises or use other equipment that targets the same muscle group.
- You are exercising too hard and should stop exercising if you experience any of these symptoms: shortness of breath, muscle cramping, dizziness, nausea, headache, shaking, chills, numbness, any sharp pain.
- 75% of fitness benefits (weight loss, endurance, strength) can be achieved with only one set of repetitions to exhaustion (i.e. you don't need to repeat the exercise or circuit).

This program was designed by

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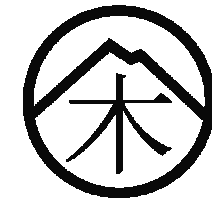
Certified Personal Trainer  
American Council on Exercise

Certified Fitness Leader  
Alberta Fitness Leadership Certification Association.

If found, please return to

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# Alpine Circuit

An exercise program designed  
to achieve your  
**strength, endurance, and weight loss** goals.

The Circuit is a full-body workout with  
minimal time requirement (20-40 minutes) and is  
suitable for beginners and experienced alike.

The Circuit meets all of the daily physical activity  
recommendations by Health Canada.

### Disclaimer

You must complete a Health Screen and  
discuss exercise plans with your physician  
prior to physical exercise

**NAME**

**DATE**

**TIME**

**GOAL**

**WARMUP**

CARDIO	INTENSITY	TIME	BPM	NOTES

EXERCISE	LBS	REPS	NOTES
1 Glute Press Down			
2 Abdominal Crunch			
3 Leg Press			
4 Weight-Assisted Dip			
5 Weight-Assisted Chin-up			
6 Seated Shoulder Press			
7 Seated Leg Curl			
8 Seated Leg Extension			
9 Bicep Curl			
10 Tricep Press Down			
11 Pectoral Butterfly			
12 Rear Deltoid			

**STRETCH**

**NOTES**

**DATE**

**TIME**

**GOAL**

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CARDIO	INTENSITY	TIME	BPM	NOTES

EXERCISE	LBS	REPS	NOTES
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**STRETCH**

**NOTES**