

Joining the Gym

11. What is an exercise program?



ADVOCACY



KNOWLEDGE

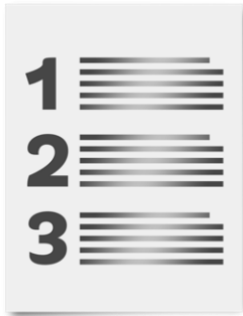


COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



What is an exercise program?



Some gyms will give you an exercise program.

An exercise program is a list of exercises that you will do each time you go to the gym.



A gym trainer will show you how to do the exercises and use the machines.

Your exercise program will be organised into



- **Reps** – the number of times you repeat a single exercise.



- **Sets** – the number of times you do a group of reps.

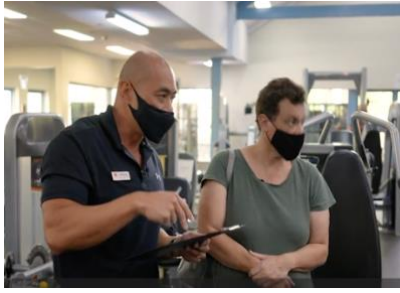


- **Load** – the amount of weight used for an exercise.



You should do your exercise program at least once a week.

After about 6 weeks of doing your exercises you will find them easier.



A trainer can help you change your program to keep it challenging by

- Adding reps
- Adding sets
- Increasing the load
- Changing the exercises



You will need to drink water regularly while at the gym.



This will make up for the water you lose by sweating while you exercise.