

Execution of The Fit Zone™ Home Exercise Programme

Zone Fit Ltd has created an exercise programme suitable for all abilities and fitness levels to help them achieve their personal goals.

For maximum effort, undertake the sequence of exercises outlined 3-5 times per week, according to your ability and exercise goals.

Warming Up and Cooling Down

To avoid injury, ensure that you warm up and stretch individual muscles effectively between 10-15 secs prior to exercising. After exercising, always perform slower movements to cool the body down and finish with stretching individual muscles between 15-30 secs.

There are 5 suggested exercises for each "Zone" of the programme. You can choose how many of these exercises you wish to undertake in one session. Build up gradually according to your own fitness level and confidence. You may also wish to stay within each "Zone" for longer than the suggested timescale in order to develop your individual rate of progress.

Music

You may wish to use music to accompany your workout. Music can be a powerful tool if chosen correctly. Music that is inspiring and motivating can create a dynamic energy and will have a positive effect on your performance.

Choose music speed according to your fitness level. Increased speed may affect range of movement. Please be aware that you must be able to carry out the exercises safely and effectively.

Please contact Zone Fit Ltd to purchase an exercise DVD and/or music CD specific for your workout.

Week 1 The Dynamic Zone™

- Recommended at low height.
- Controlled rhythmical movements are recommended and considered more beneficial, especially to establish good body awareness.

Weeks 2 and 3 The Energy Zone™

- Designed to gradually increase your energy expenditure.
- Rehearse the movement patterns in order to execute them efficiently in the explosive Agility Zone™ Component in week 4.
- Height may now be increased to setting 2 – participants' choice according to their fitness level and confidence.

Week 4 The Agility Zone™

- Main athletic workout.
- Height may now be increased to setting 2 or 3 – participants' choice according to their fitness level and confidence.
- The variations in the home exercise programme will provide physical and mental challenges. The programme incorporates both linear (forward and back) and lateral (sideways) movement.
- For this component, participants can work with the music in the background and concentrate on their mental and cardiovascular responses, rather than working to the beat of the music.
- Experienced participants may undertake certain movements for short periods on the balls of their feet.

Week 5 The Tone Zone™

- Optional component – this component complements your home exercise programme by adding muscular balance, strength and endurance.
- Hand weights may be used to provide extra resistance.
- Aim to execute between 8 to 15 repetitions of each exercise.

On Completion of your 5 Week Home Exercise Programme:

Once you have mastered each component, you may wish to consider adding arm movements to your favourite leg movements to form an overall balanced exercise regime, i.e.

Component	Duration
The Dynamic Zone™	3 minutes
Pre Exercise Stretching	2 minutes
The Energy Zone™	5 minutes
The Agility Zone™	8 minutes
Cool Down	4 minutes
The Tone Zone™	5 minutes
Post Exercise Stretching	3 minutes
TOTAL	30 MINUTES




















Release from Liability

The Fit Zone™ home exercise programme is intended for use in the home only. Do not use it in a commercial, rental or establishment setting.

Please read all the instructions prior to using the equipment. Owners, please only use the equipment as described in this manual. Zone Fit Ltd and 9 Yards Marketing assume no responsibility for personal injury or damage to property sustained by or through the use of this product and home exercise programme.

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Remember –For maximum effect, undertake the sequence of exercises in each “Zone” between 3-5 times per week, according to your ability and fitness level. You may choose to stay in one “Zone” for longer than the suggested timescale until you feel confident to move on, i.e. you may wish to stay in The Dynamic Zone™ for more than one week. To increase the intensity of your workout, consider adjusting the equipment height and using large arm movements - only when you feel comfortable with these advanced options.

The Fit Zone™ Home Exercise Programme - 1										
<p>Week 1 Dynamic Zone™ (easy) 1 min work 1 min gentle 1 min work</p> <p>Total ea =3 min Overall =15 min Height =1</p>	<p>Walking Walk in and out. Alternate between a right and left leg lead.</p>		<p>Calf Raises Walk in, right then left, slowly lift heels off floor and return to floor. Walk out, right then left. Alternate between a right and left leg lead.</p>		<p>Knee Lifts Step in with right leg and lift the left knee to hip height. Repeat with a left leg lead. Execute the movements corner to corner.</p>		<p>Kicks Step in with right leg and kick left leg to waist height. Repeat with a left leg lead. Execute the movements corner to corner.</p>		<p>Leg Curls Step in with right leg, bend left leg in order that the heel comes towards bottom. Repeat with a left leg lead. Execute the movements corner to corner.</p>	
<p>Weeks 2 and 3 Energy Zone™ (intermediate) 2 min work 1 min gentle 2 min work</p> <p>Total ea =5 mins Overall = 25 min Height = 1 or 2</p>	<p>Jogging Jog in and out. Alternate between a right and left leg lead.</p>		<p>Power Calves Jog in right then left, perform 2 quick calf raises. Jog out right then left. Alternate between a right and a left leg lead.</p>		<p>Power Knees As above, however a power move involves powerfully lifting upwards both feet off the ground in order to execute the movement.</p>		<p>Power Kicks As above, however a power move involves powerfully lifting upwards both feet off the ground in order to execute the movement.</p>		<p>Power Leg Curls As above, however a power move involves powerfully lifting upwards both feet off the ground in order to execute the movement.</p>	
<p>Week 4 Agility Zone™ (advanced) 3.5 min work 1 min gentle 3.5 min work</p> <p>Total e = 8 min Overall = 40 min Height = 1,2 or 3</p>	<p>Lunge Leaps Hop into The Fit Zone™ facing front landing on leading foot and lift heel of opposite leg to just below the knee. Repeat opposite leg lead.</p>		<p>Ski Bounces Approaching the equipment side facing. Feet begin comfortably apart, bend both knees, lift and jump sideways inside and repeat to jump back out. On landing – both feet down, knees bent.</p>		<p>Lateral Jogging Approaching the equipment side facing. Jog over both edges of The Fit Zone™ and follow the same route to return to the start position.</p>		<p>Jumps Feet begin and end hip width apart, bend both knees, lift and jump forward inside The Fit Zone™ and repeat to jump back On landing – both feet down, knees bent and above the ankles.</p>		<p>Wide/Narrow Jog Run into The Fit Zone™ right then left. Move right leg over edge right, move left leg over edge left. Reverse movements to return to start position. Repeat with a left leg lead.</p>	
<p>Week 5 Tone Zone™ (muscular endurance) 1 set of 8-15 reps 30 seconds rest</p> <p>Experienced participants may wish to undertake between 1-3 sets of each exercise Time = N/A Height = 1 or 2</p>	<p>Squat Right From inside, start with feet hip width apart and toes turned out slightly. Squat outside right leg to shoulder width apart, bend knees to 90°, return to start position and repeat.</p>		<p>Squat Left From inside, start with feet hip width apart and toes turned out slightly. Squat outside left leg to shoulder width apart, bend knees to 90°, return to start position and repeat.</p>		<p>Lunge Right Feet begin hip width apart. Step inside with leading leg and lower back knee towards the floor – both legs form a right angle and remain hip width apart. Remain upright, head looking forward. Repeat same leg.</p>		<p>Lunge Left Feet begin hip width apart. Step inside with leading leg and lower back knee towards the floor – both legs form a right angle and remain hip width apart. Remain upright, head looking forward. Repeat same leg.</p>		<p>Abdominals Lying face up, feet hip width apart and inside The Fit Zone™, lower back resting on floor. Curl up and forward, support the neck if necessary.</p>	