



Create MYWELLNESS account to access your GYM program from your phone or ask gym staff to print it out.

Learn more about the My Wellness App here.



Always start your workout with 5-10min cardio warm up and dynamic stretches to avoid injuries in future.



Mandurah Aquatic & Recreation Centre
303 Pinjarra Road, Mandurah | Phone: 9550 3600

Scan the QR codes below:

Fitness Appraisal



Feedback form



Smart Start 12 Week Full Body Workout



PROGRESSION is the key to success

Make sure you start with light weight and focus on technique, then increase gradually in this order:

1. Repetitions
2. Sets
3. Intensity (load)

Phase 1 (week 1-4)

Exercises	Set	Rep	RPE*
Leg Press	1-2	12-15	6-7
Abductors	1-2	12-15	6-7
Adductors	1-2	12-15	6-7
Chest Press	1-2	12-15	6-7
Shoulder Press	1-2	12-15	6-7
Arm Extension	1-2	12-15	6-7
Arm Curl	1-2	12-15	6-7
Leg Curl	1-2	12-15	6-7
Low Row	1-2	12-15	6-7
Abdominal Crunch	1-2	12-15	6-7

*Rate of Perceived Exertion



Changing methods of training will challenge the same muscle groups to work in different dimensions.

Phase 2 (week 5-8)

Exercises	Set	Rep	RPE*
45° Leg Press	2-3	10-12	7-8
Pectoral	2-3	10-12	7-8
Leg Extension	2-3	10-12	7-8
Leg Curl	2-3	10-12	7-8
Lat Pull Down	2-3	10-12	7-8
Cable Bicep Curl	2-3	10-12	7-8
Cable Tricep Pushdown	2-3	10-12	7-8
Dumbbell Lateral Raise	2-3	10-12	7-8
Calf Raise	2-3	10-12	7-8
Fitball Crunch	2-3	10-12	7-8



Adding exercises that challenge your stability improve core strength and posture alignment.

Phase 3 (week 9-12)

Exercises	Set	Rep	RPE*
Front Squat	3	8-12	7-9
Lunge	3	8-12	7-9
Assisted Pull Up	3	8-12	7-9
Biceps	2-3	8-12	8-9
Low Row	2-3	8-12	7-9
Inclined Chest Press	3	8-12	7-9
Tricep Dip	2-3	8-12	8-9
Omnia Push Up	2-3	8-12	7-9
Russian Twist	2-3	8-12	7-9
Plank (options)	2-3	hold	7-9