



Training Library Focus Exercise Instructions

www.swintonpower.com

PNF/ YOGA/ PILATES

Participate at your own comfort level and pace, beginners start with instructional videos (labeled IV).

Circuit 1: Learn the poses by watching the instructional Videos. (Videos 1-4).

Circuit 2: Repeat poses with 10-15 second holds per exercise. (Some poses require Right side and Left side holds).

Circuit 3: Repeat poses with 30 second holds.

CARDIO

Beginner: 15 seconds (or 12 reps) (2 sets)

Intermediate: 30 seconds (or 24 reps) (3 sets)

Advanced: 40 seconds (or 36 reps) (3 sets)

Allow for 10 second rest between exercises for Beginner and Intermediate.

Allow for 20 second rest between exercises for Advanced.

CORE

Beginner: 15 seconds (or 12 reps) (2 sets)

Intermediate: 30 seconds (or 28 reps) (3 sets)

Advanced: 40 seconds (or 32 reps) (3 sets)

Allow for 10 second rest between exercises for Beginner and Intermediate.

Allow for 20 second rest between exercises for Advanced.



LOWER BODY & GLUTES

Beginner: 8 Reps per side OR 16 Reps total (2 sets)

Intermediate: 12 Reps per side or 24 Reps total (3 sets)

Advanced: 16 Reps per side or 32 Reps total (3 sets)

Allow for 10 second rest between exercises for Beginner and Intermediate.

Allow for 20 second rest between exercises for Advanced.

EXPLOSIVE POWER

Beginner: 8 reps (2 sets)

Intermediate: 12 Reps (3 sets)

Advanced: 16 Reps (3 sets)

Allow for 10 second rest between exercises for Beginner and Intermediate.

Allow for 20 second rest between exercises for Advanced.

ABS

Beginner: 15 seconds (or 12 reps) (2 sets)

Intermediate: 30 seconds (or 28 reps) (3 sets)

Advanced: 40 seconds (or 32 reps) (3 sets)

Allow for 10 second rest between exercises for Beginner and Intermediate.

Allow for 20 second rest between exercises for Advanced.



UPPER BODY

Beginner: 15 seconds (or 12 reps) (2 sets)

Intermediate: 30 seconds (or 24 reps) (3 sets)

Advanced: 40 seconds (or 36 reps) (3 sets)

Allow for 10 seconds rest between exercises for Beginner and Intermediate.

Allow for 20 seconds rest between exercises for Advanced.

COOL DOWN (STRETCHES)

Beginner: 10 seconds of relaxed hold

Intermediate: 15 seconds of relaxed hold

Advanced: 20 seconds of relaxed hold

If an exercise requires Right and Left holds,
be sure to hold suggested time frame PER side