

NICOLETTA'S PROGRAM

By One Playground Coach, Jenny Duncan

Nicoletta, mother of 2 and business owner. She does Personal Training at One Playground. This is her current 3-day-a-week gym program, created by her Coach.



Day 1 Full-Body

Est. 40 minutes



EQUIPMENT
Dumbbells, Barbell & Machines

SUPERSET OF 3 SETS

Trap Bar Deadlift | 10 reps

Rest for 20 secs

Dumbbell Kneeling Shoulder Press | 10 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Front-Foot Elevated Split Squat | 10 reps e.s.

Rest for 20 secs

Front Raises | 10 reps

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Abduction | 12 reps

Rest for 20 secs

Cable Woodchop | 10 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

3 SETS

Crab Walk | 25 reps each way

Rest for 90 secs

REPEAT 3 TIMES

TRAINING SESSION, DONE!



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Est. 42 minutes

Day 2 Full-Body



EQUIPMENT
Dumbbells, Kettlebells & Machines

SUPERSET OF 3 SETS

Bench Press | 10 reps

Rest for 20 secs

Dumbbell Reverse Lunge | 8 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Goblet Squat | 10 reps

Rest for 20 secs

Machine Seated Row | 12 reps

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Leg Extension Machine | 12 reps

Rest for 20 secs

Dumbbell Bicep Curl | 8 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

3 SETS

Kettlebell Deadbug | 20 reps

Rest for 90 secs

REPEAT 3 TIMES

TRAINING SESSION, DONE!

PROGRAMMING LINGO

E.S.: Stands for "each side" – an instruction referring to performing a certain number of reps on each side.

REP: A repetition is one complete movement of an exercise. Within a rep there is typically a lengthening and shortening of one or many muscle groups.

SET: Any series of "reps" of an exercise. When one set is complete, you usually have a short rest before the next set.

SUPERSET: Performing two different exercises back to back, with little or no rest in between, and then resting.



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Est. 40 minutes

Day 3 Full-Body



EQUIPMENT
Dumbbells, Barbell & Machines

SUPERSET OF 3 SETS

Barbell RDL | 10 reps

Rest for 20 secs

Incline Push Up | 10 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Dumbbell Front Foot Elevated Split Squat | 10 reps e.s.

Rest for 20 secs

Close Grip Lat Pull Down | 10 reps

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

SUPERSET OF 3 SETS

Sled Push | 40 meters

Rest for 20 secs

Deadbug | 10 reps e.s.

Rest for 90 secs

REPEAT 3 TIMES

REST FOR 2 MINS 

3 SETS

Front Raises | 10 reps

Rest for 90 secs

REPEAT 3 TIMES

TRAINING SESSION, DONE!

PROGRAMMING LINGO

E.S.: Stands for "each side" – an instruction referring to performing a certain number of reps on each side.

REP: A repetition is one complete movement of an exercise. Within a rep there is typically a lengthening and shortening of one or many muscle groups.

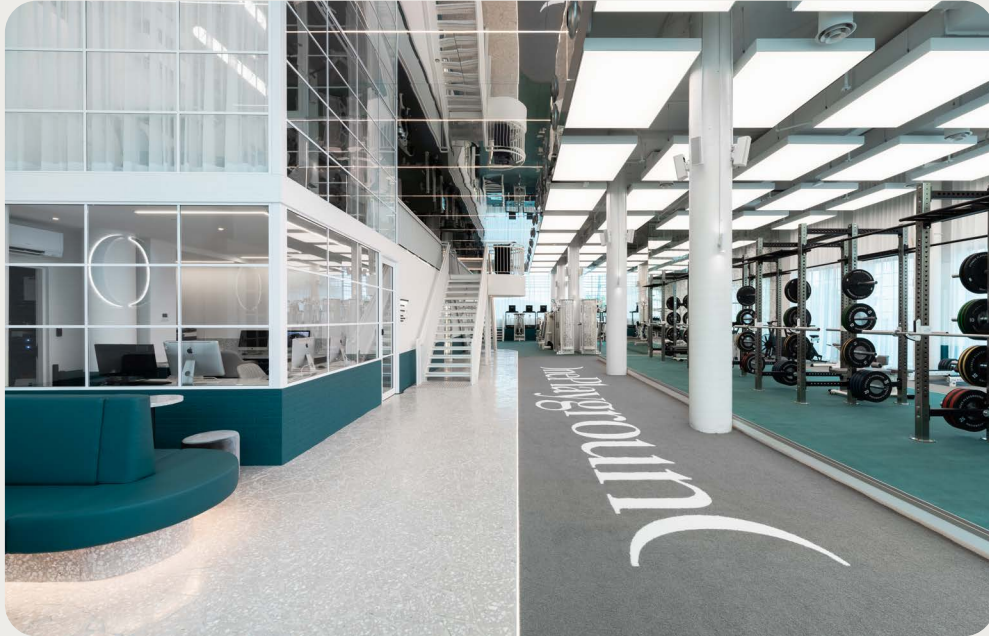
SET: Any series of "reps" of an exercise. When one set is complete, you usually have a short rest before the next set.

SUPERSET: Performing two different exercises back to back, with little or no rest in between, and then resting.

EXERCISE	SETS	REPS	INT-SET REST	REST	WEEK 1 KG/REPS	WEEK 2 KG/REPS	WEEK 3 KG/REPS	WEEK 4 KG/REPS
DAY 1								
A1. Trap Bar Deadlift	3	8-10	20					
A2. Dumbbell Kneeling Shoulder Press		10/10		60-90				
B1. Front-Foot Elevated Split Squat	3	10/10	20					
B2. Front Raises		8-10		60-90				
C1. Abduction	3	10-12	20					
C2. Cable Woodchop		10/10		60-90				
D1. Crab Walk	3	25 each way	20	60-90				
DAY 2								
A1. Bench Press	3	8-10	20					
A2. Dumbbell Reverse Lunge		8/8		60-90				
B1. Goblet Squat	3	8-10	20					
B2. Machine Seated Row		10-12		60-90				
C1. Leg Extension Machine	3	10-12	20					
C2. Dumbbell Bicep Curl		8/8		60-90				
D1. Kettlebell Dead Bug	3	20	20	60-90				
DAY 3								
A1. Barbell RDL	3	8-10	20					
A2. Incline Push Up		10/10		60-90				
B1. Dumbbell Front Foot Elevated Split Squat	3	10/10	20					
B2. Close Grip Lat Pull Down		8-10		60-90				
C1. Sled Push	3	40 meters	20					
C2. Deadbug		10/10		60-90				
D1. Front Raises	3	8-10	20	60-90				

OnePlayground

ENDLESS EXPERIENCES



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