

“ It is my belief that you are both responsible for and fully capable of making the lasting changes required to transform your mind and body, in order to become the most attractive, energetic, happy and healthy person you can be. Motivation is the most important part of the programme. You will need motivation to get started and then to stick with it for the rest of your life. It's 90% mental and 10% physical because your body doesn't decide to get off the couch and do exercise, your brain does. This article will provide you with the direction and education, as well as plenty of motivation, giving you the best chance of success. Then it's up to you! Good luck! ”

Nicole



By Nicole Warburg
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Proudly sponsored by GI LEAN Fitness series
Body Proud Expert

Make up: Mione from Body Guru
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2 MONTH TRAINING PROGRAM

The training programme

Success in any weight training programme, regardless of your individual goal, comes from proper nutrition and appropriate muscle stimulus, with intensity, consistency and adequate rest being the key components.

Your weight training programme should be set over an 8 week period, consisting of 7 weeks of training and 1 week of rest. This programme is ideal if you are a beginner and new to training, or if you would like a programme that is easy to follow.

We are going to start with the basics, progressing every 8 weeks. It is completely up to you how hard you push yourself. The results achieved are all dependent on your motivation and dedication. If you find the first few programmes too easy, increase the intensity by decreasing your rest time and/or increasing the weight used or

reps performed. The aim of this programme is to supply you with the information, direction and motivation needed to ultimately design your very own personal training programme, enabling you to create programmes with exercises that your body responds to best.

Your training sessions should be planned based on your available time and suitability. If you set it around your lifestyle you will be more likely to stick to it. This programme consists of session 1 and session 2, which means you will end up performing either session 1 or session 2 on your third day of training, depending on the week you are in. Here is an example of how your ideal split for this programme should look, based on 3 training session per week:

i.e. If you are starting on Monday 4th May:

WEEK 1

Monday 4th	Session 1
Tuesday 5th	Rest/Cardio
Wednesday 6th	Session 2
Thursday 7th	Rest/Cardio
Friday 8th	Session 1
Saturday 9th	Rest/Catch up
Sunday 10th	REST

WEEK 3

Monday 18th	Session 1
Tuesday 19th	Rest/Cardio
Wednesday 20th	Session 2
Thursday 21st	Rest/Cardio
Friday 22nd	Session 1
Saturday 23rd	Rest/Catch up
Sunday 24th	REST

WEEK 2

Monday 11th	Session 2
Tuesday 12th	Rest/Cardio
Wednesday 13th	Session 1
Thursday 14th	Rest/Cardio
Friday 15th	Session 2
Saturday 16th	Rest/Catch up
Sunday 17th	REST

WEEK 4

Monday 25th	Session 2
Tuesday 26th	Rest/Cardio
Wednesday 27th	Session 1
Thursday 28th	Rest/Cardio
Friday 29th	Session 2
Saturday 30th	Rest/Catch up
Sunday 31st	REST

GYM LINGO

WARM-UP

A warm up usually consists of cardio activity performed prior to commencing your workout. This warm-up is important as it tells your heart and the rest of your body to prepare itself for the pending higher intensity activity. This way your body won't have such a shock, minimising the risk of a muscle injury, or even a heart attack. It can be conducted on a treadmill, cross trainer, stationary cycle etc.

WARM-UP SET

A warm-up set involves lifting a lighter weight than you would use for the prescribed sets, for between 20 to 25 reps. This eliminates muscular shock and prepares the body for the pending workload of the main sets.

SUPERSETS

Supersets are a set of 2 to 3 exercises completed with no rest periods in between. These sets may work the same muscle groups, or they may work opposing muscle groups (such as your quadriceps and hamstrings, chest and back, or biceps and triceps).

Continue in this sequence for the full 7 weeks. On the 8th week it is up to you if you would like to take a complete rest or if you would like to continue doing cardio for that week.

Try to increase your weights every week or every two weeks, even if it is by 0.5 kg. For example, in week 1, if you used 2kg try to perform the same exercise with 2 ½ kgs in week 2. Try increase your intensity each week by decreasing your rest periods between your supersets, as you feel you are adapting to the programme.

All the best and remember "Fitness is not just an 8 week training programme, it's a complete lifestyle!"

WEEKS 1 TO 7

Session 1 and Session 2

The full body is trained in one day. The main aim of the 1st stage is to accustom your body to performing a selection of set exercises, focusing on correct form while finding a suitable weight to lift. If possible, I would like you to weight train 3 days a week, but it's up to you with regards to how much cardio you do. Remember, 'What you put in, is what you get out!'

SESSION 1

Warm up	Cycling / Treadmill / Cross	
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Abs	Crunches	2 – 3 sets to failure
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Abs	Seated Reverse Crunches	2 – 3 sets to failure
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SUPER SET 1

Biceps	Seated Dumbbell Bicep Curls	2 – 3 sets of 12 – 15
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Triceps	Tricep Pushdowns	2 – 3 sets of 12 – 15
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SUPER SET 2

Back	Seated rows	2 – 3 sets of 12 – 15
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Chest	Flat Bench Press	2 – 3 sets of 12 – 15
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SUPER SET 3

Quads & Glutes	Barbell Squats	2 – 3 sets of 12 – 15
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Hamstrings	Lying Hamstring curls	2 – 3 sets of 12 – 15
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SUPER SET 4

Lats	Lat Pulldowns	2 – 3 sets of 12 – 15
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Shoulders	Shoulder Press	2 – 3 sets of 12 – 15
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CRUNCHES



FORM

- ▶ Lie on the floor, face up with hands placed gently behind the head. Do not clasp the fingers behind the head.
- ▶ Bend your knees approximately at a 90° angle, with your feet placed flat on the floor, shoulder width apart.
- ▶ Place the back firmly against the floor.

CHECKPOINTS

- ▶ In a standard crunch, keep your back and feet placed firmly on the floor.
- ▶ Avoid placing strain on your neck by gently supporting your head and keeping your head in a neutral position.
- ▶ Remember to breathe normally. Do not hold your breath.

FOCUS POINTS

▶ You will need to start each weight training session with a warm up consisting of five minutes of low intensity cardio to begin with. Never do a mediocre job of a warming-up. This is very, very important!

▶ Before attempting each exercise try one or two sets with a light weight to get the feel of the movement. Don't rush in as this is how injuries occur!

▶ When determining the proper weight for an exercise let your sets and repetitions be your guide. If you only manage to perform less than 8 reps until failure your weights may be too heavy. If you can do more than 15 reps without too much effort your weights may be too light.

▶ If you are looking to tone and shape up it is recommend that you keep your reps between 12 to 16 reps per set. If you are looking at building muscle it is recommend that you keep your rep range between 10 to 12 reps.

▶ 2 to 3 sets per exercise will be conducted in this stage of the programme, depending on your individual requirements and fitness goals.

▶ Do not work to failure.

▶ Rest for as long you need to in between each exercise. Again, this is all dependent on how much you would like to push yourself.

▶ Stop immediately if you feel any pain or discomfort when performing any activity.

If you are a beginner, perform one warm up set on a light weight and progress to a heavier weight for the following two sets. If you are more advanced perform one warm up set on a light weight and perform 3 sets on a heavier weight. It's up to you to determine how much rest you require, and how hard you push yourself. Listen to your body.

MOVEMENTS

- ▶ Move the shoulders upward and curl slightly forward as you contract the abdominals, until the shoulder blades are about 5 to 7 centimeters off the floor, or about 30 degrees; hold for about two seconds.
- ▶ Exhale as you come up and inhale as you return to the start position in preparation for the next repetition. Do not hold your breath on the up movement. Keep your head straight and avoid dropping your chin to your chest.
- ▶ Return to the starting position under control. Don't flop down.

SEATED REVERSE CRUNCH



FORM

- ▶ Lie on the floor on your back.
- ▶ Place your hands flat on the floor either side of your legs.
- ▶ Push your lower back into the floor.

CHECKPOINTS

- ▶ Keep your lower back pushed into the ground at all times.
- ▶ Breathe out as you lift your legs up and breathe in when you lower your legs down.



MOVEMENT

- ▶ Lift your feet off the floor, keeping your lower legs parallel to the floor.
- ▶ "Reverse" your legs towards your chest, with your hips raised slightly from the floor.
- ▶ Slowly bring your legs back down to the start position.

SEATED DUMBBELL CURL



FORM

- ▶ Sit on a bench with feet placed firmly on the floor in front of you, about shoulder width apart.
- ▶ Hold a dumbbell in each hand at your side, with palms facing toward the side of the thigh and your arms hanging straight down.

CHECK POINTS

- ▶ Don't pull the dumbbell so far back that the forearm moves beyond a vertical position.
- ▶ Keep your torso still during the curl, resisting the urge to rock.

MOVEMENT

- ▶ Tighten the stomach muscles and core.
- ▶ Lift one dumbbell toward the shoulder in a curled movement, rotating the arm as it moves up so that the palm holding the dumbbell is now facing upward, and the elbow is pointing downward with the forearm almost vertical.
- ▶ Perform one arm at a time.
- ▶ Lower the dumbbell to the side position and perform the same movement with the other arm, alternating arms until the set is complete.



LAT PULLDOWN

IN THE GYM

FORM

- ▶ Sit on the seat of the lat pull down machine. Adjust the thigh pads to fit comfortably.
- ▶ Hold the bar with a wide, overhand grip with knuckles facing up and pull the bar down until you are comfortably seated, with your thighs under the pads.

CHECK POINTS

- ▶ Avoid swinging too far back when pulling the bar down. Focus on contracting the upper back muscles.
- ▶ A little swing in order to fit the bar under the chin is acceptable but don't sway back to get it lower.

MOVEMENT

- ▶ Keeping the back straight, abdominal and core muscles contracted pull the bar down to about chin level or a little lower in a smooth movement, while focusing on squeezing the shoulder blades together.
- ▶ Do not push the arms forward out of the vertical plane in order to drag the bar lower.
- ▶ Slowly return the bar to the start position under constant tension. Do not allow the arms to lock out at the top of the movement.

LYING HAMSTRING CURLS

FORM

- ▶ Lie face down on the leg curl machine, with your knees just beyond the edge of the bench. Place the roller on the lower part of your calf muscle.
- ▶ Hold the handles on either side of the leg curl machine.

CHECKPOINTS

- ▶ Make sure your pelvis stays in contact with the bench to reduce hyperextension of the lower back and limit the use of your lower back muscles.
- ▶ Do not allow your legs to hyperextend at the bottom of the exercise, keep them slightly bent.

MOVEMENT

- ▶ Raise your heels towards your bum by flexing your knees.
- ▶ Keep your pelvis in contact with the bench.
- ▶ Slowly return back down to the start position until your knees are almost straight.

IN THE GYM

SEATED ROWS

FORM

- ▶ Sit on the seated row machine with knees slightly bent.
- ▶ Grasp the cable grip attachment. The grip is often a triangle handle but may be a bar.

CHECK POINTS

- ▶ Resist the urge to use momentum by leaning too far back or push back with your legs. Avoid curling the back over when returning to the start position.

MOVEMENT

- ▶ Tighten your abdominal and core muscles.
- ▶ Keeping a straight back, pull the cable towards your abdomen while concentrating on contracting your upper back muscles, so that your shoulder blades are drawn together as close as possible.
- ▶ Slowly and controlled, return the weights to the starting position.

Nicole's advice...

Throw out the Scales

If you have bathroom scales, you should either get rid of them or put them away for a while. Weight does not accurately reflect the level of your fitness. If you should be measuring anything, it should be body fat, not the weight.

SQUAT

FORM

- ▶ Hold the barbell behind the neck, across the upper back with an overhand grip or dumbbells by your sides with palms inwards.
- ▶ Position your feet hip width apart and feet pointing slightly outwards.
- ▶ Keep your heels planted firmly on the floor and distribute the weight of your body evenly onto both feet.
- ▶ Keep your knees and hips slightly bent.

CHECK POINTS

- ▶ Keep your back straight when going down and coming up. A rounded back under weight can cause damage to the upper or lower spine.
- ▶ Keep looking straight ahead and resist looking down.
- ▶ Keep those heels planted firmly on the ground and the knees lined up with the feet, and not turned in or out.
- ▶ Start with light weights and ensure correct form before adding heavier weights.

MOVEMENT

- ▶ Lift the barbell from the rack tightening your back, core and abdominal muscles.
- ▶ Move as though you were going to sit down by bending your knees and dropping your bum backwards and downwards. The upper part of your body should bend forward slightly (45° max).
- ▶ Your first movement should extend your bum backwards as you start to lower your body by bending at the knees.
- ▶ Make this a positive and deliberate movement.



- ▶ Do not arch your back forward on descent or when you return to the start position. Keep your bum 'pointing' backwards and the back straight.
- ▶ Don't descend past the point where your thighs are parallel to the floor, or at a right angle.
- ▶ Do not extend the knees beyond the tips of the toes as you lower your torso.
- ▶ Change direction and push back up, making sure you keep your knees bent at the top of the movement.

SEATED DUMBBELL OVERHEAD PRESS

FORM

- ▶ Sit on a bench that has a back rest with an angle of 90 degrees.
- ▶ Place your feet firmly on the ground in front of you, about shoulder width apart.
- ▶ Hold a dumbbell in each hand at about ear level.
- ▶ Position the dumbbells slightly wider than shoulder width apart above the shoulders.
- ▶ Your palms should be facing forward.
- ▶ Your arms and the dumbbells should form a right angle with your shoulders.

MOVEMENT

- ▶ Tighten the abdominal and core muscles.
- ▶ Push the dumbbells evenly upwards over your head, making sure not to lock out the elbows at the top of the movement.
- ▶ Slowly lower the weights to the starting position.



KEY POINTS

- ▶ Keep the head still and looking forward.
- ▶ Make sure you do not lock out the elbows suddenly at the top of the movement.
- ▶ Make sure your arms move up and down evenly.



FLAT BENCH PRESS

FORM

- ▶ Lie flat on your back on a bench or the floor, with your knees bent and your feet placed flat and firm on the floor. If you use a bench you may have your feet up on the bench or on the floor, depending on the bench height and your leg length.
- ▶ Your hands should hold the bar far enough apart so that the forearm is parallel to the floor.
- ▶ Keep your wrists firm and in-line with your forearms.
- ▶ Tighten the abdominal muscles, keep your head down and tilt your chin slightly towards your chest.

CHECK POINTS

- ▶ Keep your head and shoulder blades on the bench.

MOVEMENT

- ▶ Slowly lift the bar from the support rack and hold it above your chest with slightly bent arms.
- ▶ Lower the bar towards your chest. Allow the bar to gently touch your chest and push the bar upwards, being careful not to lock out the elbows at the top of the movement.



TRICEP PUSHDOWNS

IN THE GYM

FORM

- ▶ Face the tricep pushdown machine and hold the horizontal cable bar with an overhand grip. Place your feet either shoulder width apart with your knees slightly bent, or with one foot in front of the other.
- ▶ The bar should be at about chest level.
- ▶ Keep your arms close to your side with your forearms bent at an angle of approximately 45 degrees, with palms facing downwards.

CHECK POINTS

- ▶ Concentrate on restricting your elbows from flaring outward on the downward push.

MOVEMENT

- ▶ Tighten your abdominals and core muscles.
- ▶ Push down on the bar keeping the elbows close to the body at all times. Keep your knees slightly bent, staying as upright as possible. Do not recruit the back and shoulder muscles by bending forward.

SESSION 2

Warm up	Cycling / Treadmill / Cross	
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Abs	Crunches	2 – 3 sets to failure
Abs	Seated Reverse Crunches	2 – 3 sets to failure

SUPER SET 1

Biceps	Standing Barbell Bicep Curls	2 – 3 sets of 12 – 15
Triceps	Tricep Extensions	2 – 3 sets of 12 – 15

SUPER SET 2

Back	1 Arm Bent Over Dumbbell rows	2 – 3 sets of 12 – 15
Chest	Incline Bench Press	2 – 3 sets of 12 – 15

SUPER SET 3

Quads & Glutes	Dumbbell Lunges	2 – 3 sets of 12 – 15
Calves	Standing Calf Raises	2 – 3 sets of 12 – 15

SUPER SET 4

Lats	Dumbbell Pullovers	2 – 3 sets of 12 – 15
Shoulders	Upright Rows	2 – 3 sets of 12 – 15

Nicole is one of South Africa's leading fitness athletes. With an honors degree in Biokenetics and numerous fitness and physique titles to her name, as well as a contributing writer for *fitness* Magazine, Nicole is considered an authority on fitness and training.

Nicole's passion for fitness has led to the development

of a unique brand designed in helping those who don't have the know how or tools to reach their optimum physique goals.

The first contribution to the *fitness* with Nicole range is a comprehensive training poster series, covering eight exercises for each of the main muscle groups. An absolute must for your home or private gym!

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STANDING BARBELL CURLS

FORM

- ▶ Stand with your feet about shoulder width apart, keeping your knees slightly bent.
- ▶ Hold a barbell with your hands about shoulder width apart, palms facing forward.

CHECKPOINTS

- ▶ Keep your elbows close to your side throughout the entire movement.
- ▶ Make sure you keep your arms slightly bent at the bottom of the movement.
- ▶ Do not arch your back to lift the weight up. Keep your knees bent and abdominals and core

MOVEMENT

- ▶ Lift the bar up towards your chest in a semi circular movement keeping your elbows close to your side.
- ▶ Lift the bar as far up as possible, focusing on contracting your biceps.
- ▶ Slowly lower the bar back down to the starting position, keeping your elbows close to your side.
- ▶ Ensure your arms remain slightly bent at the bottom of the movement.



ONE ARM TRICEP EXTENSION

FORM

- ▶ Sit on a bench with or without a backrest (use a back rest if you are a beginner).
- ▶ Place your feet in front of you, firmly on the floor, about shoulder width apart.
- ▶ Hold a dumbbell in one hand and raise it up straight over your head, with your palm facing forward.

CHECKPOINTS

- ▶ The only movement that should occur at the elbow joint. Don't allow the upper arm to drop.
- ▶ This exercise may be done standing. Make sure you do not arch your back and ensure you keep your knees slightly bent, and your abdominals, core and back muscles contracted at all times

MOVEMENT

- ▶ Keeping the arm straight up, slowly lower it down towards your back, as low as possible by bending at the elbow.
- ▶ Push back up to the starting position, keeping the arm slightly bent at the top of the movement.



Nicole's advice...

Water

Water is excellent for the body and good health. Water helps flush out toxins and other unwanted things lingering in the body. Water also replenishes fluids that help lubricate the internal body, keeps you hydrated, reduces hunger, which helps with weight loss, and helps to make skin look smooth and young.

ONE ARM DUMBBELL ROW



FORM

- ▶ Place your left knee and left hand on a bench.
- ▶ Your upper body should remain parallel to the ground.
- ▶ Place your right foot firmly on the floor, with your knee slightly bent.
- ▶ Hold a dumbbell in the right hand with your palm facing inwards.
- ▶ Keep your head in a neutral position and shoulders and hips parallel to one another.

MOVEMENT

- ▶ Lift the dumbbell straight up, keeping it close to your body, as your elbow moves backwards and upwards.
- ▶ Slowly lower the dumbbell back down to the start position.
- ▶ Swap sides and perform the same on the other side.

CHECKPOINTS

- ▶ Keep your abdominals, core and back muscles contracted.
- ▶ Make sure your head remains in a neutral position.

INCLINE BARBELL BENCH PRESS

FORM

- Lie on an incline bench that has been set to with a 45 to 60 degree angle.
- Place your feet firmly on the floor or, if needed place them on an elevated platform.
- Hold a dumbbell in each hand. Lean back onto the bench and bring the dumbbells down to your chest.
- Keep your elbows out and parallel to the floor.

CHECKPOINTS

- Ensure your lower back remains in contact with the bench at all times.
- Do not hold your breath.

MOVEMENT

- As you inhale slowly bring the dumbbells down towards your chest.
- Exhale and push the dumbbells up.



LUNGE

FORM

- Take a large step forward.
- Keep your pelvis and shoulders parallel and both legs slightly bent.
- Keep your upper body upright and place your hands on your hips or either side of your legs

CHECKPOINTS

- This exercise can be performed with dumbbells held either side of your thigh or at the front of the shoulders or with a barbell on the shoulders, behind the neck.
- Ensure your knee does not go past the tips of your toes.
- Keep your knees slightly bent at the top of the movement.

MOVEMENT

- Bend both your legs and slowly lower your body down.
- Keep your upper body upright and tight.
- Your back foot should lift up at the end of the movement, so only the tips of your toes of the back leg are in contact with the ground.
- At the bottom of the movement your front leg should be bent at a 90 degree angle.
- Do not allow your knees to go over your toes.



STANDING CALF RAISES

IN THE GYM

FORM

- Stand on the step of the standing calf machine.
- Place the shoulder pads comfortably on your shoulders.
- Place your feet a few inches apart on the edge of the platform so that only your toes and balls of your feet are in contact, and keep your knees slightly bent.
- Tighten your abdominal, back and core muscles.

CHECKPOINTS

- Keep your knees slightly bent at all times. This will help minimise pressure on the lower back

MOVEMENT

- Raise up onto your toes in a smooth movement, keeping you knees slightly bent at all times.
- Focus on squeezing your calf at the top of the movement.
- Avoid trying to gain additional momentum by bending and straightening your knees.
- Slowly lower your heels back down to the start position, ensuring you get a good stretch at the end point.

LAT PULLOVER

FORM

- Lie on your back on a flat bench.
- Hold a dumbbell above your chest with your elbows slightly bent.
- Place your feet firmly on the floor or on an elevated surface.

CHECKPOINTS

- Keep your arms slightly bent at all times.
- Exhale as you pull the dumbbell over your head and inhale as you lower it down.

MOVEMENT

- Slowly lower the dumbbell back, stretching your arms back behind your head as far as you can reach.
- Your arms and the dumbbell will actually go behind your head and will drop down below the bench. This will allow you to get a good stretch.
- Slowly return the dumbbell to the start position, focusing on keeping your elbows slightly bent at all times.



THE UPRIGHT ROW

FORM

- ▶ Stand upright with your feet shoulder-width apart.
- ▶ Hold a barbell, cable or dumbbells hanging in front of you at arms length, palms facing the body.
- ▶ Keep your knees slightly bent at all times to avoid placing excess pressure on your lower back.
- ▶ Adjust your grip so that your hands are about shoulder width apart.
- ▶ The use of an EZ curl bar will make this exercise a little easier on your wrist and joints.

MOVEMENT

- ▶ Keep your abdominals tight and core contracted.
- ▶ Keep your back straight and lift the weights straight up towards your chin, keeping it close to your body. Your elbows should move outwards, keeping them above your hands and the barbell.
- ▶ At the top of the movement your hands should be at a level between your chin and your chest, and your elbows at about ear level.
- ▶ Slowly lower the bar down in the exact opposite way. Your elbows should be lowered last.
- ▶ Inhale to start and exhale on the most difficult part, as you lift up.



CARDIO

How much cardio you require comes down to your goals:

- ▶ For fat loss, three to five times per week at 20 to 40 minutes per session is plenty. Start conservatively if you are just starting training, e.g. three times per week, 20 minutes per session.
- ▶ For improving cardiovascular fitness in general, three or four times per week for 20 to 40 minutes per session (depending on your current level of fitness) will yield good results.

What type of cardio you do depends on your goals:

- ▶ To improve your general cardiovascular fitness do moderate intensity work where you are starting to breathe deeply and you can feel that you are working.
- ▶ If you're in poor shape but want to lose fat, do low intensity work such as walking.
- ▶ If you're in reasonably good cardiovascular shape and want to lose fat, do cardio that burns the most calories, namely high-intensity training



TRY THIS....

Rather than doing the same old steady-state fixed pace cardio, alternate between fast-blast intervals and recovery paces. A fast-blast interval

can last from 30 seconds to several minutes, and should be done at an intensity that leaves you barely able to hold out for even a few moments

longer. The recovery interval should have the effort level of a casual-paced walk, and is done for one to two minutes to catch your breath.

INTENSITY LEVELS

IN THE GYM

It is important to monitor your intensity to make sure you're working at a pace that is challenging enough to help you reach your goals, but not so hard that you blow a lung. The two most popular methods for monitoring intensity levels is your heart rate (HR) and your Perceived Exertion Scale.

Perceived Exertion Scale

An easier way to monitor your intensity level is by using a Perceived Exertion Scale. This is a scale of 1-10 used for describing how hard you're working. In general, for most workouts you want to be at around level 5 to 6. If you're doing interval training you want your recovery to be around a 4 to 5 and your intensity blasts to be around 8 to 9. As you'll see below, working at level 10 isn't recommended for most workouts.

- Level 1:** ▶ I'm watching TV and eating
- Level 2:** ▶ I'm comfortable and could maintain this pace all day long
- Level 3:** ▶ I'm still comfortable, but am breathing a bit harder
- Level 4:** ▶ I'm sweating a little, but feel good and can carry on a conversation effortlessly
- Level 5:** ▶ I'm just above comfortable, am sweating more and can still talk easily
- Level 6:** ▶ I can still talk, but am slightly breathless
- Level 7:** ▶ I can still talk, but I don't really want to. I'm sweating like a pig
- Level 8:** ▶ I can grunt a response and can only keep this pace for a short time period
- Level 9:** ▶ I am probably going to die
- Level 10:** ▶ I am dead