

Fitness Enthusiast

Month 1

Workout time: 60 minutes maximum

Days per Week: 4 – 5

Emphasis – Cross training benefits of increased strength, endurance, and power.

Directions – This is an intermediate or advanced program consisting of seven exercises and a total of 300 repetitions with a general level of fitness and the ability to maintain good form and technique throughout. If needed, you may modify the repetitions to meet your own fitness level. Make sure to complete the warmup and cool down section. They are very important components to any workout. Try to take as little rest as possible and only stop for a minimal amount of time. After each set, catch your breath, but proceed to the next exercise within 3-4 minutes. For an advanced program, there should be time for recovery, and the individual is not expected to achieve all 50 repetitions in one set.

Warm Up - Perform 5-10 minutes of cardio (i.e. jogging)

Warm Up Exercises

Back Lunge

Sets: 3

Repetitions: 10



Start with a small step and shallow knee flex to assure proper alignment and neuromuscular stability in the transverse plane before increasing range of motion and depth of lunge.

Step to the side, while rotating the hips and torso in the transverse plane and allowing the body to react to the ground force, gravity, and momentum. Return to the starting position and alternate.

Perform this exercise by alternating sides.

Pull High/Low: with or without equipment

Sets: 3

Repetitions: 10



Position yourself facing slightly away from the resistance.

Generate all motion from the trunk, following the diagonal patterns of high and low as shown.

Perform rotational movements only as far as your active range of motion allows.

Cable Pull with Pivot

Sets: 3

Repetitions: 10



Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominals. Start with the feet shoulder width apart, toes pointing out slightly, and in a full squat position. As you return to starting position, the outside leg (the one furthest to the stack of weights) steps in and pivots which is followed by the inside leg pivoting and stepping out, in essence, you turn and face the opposite direction (as shown). Continue with this pattern (one rep, turn, one rep, turn etc.).

NO GYM EQUIPMENT

Use a household item such as a full sized canned good or gallon of water in place of a rope.

Exercise Program

Pull Ups

Sets: 1

Repetitions: 25

Many local parks have free fitness zones. For more information www.stpeteparksrec.org.



Grasp an overhead bar with your hands wider than shoulder width apart, and assume an overhand grip. Lift your legs off the floor, bend your elbows, and pull yourself up until your chin reaches the bar. Lower to the straight-arm position, and repeat until you're fatigued. If you cannot do pull-ups on your own, use the assisted pull-up machine at a gym, or have a partner hold your legs and assist with the movement.

Plank

Set: 1

Duration: 1 minute



Assume a prone position on forearms, elbows positioned under shoulders. Draw your lower abdomen inward toward your spine.

Tighten buttocks and lift body up onto forearms.

While maintaining the abdominal draw-in contraction, hold optimal alignment for one minute.

Keep chin tucked in.

Reduce time if form is compromised. Form is more important than how long you hold the pose.

Body Row

Set: 1

Repetitions: 50



Lie under bar so that the bar is at mid-sternum level.

Activate core by drawing in your abdominal muscles. Choose appropriate grip (underhand or overhand).

Perform row and lift body towards the bar. The bar should meet the mid-sternum. Lower slowly to full extension.

NO GYM EQUIPMENT



Standard Push-up

Get down on the hands and knees, positioning the hands a bit wider than the shoulders.

Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels.

Bend the elbows, and lower into a push-up until your elbows are at 90 degrees.

Press back to start and repeat 12-20 repetitions.

Squat Thrusts

Set: 1

Repetitions: 50



Jump forcefully up in the air, arms to the sky, as if performing a jump squat.

Land in a stable position on the midpoint of the feet, and quickly drop chest to knees and hop to a push-up position by kicking out legs into full extension and dropping onto hands.

In the brief push-up position, make sure legs are fully extended, glutes contracted, and back is flat with abdominals drawn in. Quickly hop feet back under body and go right into squat jump again.

Repeat for desired repetitions. Perform repetitions as quickly as can be controlled.

Lunges

Set: 1

Repetitions: 50 (25 Each Leg)



Take staggered stance as pictured and slightly bend the back leg. Draw your belly button inward (activating the deep abdominal stabilizing mechanism). Tighten glutes and tilt pelvis inward. Hold for 20-30 seconds, repeat for 2-3 reps. Avoid arching your lower back!

Split Jumps with Step Up

Set: 1

Repetitions: 50



Begin with shoulder blades retracted and depressed, good stability through the abdominals. Start with shorter box or step, and master technique before proceeding to taller box. Start with one flat foot (even pressure on toes and heel) on the box and other foot on the ground. While initiating the movement from the ground leg, simultaneously push through heel of box leg, hop up in the air, swing arms into full flexion and land with opposite foot on the box and step back to the starting position. Immediately repeat so a rhythmic pattern is achieved (as shown).

Dumbbell Clean (with or without equipment)

Set: 1

Repetitions: 50



Stand shoulderwidth apart, in a half squat, in neutral spine. Grasp one dumbbell in each hand (or single dumbbell in one hand for one arm version) in front of the knees. Descend into squat lowering dumbbells towards floor, maintaining a neutral posture with the spine simultaneously drop into a deep squat to get under the dumbbells and rotate the arms/hands underneath and cradle the dumbbells in front of the shoulders as shown. Contract glutes to stand into a full upright position. Carefully lower dumbbells back to the starting position.

Cool Down - Perform 5-10 minutes of walking at a comfortable pace.