



Fitness Training Guidelines

Warm Up: Light to moderate movement should be performed for 3-5 minutes with light stretching of the muscles prior to the start of a training session.

Strength Training Guidelines (2 to 3 Times Per Week)			
Machine	Cardio Plus (Red)	Core Workout (Green)	Core Plus Workout (Blue)
Leg Press	1	1	1
Leg Extension		2	2
Leg Curl		3	3
Abduction / Adduction			4
Chest Press			5
Incline Press	2	4	6
Pec Fly			7
Lat Pull-Down	3	5	8
Low/ Mid Row			9
Pull Over			10
Shoulder Press		6	11
Lateral Raise			12
Biceps Curl		7	13
Triceps Extension		8	14
Abdominal Flexion	4	9	15
Low Back Extension	5	10	16
Note: 1 Set of 8-12 Repetitions for each exercise. 2 seconds on the positive and 4 seconds on the negative. 15 seconds between each set and remember to stretch the muscle you just worked. Set weight so muscle failure can be achieved doing 8-12 repetitions. Remember to exhale as the weight is being lifted and inhale as it is being lowered. Perform a full range of motion unless pain occurs.			

Cardiovascular Training Guidelines			
Individual Fitness Level	Low Fitness Level	Average Fitness Level	High Fitness Level
Frequency (Days Per Week)	3-5	3-5	4-6
Intensity (% HR Reserve)	60-70	60-80	70-85
Time / Duration (Minutes at THR)	10-30	20-45	30-60
Type	Walking, Running, Cycling, Cross Trainer, Step Machine, Swimming, Group Exercise Classes		
Note: You will use larger muscles (legs) when performing cardio exercises. Back, chest, and shoulders can also be used for cardio exercise. These muscles require more oxygen to perform exercise than smaller groups.			

Flexibility : You should stretch all muscles in the body at least 3 times per week. Ensure the muscles are warm prior to stretching. Perform each stretch 2 to 3 times and hold for 20 to 30 seconds each time. Stretching after each strength training set will increase strength benefits. You may choose to stretch after a workout or at a different time entirely. Stretching at home with the family is always a good way to promote fitness and spend quality time with family.