

My EXERCISE F.I.T.T.

My FITT Rating: **INTERMEDIATE**

Frequency: **3-4x a week**

Intensity: **70% of Workout in THR Zone**

Time: **30-40 min OR 3-4x 10 min.**

Type: **Whole Body WEIGHT BEARING**

Fitness Macros _____bpm THR

_____% Strength (____ min / 40 min)

_____% Endurance (____ min / 40 min)

_____% Flexibility (____ min / 40 min)

STRENGTH

(+ADD Resistance)

15-20 Reps

*Dumbbells, Stretch Bands
Ankle or Wrist Weights, Barbell,
KettleBell, Medicine Ball, Weight
Vest, Sandbells, Ropes*

Plank & Push up Versions

Bridge Versions

Quadraplex

Supine Bicycle

Genie Sits

Supermans

Squat Versions

Lunge Versions

VSit Versions

Whole Body Chair Exercises

Pilates

TRX Exercises

Water Aerobics

ENDURANCE

(Intermediate Level)

Walking / Hiking

Jogging / Running

Swimming

Elliptical

Rowing

Burpees Versions

Jumps (Squat, Tuck, Plank)

Mountain Climber Versions

Jumping Jacks Versions

Sports (Tennis, Soccer,

Racquetball, Basketball)

Jump Rope

Intermediate Kickboxing

Dancing

Intermediate Cardio Classes

Stepper

Water Aerobics

FLEXIBILITY

(Hold or Repeat for 20 sec.)

Fascia Training Exercises

Foam Roller

Child Pose

Upward Facing Dog

Downward Facing Dog

Cat Cow

Pyramid Pose

Revolved Chair

Triangle

Standing Backbend

Warrior 1

Warrior 2

Warrior 3

Twisted Wide Leg

Triangle

Half Seated Twist

Pro Tips

#1: FOCUS on **WHOLE BODY**, weight bearing movements vs. individual muscle groups. Exercises listed above are all WEIGHT BEARING, whole body.

#2: Workout nutrition - Try FASTING workouts if possible. Meaning, don't eat anything till AFTER you have exercised. This assumes you would be able to exercise in the morning. Drink sugar free electrolyte blend like Ultima or Coconut Water AFTER exercise.