

My EXERCISE F.I.T.T.

My FITT Rating: **ADVANCED**

Frequency: **4-6x a week**

Intensity: **90% of workout in THR Zone**

Time: **40-60 min**

Type: **Whole Body H.I.C.T.**

Fitness Macros _____ bpm THR

_____% Strength (____ min / 60 min)

_____% Endurance (____ min / 60 min)

_____% Flexibility (____ min / 60 min)

STRENGTH
(+ADD Resistance)
15-20 Reps

ENDURANCE
(Advanced Level)
5-7 min @ THR

FLEXIBILITY
(Hold or Repeat for 25 sec.)

Choose 1-2 exercises from STRENGTH. Choose 1-2 Exercise from ENDURANCE. Do them back to back and REST while doing 1 FLEXIBILITY exercise. Repeat this Circuit to match your Fitness Macro min. percentages. (approximately 6 circuits)

*Dumbbells, Stretch Bands
Ankle or Wrist Weights, Barbell,
KettleBell, Medicine Ball, Weight Vest,*
Plank & Push up Versions
Bridge Versions
Quadraplex
Genie Sits
Supermans
Squat Versions
Lunge Versions
VSit Versions
Pilates
TRX Exercises

Walking
Jogging / Running
Elliptical
Rowing
Burpees Versions
Jumps (Squat, Tuck, Plank)
Mountain Climber Versions
Jumping Jacks Versions
Jumping Rope
Rebounding
Kickboxing
Plyometrics
Stepper

Child Pose
Upward & Downward 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**, HICT (High Intensity Circuit Training) that incorporate all three fitness macros simultaneously with short rests.

#2: Workout nutrition - Try a combination of FASTING workouts don't eat anything till AFTER you have exercised. This assumes you would be able to exercise in the morning. And FEASTING workouts sip on protein shake mixed with sugar free electrolyte blend like Ultima mixed in Coconut Water DURING exercise.