

My EXERCISE F.I.T.T.

My FITT Rating: **BEGINNER**

Frequency: **2-3x a week**

Intensity: **50% of Workout in THR Zone**

Time: **20-30 min OR 2-3x 10 min.**

Type: **Whole Body FUNCTIONAL**

Fitness Macros: _____ bpm THR

_____% Strength (____ min / 30 min)

_____% Endurance (____ min / 30 min)

_____% Flexibility (____ min / 30 min)

STRENGTH (Body Weight ONLY 5-10 reps)

Plank Versions
Bridge Versions
Quadraplex
Supine Bicycle
Genie Sits
Supermans
Squat Versions
Lunge Versions
V Sit Versions
Whole Body Chair Exercises
Pilates
TRX Exercises

Water Aerobics

ENDURANCE (Beginner Level)

Walking
Hiking
Jogging
Swimming
Elliptical
Rowing

Burpees Versions
Jumps (Squat, Tuck, Plank)
Wonder Womans
Jumping Jacks Versions
Jump Rope
Beginner Kickboxing
Dancing
Beginner Cardio Classes
Stepper
Water Aerobics

FLEXIBILITY (Hold for 15 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 is on **WHOLE BODY** functional movements vs. individual muscle groups. Exercises listed above are FUNCTIONAL, whole body.

#2: Workout nutrition - Try eating a light snack (handful of nuts, boiled egg, small piece of chicken, ½ cup Greek yogurt) 30-45 min. BEFORE exercise. Drink sugar free electrolyte blend like Ultima or Coconut Water AFTER exercise.