



# 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.