

My EXERCISE F.I.T.T.

My FITT Rating: ADVANCED	STRENGTH (+ADD Resistance) 15-20 Reps	ENDURANCE (Advanced Level) 5-7 min @ THR	FLEXIBILITY (Hold or Repeat for 25 sec.)
Frequency: 4-6x a week	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)		
Intensity: 90% of workout in THR Zone	<i>Dumbbells, Stretch Bands Ankle or Wrist Weights, Barbell, KettleBell, Medicine Ball, Weight Vest,</i> 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
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)			

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.