#### Rogelio Orozco

Module 5.2

#### **Visualization**

Over the past few days, I've been closely observing and analyzing my gym routine to identify areas for improvement. My routine begins with the Prep phase, where I start by packing my gym bag. This includes gathering all the necessary items like gym clothes, shoes, a water bottle, a towel and hygiene products, which typically takes about five minutes. Next, I travel to the gym, which is a fifteen-minute commute from my home, or 5 minutes from work. Upon arrival, I check in, either by signing in or swiping my membership card, which takes another five minutes depending on how many people are queued.

Once I'm in the gym, I move on to the Warm-Up phase. I spend around ten minutes on a cardio warm-up, usually light jogging or using the elliptical. Following this, I do dynamic stretches such as leg swings and arm circles for another five minutes to loosen up my muscles.

After warming up, I transition into the Stretch phase. I dedicate about five minutes to static stretching, holding stretches for major muscle groups for 15-30 seconds each. Additionally, I spend five minutes using a foam roller to massage and loosen any tight muscles.

The next phase is Execute Routine, which is the core of my workout. I start with weight training, performing sets and reps of exercises like squats, bench presses, and deadlifts. This part of my routine takes approximately 40 minutes. I then spend 15 minutes on cardio exercises, such as running or cycling. To finish off, I allocate about five minutes for a cool-down, involving light cardio and stretching to help my muscles recover.

Finally, I move to the Shower phase. I spend around ten minutes in the shower to wash off the sweat and refresh myself. Afterward, I change into clean clothes, which takes another five minutes.

By breaking down my routine into these specific steps and substeps, I can clearly see where I spend the most time and identify potential areas for optimization.

#### **Analyzing Metrics**

|  |  |  |  |
| --- | --- | --- | --- |
| **Main Step** | **Estimated Time (minutes)** | **Substeps** | **Estimated Time (minutes)** |
| Prep | 25 | Pack Gym Bag | 5 |
|  |  | Travel to Gym | 15 |
|  |  | Check-In | 5 |
| Warm-Up | 15 | Cardio Warm-Up | 10 |
|  |  | Dynamic Stretches | 5 |
| Stretch | 10 | Static Stretching | 5 |
|  |  | Foam Rolling | 5 |
| Execute Routine | 60 | Weight Training | 40 |
|  |  | Cardio Exercises | 15 |
|  |  | Cool Down | 5 |
| Shower | 15 | Shower | 10 |
|  |  | Change Clothes | 5 |
| **Total** | **125 minutes** |  |  |

#### **Optimization**

I've identified several ways to optimize my time. Starting with the **Prep** phase, I found that pre-packing my gym bag the night before can save valuable minutes in the morning. By having everything ready to go, I eliminate the need to gather items last minute. Additionally, scheduling my gym time for after work significantly cuts down my travel time. Using the gym's mobile app for quick check-ins or going during off-peak hours can also streamline my arrival process.

In the **Warm-Up** phase, I can combine activities to save time. For instance, using a cardio machine that also engages my arms, like an elliptical, can incorporate dynamic movements and reduce the overall warm-up duration. If I'm pressed for time, focusing on the most critical dynamic stretches can help me warm up effectively without spending too much time. Realistically, I can probably shorten the Cardio Warm Up by 5 minutes, bringing down the total flow time for this phase to 10 minutes.

For the **Stretch** phase, I can make my routine more efficient by moving this phase until after the Execute Routine phase. This way, I can cut out the cool-down step in the Execute Routine phase, since I will be cooling down while I do my stretches.

During the **Execute Routine** phase, I can adopt several strategies to save time. Incorporating circuit training, which combines weight training and cardio exercises, can minimize the transition time between activities. Starting with compound movements, such as squats and deadlifts, followed by exercises targeting smaller muscle groups, can reduce the need to change equipment frequently. Pre-planning my workout routine can also help minimize decision-making time at the gym. Additionally, supersetting, which involves alternating exercises for different muscle groups, can reduce rest periods and make my workouts more efficient. Using some or all of these strategies means I can probably save 5 to 10 minutes.

In the **Shower** phase, adopting a quick and efficient shower routine can help me save time. If I move at a quicker pace, I can definitely shower 5 minutes faster.

By implementing these optimizations, I can streamline my gym routine and make my workouts more efficient. Adjusting the order of exercises, being prepared ahead of time, and combining activities can significantly cut down the overall time spent on my gym routine from ~125 minutes to ~97 minutes.

The new VSM chart will look like this:

|  |  |  |  |
| --- | --- | --- | --- |
| **Main Step** | **Estimated Time (minutes)** | **Substeps** | **Estimated Time (minutes)** |
| Prep | 12 | Pack Gym Bag | 2 |
|  |  | Travel to Gym | 5 |
|  |  | Check-In | 5 |
| Warm-Up | 10 | Cardio Warm-Up | 5 |
|  |  | Dynamic Stretches | 5 |
| Execute Routine | 60 | Weight Training | 40 |
|  |  | Cardio Exercises | 15 |
| Stretch | 10 | Static Stretching | 5 |
|  |  | Foam Rolling | 5 |
| Shower | 5 | Shower | 5 |
|  |  | Change Clothes | 5 |
| **Total** | **97 minutes** |  |  |