

Beginner Exercise Program (lower body)

Aim for 2x's/week – not on consecutive days	Date			Date		
Exercise Description – Lower Body Program	Sets	Reps	Wt	Sets	Reps	Wt
Squats – (1) with a stability ball behind your back against a wall or (2) without a ball and away from the wall. Take a wide stance, bend your knees and lower your hips toward the floor until your knees are close to 90 degrees. Focus all weight on your heels! Repeat.	1-2	10-12				
Deadlifts – with a narrow stance, bend forward from your waist, keeping a flat back, reach your hands towards the floor. Stand back up and tighten your glutes and hamstring muscles.	1-2	10-12				
Side Lunges – start by standing with your feet together. Lunge out to one side bending your outside leg (keeping your knee over your ankle) and straightening your inside leg. Push off with bent leg and return feet together.	1-2	10/12side				
Superman – lying on your stomach, raise your opposite arm and leg and hold for 3-5 seconds. Switch sides. You may also try this from your hands and knees.	1-2	3x's/side				
Cross Overs – lying on your back, bend your right knee and place your right foot on your left knee. Place your left hand behind your head. Squeeze your right obliques (side) and raise your left shoulder off the floor bringing your left elbow toward your right knee. Change sides after 10-12 reps.	1-2	10-12/side				
Full Planks – start by lying on the floor on your stomach. Rise up onto the balls of your feet and your forearms. Your elbows should be bent at 90 degrees and be directly below your shoulders. Hold your body in this hovered position over the floor – keep your hips down.	1-2	Hold for as long as you can				
<p>Cardiovascular Exercise: Do a minimum of 30 minutes each day. You can do it all at once or break it up into three 10 minute sessions throughout the day. Activities such as, walking, jogging, swimming, biking, skating, etc. are all excellent ways to improve cardiovascular fitness and maintain a healthy body weight.</p> <p>Stretch: Be sure to stretch out your major muscle groups after each workout. If you are not sure what or how to stretch, please ask your consultant for a detailed stretching handout.</p>	Notes:					
Note: All of these exercises can be done with or without added weights. If you have not been doing any form of resistance training in a long time, start out using only your body as weight and progress by adding dumbbells as you become stronger.						

Beginner Exercise Program (upper body)

Aim for 2x's/week – not on consecutive days	Date			Date		
Exercise Description – Upper Body Program	Sets	Reps	Wt	Sets	Reps	Wt
Chest Press – place your shoulders on a stability ball or lie on the floor (on your back) with knees bent and feet flat on the floor. Press the dumbbells up over your chest bringing them together at the top, palms facing away from you. Lower and repeat.	1-2	10-12				
Bent-Over Rows – with a narrow stance, bend forward from your waist slightly, contract your stomach muscles and try to keep a flat back. Pull the dumbbells in while squeezing shoulder blades.	1-2	10-12				
Push Ups – you can do these standing with your hands on the wall or from the floor (men's or women's) or off the edge of a secure counter top.	1-2	Your max				
Bicep Curls – stand with the dumbbells down at your sides, palms facing up. Bend your arms and curl the weights up to your shoulders keeping your elbows at your sides. You can also do these sitting on a stability ball.	1-2	10-12				
Triceps Overhead Press – take a narrow stance, holding one dumbbell in both hands behind your head, elbows bent and tight to your head. Extend your arms and push the dumbbell straight up toward the ceiling. This can also be done while seated on a ball.	1-2	10-12				
Sit Ups – lying on the floor with your knees bent and soles of your feet on the floor, raise your shoulders off the floor while relaxing your neck and contracting your stomach muscles. You may also try this on the stability ball.	1-2	10-12				
<p>Cardiovascular Exercise: Do a minimum of 30 minutes each day. You can do it all at once or break it up into three 10 minute sessions throughout the day. Activities such as, walking, jogging, swimming, biking, skating, etc. are all excellent ways to improve cardiovascular fitness and maintain a healthy body weight.</p> <p>Stretch: Be sure to stretch out your major muscle groups after each workout. If you are not sure what or how to stretch, please ask your consultant for a detailed stretching handout.</p>	Notes:					
<p>Note: If you do not have dumbbells you can use soup cans. If you have not been doing any form of resistance training in a long time start out using very light weights and progress to heavier dumbbells as you become stronger.</p>						

Intermediate Exercise Program (upper body)

Aim for 2x's/week – not on consecutive days	Date			Date		
Exercise Description – Upper Body Program	Sets	Reps	Wt	Sets	Reps	Wt
Chest Fly - place your shoulders and head on a stability ball or lie on the floor (on your back) with knees bent and feet flat on the floor. Hold the dumbbells up over your chest with your arms straight and palms facing each other. Slowly lower the dumbbells out to the sides until they are even with your chest. Return to top and repeat. Keep a small bend in your elbow joints for the entire movement.	2-3	12-15				
Dumbbell Side Raises – take a hip-width stance holding the dumbbells down at your sides with palms facing your body. Slowly raise your arms out to the sides - shoulder height.	2-3	12-15				
Push Ups – do these from the floor (men's or women's), off the edge of a secure counter top or with your legs/feet on top of a stability ball and your hands on the floor.	2-3	Your max				
Triceps Kickbacks – place your right knee and right hand on a sturdy coffee table or bench. Hold one dumbbell in your left hand, keeping a flat back. Extend the weight behind you while keeping your elbow close to your body.	2-3	12-15				
Concentration Curls – sit on a ball, chair or bench with knees apart. Holding a dumbbell in one hand, lean forward slightly resting your elbow against your inner thigh. Bend your arm, curl the dumbbell toward your chest. Switch arms.	2-3	12-15/arm				
Triceps Dips – place your hands behind you on the edge of a stable coffee table or bench of a similar height. Place your feet out in front of you with heels on the floor (toes up). Bend your knees and lower your hips toward the floor until your elbows are at 90 degrees. Lift yourself back up.	2-3	As many as you can				
<p>Cardiovascular Exercise: Do a minimum of 30 - 45 minutes each day. You can do it all at once or break it up into shorter sessions throughout the day. Try and start adding some short intervals of higher intensity coupled with intervals of recovery.</p> <p>For example: Jog for 1-2 minutes, then walk for 1-2 minutes (repeat) Front Crawl for 2 laps and breast stroke for 1 lap (repeat) As you become more fit, increase the duration of the higher intensities and leave the lower intensities at 1-2 minutes.</p> <p>Stretch: Be sure to stretch out your major muscle groups after each workout. If you are not sure what or how to stretch, please ask your consultant for a detailed stretching handout.</p> <p>Note: Once again, as you become stronger progress to heavier dumbbells.</p>	Notes:					

Intermediate Exercise Program (lower body)

Aim for 2x's/week – not on consecutive days	Date			Date		
Exercise Description – Lower Body Program	Sets	Reps	Wt	Sets	Reps	Wt
Walking Lunges – Holding dumbbells at your sides, perform walking lunges. Take a fairly large step forward and lower your body toward the floor by bending both knees to approximately 90 degrees. As you stand back up, step forward with the other leg.	2-3	12-15				
Pilates Sit Ups – lie on your back (on floor) with one leg bent and foot flat and the other leg straight. Place your hands at the sides of your head and perform a ¼ curl sit up contracting your upper abs. and a low leg lift with the straight leg contracting your lower abs. Do one set of 12-15 and then change legs.	2-3	12-15/side				
Step Ups – hold a pair of dumbbells down at your sides, step up onto a stable coffee table or a bench of a similar height. Then step back down. Do 12-15 reps on one leg and then switch to the other leg.	2-3	12-15/leg				
Bridges – Place your head and shoulder blades on the ball and feet flat on the floor. Lower your hips toward the floor without moving the ball. As you lift back up into a flat bridge, contract your glutes and hamstrings. This can also be done on the floor.	2-3	12-15				
Reverse Sit Ups – lie on your back and raise your legs into the air. Your knees should stay directly over your hips and bent at 90 degrees through the entire exercise. Keeping your head and shoulders on the floor, lift your tailbone up off of the floor and contract your lower stomach muscles. Do not bring your knees toward your chest – use the contracting muscles to lift!	2-3	12-15				
Superman/Crunches – on your hands and knees, holding a dumbbell in one hand. Lift one leg and reach out with the opposite arm that is holding the dumbbell. Bring the leg in to the chest and cross the dumbbell over to meet the knee underneath you as you squeeze your obliques (side). Do 12-15 on one side and then switch sides.	2-3	12-15/side				
<p>Cardiovascular Exercise: Do a minimum of 30 - 45 minutes each day. You can do it all at once or break it up into shorter sessions throughout the day. Try and start adding some short intervals of higher intensity coupled with intervals of recovery.</p> <p>For example: Jog for 1-2 minutes, then walk for 1-2 minutes (repeat) Front Crawl for 2 laps and breast stroke for 1 lap (repeat) As you become more fit increase the duration of the higher intensities and leave the lower intensities at 1-2 minutes.</p> <p>Stretch: Be sure to stretch out your major muscle groups after each workout. If you are not sure what or how to stretch, please ask your consultant for a detailed stretching handout.</p> <p>Note: Once again, as you become stronger progress to heavier dumbbells.</p>	Notes:					

Stability Ball Full Body Routine

A) Ball squats – Muscles Worked: glutes, hamstrings, and quadriceps

1. Begin by standing with the ball pressed between the wall and your lower back. Your feet should be in front of you about shoulder width apart with your knees slightly bent.
2. Slowly bend your knees, as if sitting down in a chair, while pushing your hips into the ball. All weight should be on your heels.
3. Exhale and return to the starting position.

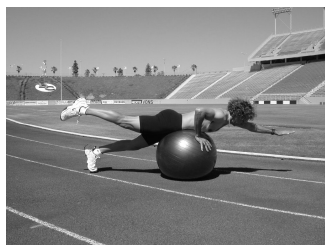
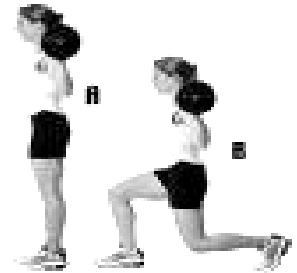


B) Chest Press on Ball – Muscles Worked: pectorals and triceps

1. Balance the ball between your shoulder blades, keeping your feet flat.
2. Keep your stomach firm, hips parallel to the floor, and a 90° bend in your knees.
3. Grab two dumbbells at shoulder height with a 90° bend in your elbows. Exhale and push straight up to the ceiling. Dumbbells should be above the chest.

C) Lunge – Muscles Worked: glutes, hamstrings, and quadriceps

1. Keep your feet hip-width apart, knees slightly bent, abdominals contracted, rib cage lifted and shoulders relaxed.
2. Step forward so that your knee is directly over your heel and your thigh is almost parallel to the floor. Both knees should be bent at a right angle, and your torso should be erect.
3. Hold this position for a moment, then push off of your front leg back to starting position while keeping your back straight.



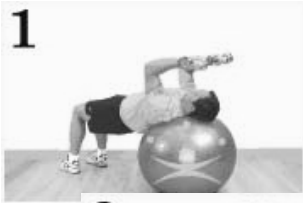
D) Superman – Muscles Worked: erector spinae, glutes

1. Balance belly on ball with both feet stabilized on the ground and both hands on the ball.
2. Extend one arm and opposite leg.
3. Hold for 30 seconds then switch sides for 10 times.

E) Dumbbell Shoulder Press on Ball – Muscles Worked: deltoids

1. Sit on ball. Hold two dumbbells at your side with a 90° angle in your elbows and the palms facing forward.
2. Press the dumbbells over your head bringing them together at the top. Exhale on the way up and inhale on the way down.



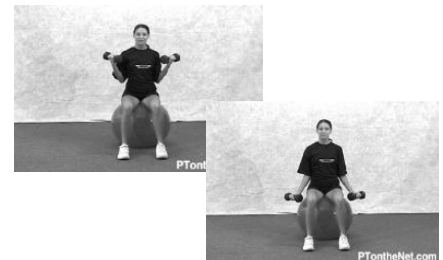


F) French Press on Ball – Muscles Worked: triceps

1. Lie flat across a stability ball with your head and shoulders supported on top of the ball. Your knees slightly separated and bent at a 90° angle to the floor.
2. Hold a dumbbell in each hand, point elbows straight up to the ceiling at a 90° angle and palms facing the ceiling.
3. Keep your elbows in position and fully extend your arms.
4. Pause in the upper position, then slowly return to the starting position of 90°.

G) Bicep Curl on Ball – Muscles Worked: biceps

1. Sit tall on the ball keeping abs tight and shoulders lifted. Feet should be hip width apart, flat on the floor.
2. Lift up both weights, palms facing the ceiling, until they reach the peak of the curl.



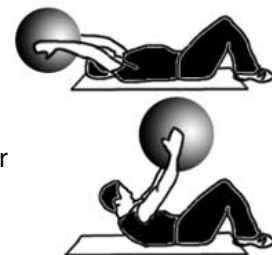
H) Crunches on the Ball – Muscles Worked: abdominals



1. Sit on a ball and walk out until the ball is under your lower back. Your feet should be about shoulder width apart.
2. Cross your arms across your chest or put them behind your ears.
3. Slowly curl up by raising your chest toward the ceiling, letting your shoulders and upper back lift off of the ball.
4. Slowly return to the starting position.

I) Ball Crunch – Muscles Worked: abdominals

1. Lie down with your knees bent and hold the stability ball in your hands.
2. Inhale and take the ball overhead.
3. Curl the upper body forward and simultaneously bring the ball toward your knees. Exhale at this point.



J) Back Extension on Ball – Muscles Worked: erector spinae

1. Begin with the ball positioned under your stomach and both feet in contact with the floor. Rest your hands on the small of your back.
2. Slowly lift your chest slightly off the ball until the spine is straight or slightly extended.
3. Slowly return to the starting position. Set a goal of 10-25 repetitions.

Stretching Descriptions

Muscle Group & Stretch Description:
Quadriceps – (standing) bring heel to butt and grasp ankle. Press against your hand, knees together.
Quadriceps – (lying on one side) bring top heel to butt, grasping ankle, press against hand. Body straight.
Hamstrings – (standing) place one foot forward with the toe up. Sit downwards and push hips back, bent knees.
Hamstrings – (lying down on back) place one foot flat on the floor, knee bent, bring other leg, straight, towards chest.
Glutes – (standing) hold onto something for balance. Place one foot on top of your opposite knee, sit downwards.
Glutes – (lying down on back) place one foot on top of opposite knee, pull through the legs bringing them towards chest
Glutes& Back (seated) cross one leg over the other, turn in towards the knee and look to the back of the room.
Back – (kneeling on all fours) Cat stretch
Back/Abs – (lying on stomach) Superman – reach arms straight out, raise chest and feet off the floor.
Calf – (standing in a lung position) press back leg heel down, make sure feet are straight.
Calf – (lying on back) place one foot flat on floor, knee bent, lift other leg straight up, press heel up to the ceiling.
Obliques – (standing) side bends reaching on a 45 degree ankle to corner of the room
Chest – place one hand on a wall, turn body outward away from the wall try and press your shoulder into the wall.
Chest – Grasp hands behind your back lift up and out.
Shoulder – bring one arm straight across chest, press in on back of arm with opposite hand.
Neck/Trapezius – (standing) grasp one wrist behind your back with opposite hand, turn head to same side your pulling arm to
Triceps – (standing) place one hand over your head behind your neck, press back on that elbow with opposite hand
Biceps – (standing) place hand, thumb down with arm straight on something chest height. Turn away from hand and press downwards.

Hold each stretch for at least 15 seconds. Breathe through the entire stretch. Never bounce. Stretch the muscles you worked in your workout. Choose one stretch for each muscle group.

Strength Training Over Age 50

The American College of Sports Medicine (ACSM) now has fitness guidelines specific to weight training for people over 50. The advice: perform such exercises 2-3 times a week to condition all of the major muscle groups -- arms, legs, shoulders, and trunk. The goal is to lift a weight that's heavy enough to achieve 10-15 repetitions per session before the muscles become fatigued.

Most older individuals are well aware that they need regular aerobic exercise, such as walking, swimming, or running, to strengthen their heart and lungs and tone their bodies, but many dismiss weight training (also called resistance training) as an activity predominantly for the young or the vain. However, it is the only type of exercise that can substantially slow, and even reverse, the declines in muscle mass, bone density, and strength that was once considered inevitable consequences of aging.

Unlike aerobic, or endurance, activities, which improve cardiovascular fitness and require moving large muscle groups hundreds of times against gravity, weights provide so much resistance that muscles gain strength from only a few movements. Resistance is usually provided by free weights or machines, but individuals can also get stronger by exercising in water.

People shouldn't experience pain while lifting weights, but it's normal to feel some soreness the next day. Experts believe that as muscles are challenged by the resistance of a weight, some of their tissue breaks down; as the muscles heal, they gradually increase in strength and size. Although muscles should be worked until they are fatigued, common sense will dictate when it's time to stop. If you feel joint or nerve pain, or are putting a tremendous amount of strain on any part of the body, you're probably going overboard and can harm yourself. Because strains, sprains, and tissue damage can take weeks or even months to heal, preventing injury should be a priority. Although many older people who are inactive but want to get moving may think that a pair of walking shoes is a wiser investment than a set of weights, the opposite may actually be true, say fitness experts. People who have been sedentary for long periods are at high risk for falls because their muscle tone is weak, flexibility is often limited, and balance may be precarious. To reduce the risk of falls and injury, people over 60 who haven't recently been active should begin by strengthening their legs, arms, and trunk muscles with 3-4 weeks of weight training 2-3 times a week before walking long distances or engaging in other aerobic exercise.

Because aerobic activity and strength training are each important for health, the ACSM recommends that able adults do both on a regular basis; 20-60 minutes of aerobic activity is advised 3-5 days a week and weight training should be done for 20-30 minutes 2-3 times a week. The guidelines also suggest that people perform stretching exercises -- which increase the range of motion, or amount of movement, of joints -- a minimum of 2-3 times a week.

In general, as people grow older, their muscle fibres shrink in number and in size (atrophy) and become less sensitive to messages from the central nervous system. This contributes to a decrease in strength, balance, and coordination. Although there is no question that people experience at least some of these declines at about age 40, the extent to which they occur depends on a number of factors, including genetics, diet, smoking and alcohol use, and -- most important -- physical activity level. Indeed, recent research has indicated that inactivity is responsible for the majority of age associated muscle loss. Fortunately, resistance exercise can reverse much of this decline by increasing the size of shrunken muscle fibres.

It is also well known that weight training can increase bone mass, which lowers the risk of developing osteoporosis and fractures. Strength training adds more weight to the skeleton by building muscle; this stimulates the bones to strengthen and grow to bear the heavier load on the muscles. Once achieved, much of the gain can be maintained through weight-bearing endurance activities such as brisk walking, stair climbing, and aerobics. Resistance exercise can also help older people live independently by giving them the strength they need to perform everyday tasks. There is even evidence that resistance exercise can help people sleep better and can improve the mood of mildly to moderately depressed individuals. And because proper strength training doesn't apply stress directly to joints, it is ideal for people with arthritis; indeed, rheumatologists often recommend it. Although it cannot reverse arthritic changes, lifting weights helps alleviate symptoms by strengthening the muscles, tendons, and ligaments that surround joints.

Efficient Strength Training

Strength training doesn't have to be time consuming. Here are some ways to make sure you get the most from a limited training time.

For general conditioning and strength gains research shows that one high quality set can provide as much benefit as multiple sets. An efficient strength-training program can be done using nearly any type of equipment from free weights to rubber tubing if you apply the following principles.

Intensity of Exercise

This may be the most important factor in an efficient strength-training program. In general, the greater the intensity, the better the strength gains. High intensity means working each muscle to the point of fatigue, when no more repetitions can be performed. This relates to the Overload Principle that says to increase muscular size and strength, a muscle must be stressed, or "overloaded," with a workload that is beyond its present capacity and trigger an adaptive response (muscular growth).

Simply, exercise that does not produce enough muscular fatigue will not stimulate muscular growth.

Progression

To build muscle strength you must continually do more work over time. Muscles must be overloaded and weight or repetitions increased steadily and systematically over several weeks. Each time the maximum number of repetitions are attained, the resistance should be increased for the next workout. The increase in resistance should be small, about five percent or less, but should still be challenging.

Number of Sets

Performing one set to fatigue has been shown as effective as multiple sets when it comes to strength gains. For this to be productive, the set must be done with an appropriate level of intensity (to the point of muscular fatigue) and a thorough warm-up should be done before to prevent injury.

Number of Repetitions

To increase in size and strength, muscles must be exercised for a certain length of time. Research seems to indicate that optimal time frames are as follows:

90 to 120 seconds for the glutes (butt)

60 to 90 seconds for the rest of the lower body

40 to 70 seconds for the upper torso

Use this as a guideline for the most efficient lifting program. (each lift is raised in about two seconds, lowered in four seconds, so each repetition is six seconds long). Therefore the gluts require 15 to 20 reps, the lower body 10 to 15 reps and the upper body about six to 12 reps.

These guidelines are for healthy adults. For children, teenagers, the elderly or anyone with medical conditions, higher repetitions with lighter weight is advised. **Consult a physician prior to beginning a strength-training program.

Proper Lifting Technique

When lifting weights use slow, controlled movements and never jerk the weight. It should take about 2 full seconds to move through the full range of motion. Pause for a second and slowly lower the weight with a slow, gradual movement to increase efficiency. It should take about four seconds to lower the weight back to the starting position.

Exercises Performed

A solid strength training routine can be done with as little as 7 exercises. The major muscle groups should be targeted: the glutes, hips, quads, hamstrings, calves, biceps, triceps, abdominals and lower back. The shoulder joint can be effectively worked with two exercises each for the chest, the lats and the deltoids. Start with the largest muscle groups first.

Frequency

Efficient strength training includes intense exercise coupled with rest. During workouts muscle tissue is broken down. It is the recovery phase that allows the muscle to rebuild itself and get stronger. About 48 to 72 hours is a good recovery phase timeframe.

If you want to maximize strength gains and minimize time spent in the gym, use these tips and focus on quality of training rather than the quantity. You may find that strength gains come quickly when you use your time wisely.

Staying Motivated

If you've been exercising for over a month, you're probably feeling pretty impressed with yourself – and so you should! On the other hand, perhaps you are feeling a little less motivated than you'd like to and are struggling to get going?

Either way, to keep up or re-establish your motivation levels, here are 10 great tips that work:

1. Keep your log record:

Research and anecdotal evidence, indicate how important it is to keep a log record. It helps you to focus on your goals and to move forward. People tend to stick with projects for longer when they can actually see what they are accomplishing.

This is all part and parcel of your training program – so don't let it slip! Don't forget to do the monthly measurements as well. It is extremely motivating to see your health parameters improving and your body becoming firmer as you become fitter.

2. Involve a friend:

If motivation levels are dwindling – why not invite a friend to train with you? You can catch up on all “the news” and will be amazed at how quickly the time passes.

3. Get the support of your partner/spouse/family and friends:

One of the most commonly documented reasons for people dropping out of exercise programs, is that they didn't have enough support from people close to them. Make sure this doesn't happen to you.

A motivating call or e-mail from “one of your support team” might provide just the spark you need to train on a particularly lousy day.

4. Know your mission:

Keep focused on why you are actually doing this and how great you will feel when you have realized your goal. In fact, you'll have immediate rewards and feel much better after a good training session! Write down how you feel and read this when feeling de-motivated.

5. Set a different goal:

Aside from wanting to shape up, how about setting other goals such as climbing Lion's Head or taking part in the Big Walk (Capetonians) or similar challenges in other parts of the country? Goal setting improves your focus and will probably improve your commitment too – besides which these events are fun.

6. Be prepared for setbacks:

They will happen – you may get sick or have hectic deadlines at work that infringe on your exercising time. Don't let that ruin everything. Find solutions and see these as challenges that you can overcome rather than insurmountable problems that are out to destroy you.

7. Activate each day:

Don't only think of exercise as your “formal sessions” – do something active every day, i.e. climb the stairs at work, do some gardening during the weekend – you'll feel so much better at the end of the day and probably have more restful sleep too.

8. Reward yourself for each successful week of training:

You know what you enjoy – so indulge yourself when you succeed.

9. Believe in your ability to succeed:

Even if you have been a confirmed couch potato for years or you've always dropped out of exercise programs in the past, believe that change is possible. You can do it and you will do it! Yes, it may be very difficult some days, but just move forward towards the new, positive, fitter you!

10. Read:

Understand your 'own' health! Read reliable health information, so to keep motivated... be as informed as possible. Read all you can about the benefits of exercise in general.



Physical Activity Accountability Calendar

Name: _____

“I will complete the workouts I’ve set out for myself.”

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
EXAMPLE (intermediate)	30 minutes of walking and 3 lower body stretches	Beginner upper body work out and 3 upper body stretches	30 minutes of walking and 3 lower body stretches	Rest / Relax / Recover	Beginner lower body work out and 3 lower body stretches	30 minutes of walking and 3 lower body stretches	30 minutes of walking or other leisure activity like ice skating and 3 lower body stretches
EXAMPLE (beginner)	Walk 3 x's throughout the day for 10 minutes each time and do 3 lower body stretches	15 sit ups and 15 squats	Walk 3 x's throughout the day for 10 minutes each time and do 3 lower body stretches	Stability Ball Full Body Routine, 2 upper body and 2 lower body stretches	Walk 3 x's throughout the day for 10 minutes each time and do 3 lower body stretches	15 sit ups and 15 wall push ups	Go walking, skating, swimming, etc. for 30 minutes and do 3 lower body stretches
Week 4							
Week 5							
Week 6							
Week 7							

Signed: _____

Friend's Signature: _____

