

Your Fitness Foundation



We're going to work on 4 things in this initial phase of your program:

1. Cardiovascular endurance
2. Muscular endurance
3. Core strength
4. Mobility/Flexibility



Tasks:

1. Studies show that people who plan ahead are generally more successful than those who wing it. In order to capitalize on this, I want you to look ahead in your calendar, decide when you want to work out and book it in. Do whatever you need to do to make sure those dates with yourself are kept (set an alarm or schedule a reminder).
2. Start looking for whatever little things you can do to be more active in your day. Take 5 minutes in the morning to climb stairs at work, park your car far away from the entrance to the store, walk to your co-workers desk, walk to lunch, etc.
3. Follow your Daily Workout Calendar.

Expectations:

To get the maximum benefit from this program, you will need to be active 6 days a week (at some level). We will vary cardio workouts and your strength training program, as well as work in mobility and flexibility exercises. We are going to start with 20 minutes of cardio each day, working our way up as you progress. If you can do more, do more. As you progress, push yourself to go a little harder, a little faster and put the effort in! You should feel like your effort is a 7 or 8 on a scale of 1-10. Cardio is going to burn lots of calories for you, so find a cardio activity you are going to like!

Your strength training workouts will vary between upper body, lower body and core exercises. To start, you need to do each exercise 12-15 times and then progress to the next exercise. Each exercise should feel hard when you are doing the last rep. If it doesn't feel hard, you need to add more weight. Try not to rest too much in between exercises – by moving quickly from one to the next, you will get your heart rate elevated more and burn more calories.

Make sure you stay hydrated by drinking water before, during and after your workouts.

