

# Effective and Efficient Workouts LNL



## Goal #1: Lose Weight

- The best way to lose weight is ... “the exercise *you* will do”!
- Create a **calorie deficit** – calories out > calories in
- Focus on **cardio** (aerobic training) than strength training
- Vary the intensity: alternate between moderate intensity (something that brings your heart rate up, such as elliptical) and high intensity (something that makes you huff and puff like a spin class or running)
- Cross training: don’t do the same routine. Switch up the type of cardio. Try something new like a spin class!
  - E.g., swimming on Sun, elliptical machine (moderate intensity) on Mon, Wed, Fri, rowing (high intensity) on Tues and Thurs

### Tabata

- 20 sec work/10 sec rest = 1 cycle
- 8 cycles = 4 minutes
- *Examples for cardio: jumping jacks, high knees, skipping, burpees*

## Goal #2: Get Toned

- **Muscle tone:** state of tension in your muscles that helps you maintain proper posture and coordination
- Exercises that increase the definition of your muscles via resistance training: (1) **muscular endurance**, which improves the stamina of your muscles, (2) **muscle strengthening**, which add muscle bulk
- Min 2 or 3 days per week with recovery day in between

### 5 Tips for Weight Loss

1. **Have an exercise buddy.** Accountability to someone else is key
2. **Schedule your workouts.** Specific, realistic, attainable
3. **Don’t do too much, too fast.** Be realistic with improving your current fitness levels
4. **Cook more often.** Lean protein, low-mod carbs, high fruits/veggies, little sugar
5. **Don’t turn water into wine.** Limit alcohol



### Muscular Endurance Training

- *Increases muscle definition without adding bulk to your frame*
- *Complete ↑ reps with a ↓ weight*
- *2-3 sets of 15 to 20 repetitions*
- *The weight should challenge your muscles, but not cause extreme fatigue after 10 repetitions*

## Goal #3: Build Strength

- **Muscular strength:** A measure of force against a specific resistance.

### Muscular Strength Training

- *Requires **progressive overload** - constantly exposing your muscles to greater amounts of work than what they typically experience.*
- *Complete ↓ reps with a ↑ weight*

- 1 set of 8-10 repetitions
- The weight should be challenging, and you should expect to experience extreme fatigue by 10 repetitions
- Initial gains are due to greater **fiber recruitment**. Subsequent gains are due to **hypertrophy**

## Goal #4: Build Endurance

*For beginners (or a good refresher):*

- **Get fitted:** Don't skimp on shoes!
- **Run/walk method:** 1 min run/ 5 min walk interval, 5x. Eventually, ↑running, ↓walking
- **Easy does it:** Add 1-2 km/ week
- **Listen to your body:** If the pain is different than normal muscle soreness, remember that *pain has a purpose*
- **What's a good pace?** Try the "talk test"
- **Plan a schedule:** Run on day 1, 4 and 6 (no more than 72 hours apart) **3x per week**



### Pre-Nutrition

- .5 g of carbs per pound of bodyweight 1 hour before moderately hard exercise
- E.g., 150 lb → 75g carbs → cereal with banana
- A little protein may help optimize recovery

### Post-Nutrition

- Top priority: replace the **fluids** you lost!
- Urine should be clear or pale yellow and you have to urinate frequently (every 2-4 hours).
- Consume carbohydrate rich foods and beverages within **15 – 30 minutes after your workout.**
- Adding protein will enhance the building and repairing muscle

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