
Fitness, Movement, Exercise

Finding as many recreational activities and/or exercise routines that fit your schedule in order for you to plan for 4 workouts a week (one being on the weekend!)

Cardio conditioning should be performed for about 15- 20 minutes a day, several days a week.

Strength training should be for about 20 minutes a day 2 days per week to build more and stronger muscle tone.

Below I've included 3 different total body toning workouts that you can do on your own at the gym or at your house. Do this routine 2-3 times a week, but try not to do it on consecutive days.

****Remember, you don't build muscle when you're exercising, you build muscle when you're recovering so post-workout nutrition (protein intake) is most important!**

POST WORKOUT PROTEIN CONSUMPTION

Post-workout, too little protein can lead to muscle soreness and fatigue, rather than increased strength and stamina. Taking protein in the first 30 minutes or so after a workout can, however, help the body to begin quickly healing the micro-tears in the muscle, a process which makes muscles stronger over time.

20 grams within 20 minutes or 30 grams within 30 minutes.

It is recommended that you exercise within 55 to 85 percent of your maximum heart rate for at least 20 to 30 minutes to get the best results from aerobic exercise. If you have a Fitbit, Garmin or a heart rate monitor, try to monitor what it reads. If you aren't entering that aerobic zone, then more cardio might be needed in your exercise routine. Cardio exercise is good for exactly what it sounds like "cardiovascular endurance", you need a strong heart to power strong muscles, the benefit of cardio exercises is the high number of calories burned but the benefit of strength training is raising your metabolic rate (the number of calories you burn at rest).

TOTAL BODY CONDITIONING WORKOUT 1

- 20 body weight squats
- 10 push ups
- 20 walking lunges
- 10 dumbbell rows (using weights/ a gallon milk jug/ wine bottle/ soup cans)
- 15 second plank
- 30 Jumping Jacks

TOTAL BODY CONDITIONING WORKOUT 2 (CHANGE UP THE TIME CAP as your progress.)

Start with 15 minutes- work up to 20

Example:

Five stations of 30 seconds each repeated for six circuits adds up to a 15-minute workout.

Five stations of 1-minute each repeated for six circuits adds up to a 30-minute workout.

Step 1: Warm Up (3 minutes of one of the following exercises)

Circuit 1: Jogging in place, Stationary Bike,

Circuit 2: Jumping rope

Circuit 3: Stair Jumping- hop up each step.

Circuit 4: Jumping Jacks

Circuit 5: Air Squats

Circuit 6: Stair climbing (in the house)

Step 2: Pick an upper-body exercise.

The trick with circuit training is to use whatever you have handy. If you're at the gym, you have a wide range of options—but all you really need is your body. You can choose a different upper-body move each round or simply repeat the same exercise every time if you want to keep things simple.

Example:

Circuit 1: Shoulder press

Circuit 2: Bent-over row

Circuit 3: Standing dumbbell curl

Circuit 4: Triceps dip

Circuit 5: Push-up

Circuit 6: Russian twist ab exercise with weight.

Step 3: Pick a lower-body exercise.

Just like you did with the upper body, choose exercises that will work each part of your lower body. You can change up the moves each round or keep them the same.

Example:

Circuit 1: Forward lunge or walking lunge

Circuit 2: Sumo squat

Circuit 3: Calf raise

Circuit 4: Hamstring curl on a Swiss ball

Circuit 5: Deadlift

Circuit 6: Superman

Step 4: Pick a compound exercise.

Weight training is an excellent workout, but you'll really get your heart rate up by adding in some total-body movements.

Example:

Circuit 1: Jumping lunge

Circuit 2: Mountain climbers

Circuit 3: Thruster (squat to shoulder press)

Circuit 4: Clean

Circuit 5: Bench hop-over

Circuit 6: Single-arm kettlebell swing

Step 5: Choose a sprint for 1 minute.

Research shows that short, fast sprints are the most effective way to torch fat—especially around your midsection. Pick any type of cardio you like and go all out for 1 minute.

Example:

Circuit 1: Running

Circuit 2: Jumping rope

Circuit 3: Rowing

Circuit 4: Cycling

Circuit 5: Up-hill jogging

Circuit 6: Stair climbing

Step 6: Rest for 1 minute.



FULL-BODY KETTLEBELL WORKOUT

Perform the exercises as a circuit, completing one set of each in sequence without rest in between.

When you've completed the entire circuit, rest 1-2 minutes, and then repeat for 3 total rounds.

- 1. KB GOOD MORNING (10 REPS)**
- 2. KB GOBLET SQUAT (10 REPS)**
- 3. KB 1-ARM ROW (10 EACH ARM)**
- 4. KB SWING- AMERICAN (10 REPS)**
- 5. KB 1-ARM OVERHEAD PRESS (10 EACH ARM)**
- 6. KB STANDING OBLIQUE CRUNCH (10 ON LEFT)**
- 7. KB SWING- GERMAN (10 REPS)**
- 8. KB STANDING OBLIQUE CRUNCH (10 ON RIGHT)**
- 9. KB HIP HALO (5 EACH DIRECTION)**
- 10. KB PRESS-UP CRUNCH (10 REPS)**