

## CONSTRUCTING YOUR FITNESS PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Strength	Metabolic	OFF	Strength	Metabolic	Active Rest	Stretch
Week 2	Metabolic	Active Rest	Strength	Stretch	Metabolic	OFF	Strength
Week 3	OFF	Strength	Metabolic	Active Rest	Strength	Stretch	Metabolic
Week 4	Active Rest	Metabolic	Strength	OFF	Stretch	Metabolic	Strength

Dynamic Warm Up before EVERY session

### **DYNAMIC WARM UP [Do not skip]** **FOR 10 MINUTES BEFORE EVERY SESSION**

BENEFITS: Prevents muscle injury and increases results.

#### **DYNAMIC WARM UP EXERCISE OPTIONS:**

- Squats
- Toy soldier march: Marching with knees high and arms swinging.
- Shoulder rolls: Reaching your arms out horizontally and rolling your shoulders.  
Alternating between front and back rolls.
- Quad stretches: Walking, alternately hugging your knees
  - High Knee Walks
  - Butt Kick

### **METABOLIC**

**TWICE A WEEK 20 – 30 MINUES**

These sessions involve quick bursts of high intensity movement followed by brief periods of rest. *For example, sprint for 3 minutes, walk for 1, sprint for 3 minutes, walk for 1.*

BENEFITS: Incinerates body fat

#### **METABOLIC EXERCISES OPTIONS:**

- Jump Rope
  - Spin
- Inclined Treadmill
- Treadmill Sprinting
- Hill climbing

## **STRENGTH**

**TWICE A WEEK - 20-30 MINUTES**

BENEFITS: Builds beautiful muscles, strengthens bones and helps you move with grace.

### **STRENGTH TRAINING EXERCISE OPTIONS**

- Push-ups
- Squats
- Planks - these are stationary exercises that force your body to stabilize itself in one position. This engages muscle running throughout the body – side to side, up and down, back and front.

## **ONE ACTIVE REST DAY**

This gets your blood flowing, bringing oxygen and nutrients to muscles that were broken down by working out. Don't overdo it and keep it fun!

BENEFITS: Prevents boredom and helps your body recover.

### **ACTIVE REST EXERCISE OPTIONS**

- Team sports [ basketball, volleyball, flag football]
  - Bike ride [not uphill]
  - Power walk
- Swim [leisurely paced]

## **ONE STRETCH DAY**

Mindfully stretching throughout each day is important, but intentionally focus on stretching one day a week.

BENEFITS: Increases flexibility and range of motion, stress relief and enhanced coordination.