**One Step at a Time Challenge**

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Workout Routine Recommendations

Adults need at least 30 minutes of aerobic activity on most days of the week of moderate to vigorous intensity.

A minimum of 2 days of muscular strengthening activities of all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

What to do:

M-T-W-Th-F-S –Cardio days – Walking is the easiest to start with. Then try varying the cardio to maybe the bike, elliptical, or treadmill’s. Every 4-6 weeks change things up so you stay motivated and not let the body adapt to the same workout routine.

T -Th – Wt. lifting days

Sunday a day of rest or pick another day during the week to rest.

Warm-up: Warm-up large muscle groups for at least 10 minutes.

Stretch for at least 6-8 minutes.

Lift weights for 20-25 minutes. A minimum of 8-10 exercises – 1 set of 8-12 reps for each exercise. Start with the legs (quadriceps, hamstrings, abductors and adductors (inner and outer thigh) calves; chest, back, shoulders, biceps, triceps and abs for a full body workout. Remember if you are just starting a program to use light weights and less reps until your body needs to be challenged. You need to work with good form, breathe out on push and pull movements of lifting, and slowly move the weights through muscles full range of motion. The rhythm of pushing or pulling a weight should be a 6 count. Example – bench press by lifting up off chest 1-2 count up, hold a fraction of a second and slowly move weights back down to chest with a 4 count.

Cool down with 10-minute cardio and followed by stretching for 6-8 minutes.

You can make it a circuit in the RACC weight room. Example below:

Leg extension machine- extend knees



Smith machine calf rises- use block of wood and rise up on balls of feet



 Abs/Back machine – works your core and back muscles



Abductor/Adductor machine- this machine works inner thighs and gluts



Leg curls- bring legs to your glutes – 90-degree angle.



Ball wall squats- Prop the ball against a wall and position it behind your lower mid back.  Walk the feet out a bit so that you're leaning against the ball, feet about hip-distance apart.  Bend the knees and lower into a squat, going as low as you can (no lower than 90 degrees) and keeping the knees behind the toes.  Push through the heels to come back up and repeat.



Chest press machine- pushes out from a bent elbow start



Lateral pull down machine –pull with a shoulder width grip to your chest. Or put the chair down to do a low row on this machine. Both work back muscles.

Free weights for shoulder: lateral rises-raise arms to the side shoulder height





Dumbbell Bicep curls- alternate each arm and lift to chest and then repeat.



Triceps kickbacks-keep elbow close to body and extend the weight behind you. The elbow stays fixed.

Use the log sheet (excel spread sheet) see attachment. It’s best to plan a head so you stay on task and not waste time. You should be able to complete a cardio workout plus a weight lifting workout in an hour or less. Any longer you are talking too much and not focusing on the task at hand.

The example above is a full body workout starting with legs and moving to arms. Research has found that 1 set of 8-12 reps is just as good as completing 2-3 sets or more. If you are not specifically training for a sport or run and you just want overall fitness results this is the way to go. To challenge your-self when lifting the weights of each exercise increase workout weight 5-10%. Good Luck.

This is just an example. My suggestion would be getting to know your muscle groups and then organize your lifting in those groups.