

# Workout Guidelines

There is an art and science to the program design process that trainers spend years learning and refining. Therefore, you cannot be expected to master these elements. However, I do want you to learn some basic, scientifically-grounded principles so that you can create well-balanced, total-body workouts. With a little guidance and *lots* of practice these tools can help get you fit for life.

The following steps are meant to be performed in order but, if you don't have enough time to complete them all (around 30 minutes), stick with Steps 1&2.

## Step 1: Dynamic Warm-Up

All workouts should begin with **dynamic** warm-ups to stimulate blood flow, increase body temperature, and to facilitate proper neuromuscular functioning. Unlike traditional static stretches—holding a position for several seconds—dynamic stretches better simulate the movements that you are about to undertake in your workout by taking muscles and joints through their full range of motion.

Examples: high knee skips, squats, jumping jacks, jumping rope, mountain climbers, running

Click [HERE](#) for a video detailing more dynamic warm-ups

## Step 2: Pick 5 Strength Exercises

The goal for overall health and fitness is to work the entire body during each exercise session. Therefore, you are going to Pick 5 movements from the graphic on the following page that target both the upper and lower body.

Before I go any further with specific guidelines, however, I want to make sure that you are familiar with some essential workout terminology:

**Set:** A grouping of a particular number of repetitions

**Repetition:** The completion of an exercise one time through full range of motion

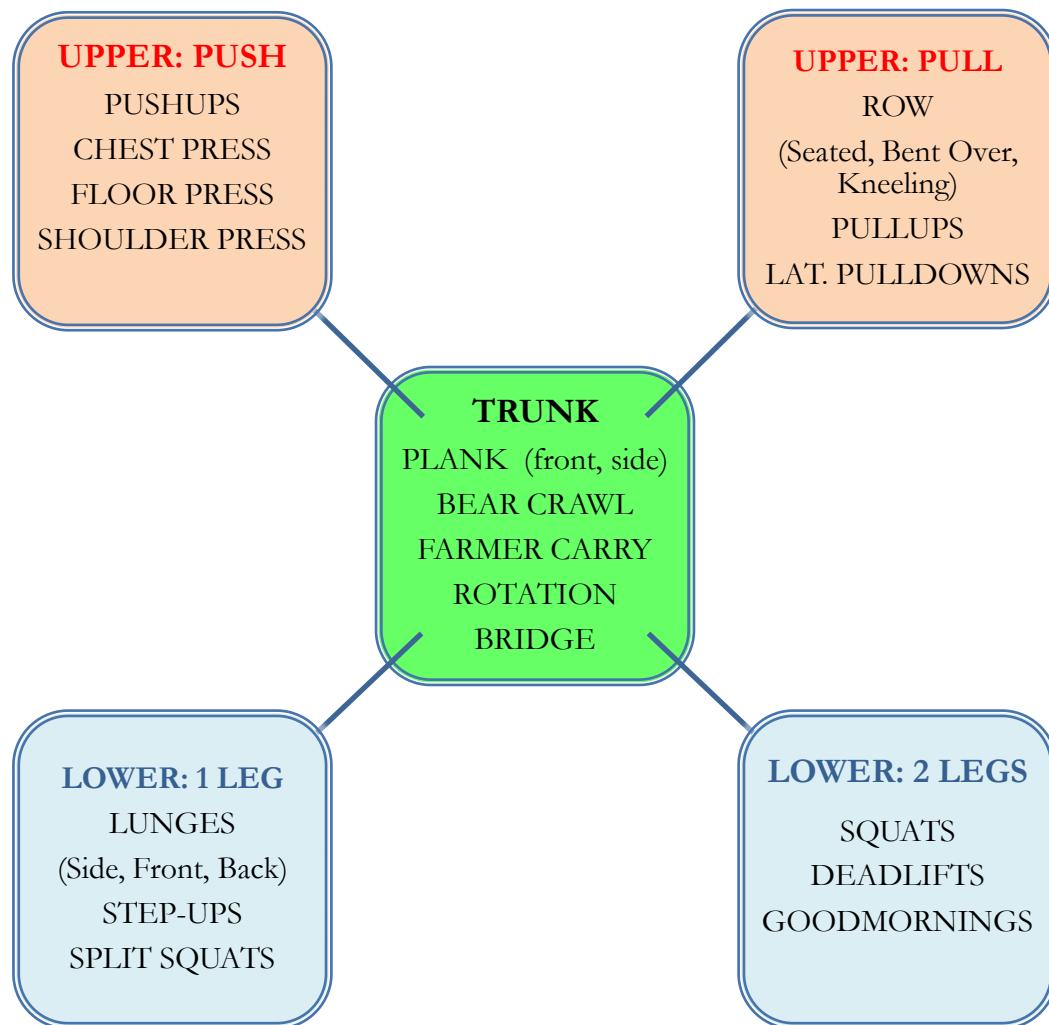
**Superset:** Alternating between two or more exercises

**Rest Interval:** The time spent resting in between sets

OK, now that we're on the same page, let's get into the nitty gritty of structuring your workouts.

### Pick 5

Pick one exercise from each movement category in order to create a well-balanced, total-body workout every training session. Click [HERE](#) to see videos demonstrating these movements.



### **Aim for 2 resistance training sessions per week**

- One session will incorporate lighter resistance for **15-20 repetitions**
- The second session will focus on heavier weight for **6-8 repetitions**

### **Perform a minimum of 3 sets per exercise**

- All Pick 5 movements will be done for at least 3 sets while any supplemental exercises (see below) need only be done for 1-2 sets.

**As you become better conditioned, you can superset 2 or more exercises within a set**

### **Change at least one exercise variable per workout**

- Your body will plateau after weeks of doing the same routine so regularly alter which Pick 5 movements you perform, their order, the rest intervals in between movements, the weights used, etc.

### **Supplemental Exercises:**

In addition to the Pick 5 movements you may want to add others to your strength training session. You will do these *after* completing your Pick 5 movements. Common supplemental exercises include bicep curls, tricep extensions, hamstring curls, etc.

If you are training for a particular activity or goal try to incorporate specific exercises that will support and transfer to that activity. For example, tennis requires a lot of hand and grip strength so adding specific wrist exercises would be beneficial for both injury prevention and performance enhancement.

## **Step 3: Cardiovascular Training**

### **Aim for 2 sessions per week**

They can be performed after the resistance training portion of the workout session or on separate days.

- Session 1 will focus on high-intensity intervals for a shorter time: **20-30 minutes**
  - Aim for 30s-1min bursts of near-maximal effort followed by 1-2 min of low-effort. Repeat 8-12 times.
- Session 2 will be a lower-intensity, longer bout: **40-60 minutes**

## Use different types of modalities

It's important not to overwork your body in the same patterns. Mix it up with the treadmill, bicycle, stairs, swimming, walking outside, etc.

## Step 4: Static Stretching

At the end of each workout it is important to return muscles to their original resting length by doing static stretches.

Hold each of the following stretches for 20-30 seconds (you can add our own as needed):

**Quads      Hip Flexors      Hamstrings      Glutes      Calves      Pecs      Lats**

## Step 5: Repeat Steps 1-4\* for Life

While it's easy to say that you've got to keep up your training forever, it's unrealistic to think that you will always have the time, energy, interest, and lifestyle to accommodate the lifelong pursuit of your goals.

As someone who has consistently trained for over 20 years I can tell you that there are ebbs and flows to this process. Injuries, boredom, work changes, and family obligations can alter the relationship you have with your training. Just accept that change is commonplace and ride the waves as they come.

The bottom line is to keep moving, even if in less-structured programs like the one I laid out here. Go for a walk in the park or stretch on the floor at home. Take the stairs at work or stand at your desk instead of slouching. Working movement into your lifestyle is a more gradual and sustainable way of staying active than putting pressure on yourself to always find 40-60 minutes of gym time.

Remember, gyms were invented long after humans began moving so there have always been alternative ways to stay fit. I hope, however, that the tools found here empower you to excel beyond what you were able to do without them.

Take charge of your fitness future and keep on movin'

-CA