



FIT N 5



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Introduction

Welcome to **Fit N 5™** Fitness Program!
Purchasing this program means you're tired of spending endless hours in the gym and not seeing results? It means, you're ready to kick your metabolism up another notch to burn unwanted body fat? And it means, you're ready to tighten and tone your entire body?

Why Fit N 5

With **Fit N 5** fitness training program, you don't need bulky equipment or hours in the gym to see fast, sustainable and lasting results! The principle of **Fit N 5** is to use continuous movement to ramp up your heart rate and metabolism by keeping your body in motion throughout your entire workout!

What is Fit N 5 Training Focus?

The focus? 5 Exercises, 5 Rounds, 5-minute rounds= Results in Less Time!

What Equipment Is Need?

The only equipment needed for this program is a mat, resistance band, set of dumbbells and your body! No gym required! That's right! No gym required!

Are you ready? Let's get started!

Action Jackson

Fitness Olympian, 10 X Wellness Author, Fitness Expert



Before You Begin

Before you make the decision to pick up a dumbbell or workout on a weight machine, it is important to understand a few key lifting techniques and training methods. These techniques and training methods will help you avoid injury and provide you with information to navigate through the Iron Palace (gym) with more confidence.

LIFTING Techniques

WHENEVER YOU PERFORM an exercise (either on a machine or with free weights), there are two primary phases of movements. These phases of movement include an eccentric and concentric phase.

The concentric phase of a movement occurs when the muscle contracts or shortens. If you were executing a bicep curl, curling the weight up is the concentric phase of the movement.

The opposite, or opposing movement, is called the eccentric movement. The eccentric phase of movement involves lengthening or releasing the weight back to the starting position. If you were performing a dumbbell bicep curl and released your hand and allow the dumbbell to move downward away from your body, this would be the eccentric phase.

Each phase of movement challenges the muscles from a different level of difficulty, and one cannot be completed without the other. Therefore, it is important to only lift an amount of weight you can control during each phase of the movement. Never jeopardize form to lift heavier weight.

If an amount of weight is too heavy, choose a lighter weight. Once again, I will reiterate, do not sacrifice form to lift a heavier amount of weight. Choosing to lift heavy weight in which you can't lift properly through both phases of movement can result in acute and permanent injuries.



LIFTING POSTURE STANDING

WHILE PERFORMING any lifting movement in a standing position, feet are to be positioned slightly apart with knees slightly bent. Core or abdominals are held in tight, with shoulder blades back and chest up. Never round your back and be aware of your posture at all times.

POSTURE ON MACHINES

EACH MACHINE IS created to operate in a fixed range of motion meaning you can only move the machine in a predetermined movement pattern. This is beneficial in many ways, but proper posture is still required while using machines. Proper posture involves controlled movements and keeping core engaged at all times throughout the exercise.

PROPER BREATHING

PROPER BREATHING CONSISTS of inhaling at the starting phase of the movement, before the beginning of the lift (concentric phase), and exhaling during the release of the weight (eccentric phase). Holding your breath while lifting can cause dizziness and create a lack of oxygen to working muscles.

TRAINING METHODS

WE HAVE DISCOVERED proper lifting techniques, now it's time to learn different resistance training methods. The following resistance training methods are the most common and most applicable.

SPLIT TRAINING

SPLIT TRAINING IS a term used to identify how each muscle group is divided and trained. Using the split training method ensures each muscle group is trained on a consistent basis, to avoid muscular imbalances and muscular injuries from under and overdeveloped muscles.

HOW DO YOU CREATE A SPLIT TRAINING ROUTINE THAT IS RIGHT FOR YOU?

TO CREATE YOUR individualized split, determine how many days a week you can dedicate to resistance training. Once you have completed this task, decide which muscle groups you want to train together or by themselves (ex. Biceps and Triceps, Back and Chest). Some research suggests training your muscles in a push/pull fashion, but you make the decision. This method is believed to create muscular balances if done properly.

Training in a push/pull fashion involves training muscles that allow you to perform pushing and pulling movements within the same training session. Doing a push-up is considered a pushing movement (which uses your chest muscles), followed by seated dumbbells rows (which is a pulling movement) which work the back muscles.

Split training is designed based on individual preference, and your split may not mirror your girlfriends. Once you create your split schedule, it does not have to be set in stone. Changing the muscle groups and the days, you train them are beneficial both mentally and physically.

Possible Disadvantage of the Split Training Method

Although split training is a great training method, it is important to consider your current level of fitness before you create your split training routine.

Spilt training typically focuses on training one or two body parts per training session. Typically, the volume or the number of sets and repetitions you perform using this training method places more stress on your muscles. Placing a great amount of stress on untrained muscles can lead to excessive soreness and injuries. Therefore, if you are not at a training level where you can perform split training, full body training may be more advantageous for you.

ADVANTAGES OF SPLIT TRAINING

A BENEFIT OF split training for seasoned lifters is the ability to train a weak muscle group(s). With this method of training, you can focus on that particular group during your training session and perform more sets which can assist in strengthening your weaker muscle groups.



EXAMPLE OF SPLIT TRAINING

Monday:	Biceps/Triceps/Abs
Tuesday:	Chest/Back
Wednesday:	Off
Thursday:	Shoulders/Abs
Friday:	Legs/Abs
Saturday:	Off

FULL BODY TRAINING

AS THE NAME states, full body training is a method that targets each major muscle group within one training session. Full body training is a great method for beginners and for individuals who do not have enough time to devote to a split training regimen.

Full body training targets each muscle group, but it doesn't stress each individual muscle group as efficiently as split training. When you are doing a full body training session, you are typically performing one or two exercises per muscle group. This will help you tone, but to experience continual muscle growth, you will eventually need to stress each muscle group beyond full body training.

EXAMPLE OF FULL BODY TRAINING

2 sets per exercise, 12 to 15 repetitions

	Set 1	Set 2
Legs	Lunges	Squats
Biceps	Bicep Curls	hammer Curls
Triceps	Triceps Extensions	Triceps Kickbacks
Shoulders	Lateral Shoulder Raises	Front Shoulder Raises
Back	One-arm Rows	Seated Rows
Abs	Crunches	Leg Lifts

SUPER SETTING

SUPER SETTING REQUIRES performing one exercise for a primary muscle group, followed immediately by performing an exercise for its opposing muscle group. Super setting keeps your muscles in balance due to the consistency of training both sides of your muscle group.

Super setting will cut back on gym time and allow the body to maintain balance within each muscle group.

EXAMPLE OF SUPER SETTING

Biceps/Triceps (bicep curls followed immediately by triceps extensions)

Back/Chest (lat pull downs, followed immediately by pushups)

Quads/hamstrings (leg extensions, followed immediately by hamstring curls)

GIANT SET

PERFORMING A GIANT set requires choosing a particular muscle group and choosing four to five different exercises for that particular group.

After choosing your exercises, perform each exercise in a circuit fashion, moving from one exercise to another without rest until the set is complete.

Create your giant set based on your current fitness level. You can begin with two to three different exercises, and then progressively increase the amount of exercises as you become stronger and better conditioned.

EXAMPLE OF A GIANT SET

Muscle Group: Shoulders

Lateral shoulder raises	10 repetitions
Front shoulder raises	10 repetitions
Seated shoulder press	10 repetitions
Rear deltoid raises	10 repetitions

CIRCUIT TRAINING

CIRCUIT TRAINING INVOLVES performing a group of exercises in a continuous fashion, and not reaching a stopping point until each exercise is completed.

Circuit training is believed to be an effective training method for people who are short on time and desire more cardiovascular conditioning.

Cardiovascular conditioning is a result of a continually elevated heart rate throughout the circuit.

EXAMPLE OF CIRCUIT TRAINING

Remember to perform each exercise in a continual fashion before you reach a state of rest.

Stationary lunges	12 repetitions
Standing bicep curls	12 repetitions
Triceps kickbacks	12 repetitions
Standingshoulder press	12 repetitions
Modified pushups	8-10 repetitions
Crunches	12 repetitions

INTERVAL TRAINING

INTERVAL TRAINING INVOLVES performing short periods of high-intensity exercise followed immediately by the same activity at a lower intensity.

Studies show interval training burns more calories than regular steady state (performing exercise at the same pace over a period of time) physical activities.

Intervals can be created during any activity.

EXAMPLE OF INTERVAL TRAINING

An example of interval training would be sprinting on the treadmill at a 6.9 speed for 30 seconds followed by jogging at a speed of 4.0 for one minute. Repeat interval five times)

DETERMINE YOUR SETS, REPETITIONS, AND WEIGHT

ONE OF THE most common questions women have when it comes to resistance training is, “How much weight should I lift it to reach my goals?”

The amount of weight you lift is based on your fitness goals. If you desire to build toned, lean muscles, you will perform exercises with light weight (five to 15 pounds) within a repetition range of 15 to 20 repetitions while performing at least three sets of each exercise.

If your goal is to build an athletic body with more dense muscle tissue, you will lift heavier weight (15 pounds or more) within a range of eight to 15 repetitions performing at least 4-5 sets of each exercise.

As a rule of thumb, the heavier weight you use, the fewer repetitions you will perform. This builds strength and muscle density.

The lighter weight you use, the higher repetitions you will perform. This will create lean, toned muscles.

WAIT I STILL HAVE QUESTIONS!

WALKING INTO a room full of men with bulging biceps can leave you doubting the choice you have made to start a resistance training program, but equipping yourself with the proper armor before you enter the Iron Palace will give you more confidence and the ability to freely navigate your way through.

Entering the Iron Palace may seem intimidating right now, but below you will discover answers to the most frequently asked questions from women regarding resistance and cardiovascular training. Knowing the answers to these questions may help you feel more confident when you enter the Iron Palace.

Hello Cardio Queen or King

Are You the Queen or King of Cardio?

DO YOU OFTEN find yourself doing hour-long cardio sessions with the hope of losing weight?

For many individuals, performing endless hours of cardio has become the solution to weight loss and getting into shape.

Although cardio can assist you in losing weight, doing endless hours of cardio will not ultimately get your body into the best shape compared to lifting weights.

You may have been taught that this is the only way to reach your fitness and weight loss goals, but I would like to share a better way to help you reap more benefits from doing less cardio.

HOW DOES THAT SOUND?

DO LESS AND REAP MORE

ALTHOUGH STEADY STATE (exercising at same intensity level for a period of time) cardio has its benefits, interval training can be more beneficial and require less time.

Studies have shown that performing 15-20 minutes of interval training can burn more calories than performing 40-45 minutes of steady state cardio if done at the appropriate intensity level. Therefore, why spend endless hours doing steady state cardio, when you can spend less time and gain more results by doing interval training?

INTERVAL WHAT?

WHAT IS INTERVAL TRAINING?

Interval training consists of performing short bursts of high intensity activity followed by short periods of lower intensity activity. You can create an interval on any piece of cardio equipment, with running or walking.

An example of a jog/sprint interval could consist of sprinting to a certain landmark (such as a mail box) and then jogging to another land mark (such as a stop sign).

The intensity of your high bursts is based on your current level of fitness and as with any physical activity, interval training should be done in moderation and safely. Interval training requires higher bursts of movements, and if done too fast for beginners could result in injuries.



FIT JEWEL

Doing endless hours of cardio will not ultimately get your body into the best shape.

Therefore, it is recommended beginners perform intervals 1-2 times per week in the beginning of your fitness program and increase the frequency as your cardiovascular condition improves.

For individuals who are intermediate or advanced, perform intervals 3-4 days per week allowing yourself at least 48 hours of rest per week. Too much of any good thing is bad for you.

HOW DO YOU CREATE AN INTERVAL?

DETERMINE YOUR CURRENT fitness level and cardiovascular conditioning (beginner, intermediate or advanced).

Determine how much cardio you desire to perform.

Choose a machine(s), or decide if you want to perform walking or running intervals.

Based on your fitness level, create an interval for a desired amount of time.

The amount of time you rest is based on the intensity of activity (e.g., you can sprint on the treadmill for 20 seconds and then walk for 30 seconds).

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The higher the intensity of each activity, typically the longer the rest/recovery time (e.g., If you sprint for 30 seconds you may need 45 seconds to 1 minute to recover by jogging or walking at a slower pace).

Interval Tip: Most cardio machines have programmed intervals. If you are not sure how to use your gym equipment, do not be afraid to ask for assistance.

INTENSITY PLEASE!

IN ORDER TO get the most bang for your buck, make sure you are putting in the right amount of INTENSITY into your intervals.

Intensity is the amount of effort you put into your exercise and one way to determine your effort is to use the R.P.E. (Rate of Perceived Exertion) scale.

WHAT IS THE R.P.E. SCALE?

The R.P.E. is a subjective scale using the numbers zero through ten to rank your intensity (effort put into activity) during your physical activity.

By learning this scale, you can determine if you are putting enough effort into your interval sessions. This scale can be used for your resistance training routine as well.

R.P.E. SCALE	
0	NOTHING AT ALL
1	VERY LIGHT
2	FAIRLY LIGHT
3	MODERATE
4	SOMEWHAT HARD
5	HARD
6	
7	VERY HARD
8	
9	
10	VERY HARD (MAXIMAL Intensity)

ARE YOU TIRED OF THE SAME OLD THING?

DOING CARDIO ON a treadmill or elliptical can eventually become boring and cause overuse injuries due to performing the same movement patterns on a regular basis.

Besides, don't you get tired of the same old thing? Then, why not get creative with your cardio?

It's time to think outside the box and try the following cardio blast program.

This cardio blast routine will challenge your body by giving your mind a break from the monotony of your daily grind on the treadmill.

Items needed: Jump rope, bench or stable chair and medicine ball

Step 1: Gather needed items: Jump rope, bench or stable chair, medicine ball, your body.

Step 2: Identify your skill level (beginner, intermediate or advanced) and follow recommended sets and repetitions.

Step 3: Perform each exercise. At any point, adjust sets and repetitions according to your skill level and personal difficulty.

The following exercises are performed in a circuit fashion. Perform one exercise then move immediately to the next exercise without resting. Complete each exercise and then come to a state of rest.

General Warm-Up: Perform 5-10 minutes of light activity, such as jogging in place or walking on treadmill.

Jump Rope: Body standing straight with slight bend in knees. Hold rope lightly in hands. Turn rope, maintain soft bend in knees, stay on the base of feet. Do not pound feet on ground.

Step Ups: Stand in front of chair or bench with feet slightly apart and bend in knees. Keep upper body straight with core tight, arms by side. Slowly step up on bench with left foot, then right foot. Step back with opposite foot, until both feet are on ground, then repeat.

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Med Ball Throw Downs: While standing straight, position med ball chest level using both hands. With a slight bend in knees, move body in an upward movement, bringing ball over head and then throwing ball toward ground. Let ball rebound, then catch. Repeat movement.

Line hops: Create an imaginary line on the surface you are using. Stand behind imaginary line. While standing straight with slight bend in knees, jump forward over line, then jump back over same line in opposite direction. Keep a soft bend in knees throughout entire movement. Repeat.

Lateral hops: Create an imaginary line on the surface you are using. Stand on the side of the imaginary line. While standing straight with slight bend in knees, jump over line in a lateral (side movement), then jump back over same line in opposite direction. Keep a soft bend in knees throughout entire movement. Repeat.

Beginners: Rest at least 1 min, 30 seconds after circuit is complete.

Sets	Performance Time	Repetitions
2-3	20-25 seconds	10-12

**Jump rope for 20-30 seconds*

Intermediate: Rest 1 minute after entire circuit is complete.

Sets	Performance Time	Repetitions
3-4	25-40 seconds	15-20

** Jump rope for 30-45 seconds*

Advanced: Rest 30-45 seconds after entire circuit is complete.

Sets	Performance Time	Repetitions
5-6	45 seconds – 1 minute	25-30

**Jump rope for 1 minute - 1 minute, 15 seconds*

If or when you use cardio machines at the gym, please use the following guidelines to get the most out of your cardio sessions.

CARDIO GUIDELINES

Do not lean on cardio machines: The handles that are provided on each cardio machine are not created for you to lean on. At all times keep body in an upright position with core tight. Leaning on the cardio machine takes away the effectiveness of the exercise by allowing the machines to support your body. Get the most out of every session and don't cheat yourself!



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Pay Attention: If you are going to read while doing cardio, make sure your intensity level is sufficient enough to burn calories. Many people read and do not exert enough effort into their cardio. If you want to read, try using the recumbent bike where you can sit and read but still pedal fast.

Get Creative: Using the same cardio machines repeatedly can cause overuse injuries and mental burnout. It is good to mix up your cardio. If you like the bike, why not try adding the elliptical or the stair stepper?

Try Cardio Intervals: Why spend an hour walking slowly on the treadmill when you can spend 30-35 minutes doing intervals and burn more calories? Don't be afraid to try new things - it will shock your body and jump start your metabolism.

**GOODBYE LONG
HOURS OF CARDIO!**

Let's Stretch

We are quickly approaching the lifting chapter and I hope you're anxiously waiting, however before we move to that chapter, I want to talk to you about stretching. Yes, stretching. One important component to your fitness training program is ensuring you remain flexible in all of your joints. By remaining flexible you lessen your chance of injury and will have a better range of motion to complete your exercises. Why Stretch?

Some people underestimate the importance and benefits of stretching on a regular basis.

There are numerous benefits to stretching, such as increased range of motion, decreased muscle stiffness and prevention of certain injuries. With so many benefits, stretching should be performed most days of the week following all physical activity. Choosing not to stretch on a regular basis can hinder your range of motion and lead to injuries.

Let's learn the basics of proper stretching.



STRETCHING ESSENTIALS

WHAT IS RANGE OF MOTION (ROM)?

RANGE OF MOTION is the pain free movement around a joint(s). The key word is pain free. As we age, we begin to experience stiffness of our joints and movements become painful as a result of not stretching on a regular basis. Chronic stiffness can lead to limited range of motion, which can lead to improper body mechanics and injuries.

Therefore, in order to avoid these issues, use the following guidelines to stretching and make stretching a regular part of your fitness training program.

STRETCHING GUIDELINES

Never stretch a cold muscle. Imagine placing a rubber band in the freezer for a period of time and then attempting to stretch it. It will not be as pliable cold as it would be at room temperature. Your muscles, ligaments and tendons are similar to a rubber band. The warmer they become, the more pliable they will be. This elasticity will help prevent injuries and increase your range of motion.

Stretch after your workout before complete cool down. Muscles need to have the ability to contract and produce force, therefore stretching too much before your workout could result in less force generated during your lifting. Stretching is used to relax and elongate the muscles, and over stretching prior to resistance training may prevent optimal performance. In order to avoid this, stretch before you reach a cool down state immediately after your training session.

Never bounce. Your body has protective mechanisms which detect the length and force of a stretch. If you stretch your muscles too fast or too far, the body will respond by contracting the muscles. Do not force your body to go beyond its normal range of motion by bouncing or forcing yourself into a stretched position. Forcing your body to go beyond this point can lead to injuries.

Stretch at least three days per week. Regular stretching will provide a greater range of motion to perform Activities of Daily Living (ADLs) such as grocery shopping, gardening and cleaning. Being flexible will, in addition, help you with sports-related performances and lessen chances of injury.

FOLLOW THE F.I.T.T. MODEL FOR STRETCHING

The F.I.T.T. model below teaches you the frequency, intensity, type and time for stretching.

Frequency: At least three days per week, preferably daily and after all physical activity

Intensity: Slow, controlled and not forced. Slowly elongate muscle with low level of force

Type: At least 4-5 stretches per major muscle groups (legs, arms, chest, back)

Time: 15- 30 second holds (static stretching)

The following stretches can be performed after each workout. Remember each stretching guideline and do not force your body beyond its normal range of motion.

UPPER BODY STRETCHES (SHOULDERS, BACK, TRICEPS, CHEST, BICEPS)

TRICEPS STRETCH (STANDING)

Stand in an upright position with a slight bend in knees. Raise your arm over your head and bend your elbow all the way so your hand is behind your neck. Use your opposite arm to stabilize your elbow. Hold for 15-30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

TRICEPS STRETCH (SITTING)

Sit in a chair with body in an upright position, core tight and shoulders back. Raise your arm over your head and bend your elbow all the way so your hand is behind your neck. Use your opposite arm to stabilize your elbow. Hold for 15-30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

SHOULDER ROLLS

Begin sitting or standing with your arms at your sides. Shrug your shoulders up. While your shoulders are in the shrugged position, slowly roll them forward and down. Repeat this movement 5 to 10 times. Then do shoulder shrugs and rolls backward, and repeat this movement 5 to 10 times.

BICEPS STRETCH

Take your arms out to the sides, slightly behind your elbows, with the thumbs up. Rotate your thumbs down and back until they are pointing to the back wall. You will feel a stretch in your biceps. Repeat 3 to 5 times.

REACHING UP AND DOWN

While sitting or standing with your arms at your sides, reach up with one hand toward the ceiling and reach down with the other hand toward the floor. Hold this stretch for 15 to 30 seconds. Repeat 3 to 5 times while alternating arms.

ANTERIOR SHOULDER STRETCH

Stand in a doorway or use a sturdy object (tree, pole) with your right arm out to your side at a 90-degree angle and your elbow flexed to 90 degrees. Place your palm, forearm, and elbow on the door frame (tree/pole). Lean forward through the open door, feeling the stretch in your anterior chest and shoulder. Hold this position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

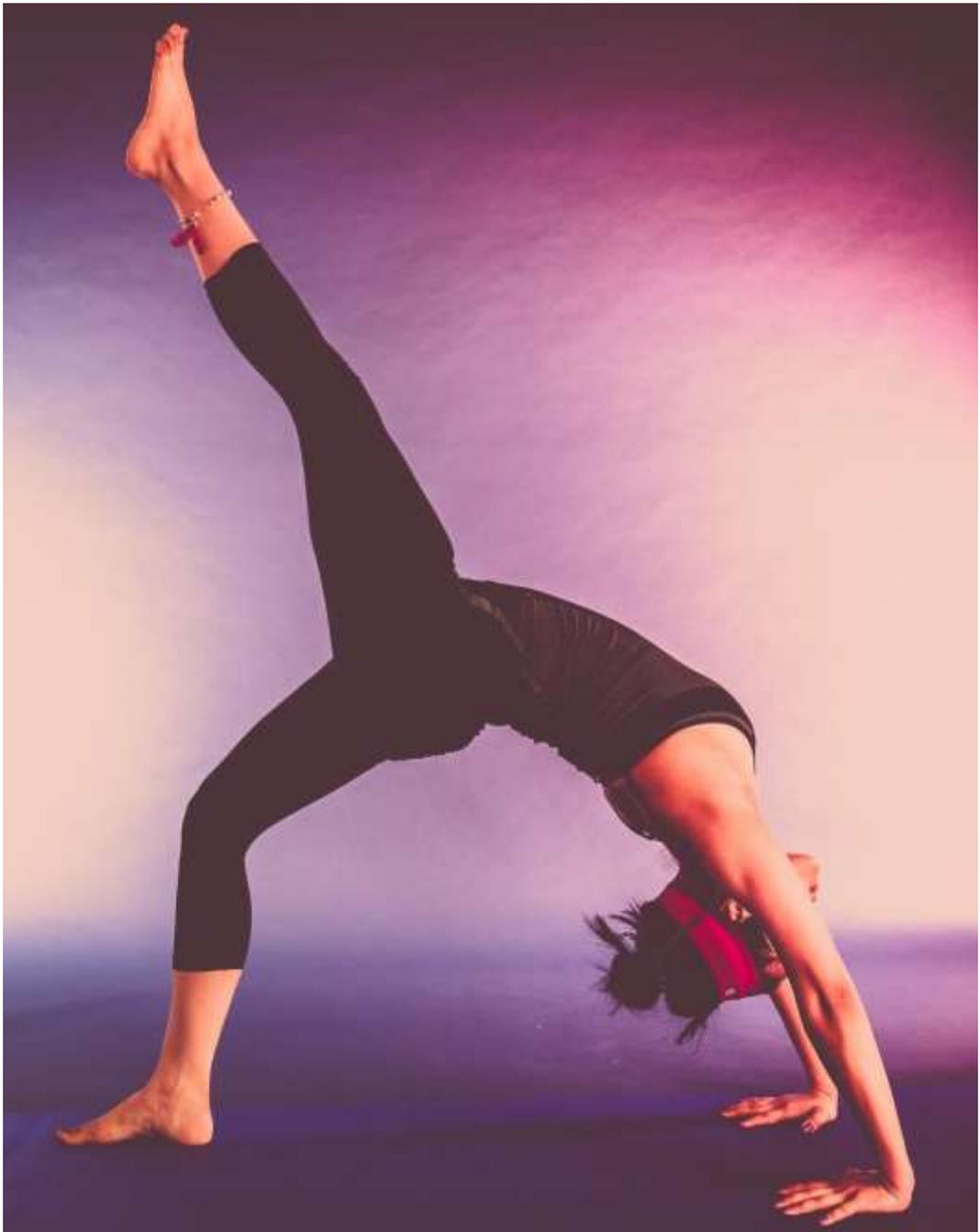
UPPER BACK STRETCH

Stand in an upright position, feet together with slight bend in knees. Next, clasps hands in front of body and round back towards floor, pressing arms away from body. You will feel a stretch in the upper part of your back. Keep head in a neutral (head aligned straight) position throughout movement. Hold position. Repeat 3 to 5 times.



FIT JEWEL

Choosing not to stretch on a regular basis can hinder your range of motion and lead to injuries.



LOWER BODY STRETCHES (GLUTES, HAMSTRINGS AND CALVES)

GLUTEAL (BUTTOCKS) STRETCH

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Sit in a chair or lie on your back. Flex (bend) one knee toward your chest and place your hands around the front of your knee, pulling the knee up towards the shoulder of the same side and you will feel the stretch in your gluteal (buttocks) area. Hold position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

HIP FLEXOR (HIPS) STRETCH

Stand with your hands grasping a chair or sturdy object (tree). With your left foot supporting your body weight and right leg extended back, push your pelvis forward with your torso in the upright position, you will feel the stretch in the front of your hip. Hold this position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

HAMSTRING STRETCH (STANDING)

While standing, place one foot forward on a bench or step with knee slightly bent. While supporting most of your weight on the other foot, lean forward at the waist with arms reaching toward your toes, you will feel the stretch in the back of your thigh (hamstrings). Hold this position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

HAMSTRING STRETCH (LYING DOWN)

Lie on your back, place one leg in the air, while opposite leg rests on the floor. With slight bend in knee, position hands underneath your knee and gently move knee towards chest, you will feel the stretch in your hamstring. Hold this position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

QUADRICEPS (FRONT PART OF LEG) STRETCH

Standing with your right hand grasping a chair for stability, hold your left ankle behind you with your left hand, pulling it upward and backward and feeling the stretch in the front of your thigh. Hold this position for 15 to 30 seconds. Repeat 3 to 5 times and then perform stretch on the opposite side.

CALF STRETCH (BENT KNEE)

Standing with your arms stretched in front of you and hands on a wall, support your weight on the right foot with the right knee slightly bent while placing your left foot behind you with the heel on the ground and the knee slightly bent. Lean forward,

you will feel the stretch in your calf. Hold for 15 to 30 seconds. Repeat 3 to 5 times. Per- form this stretch on the opposite side.

CALF STRETCH (STRAIGHT KNEE)

Standing with your arms stretched in front of you and hands on a wall, support your weight on your right foot with knee slightly bent while placing your left foot behind you with the heel on the ground and the knee straight. Lean forward, you will feel the stretch in your calf. Hold for 15 to 30 seconds. Repeat 3 to 5 times. Perform this stretch on the opposite side.



Put It All Together

Before moving on to the amazing exercises in the next chapter, take a moment and familiarize yourself with how to set up your weight lifting program. Consider this a roadmap from start to finish!

Step 1). Determine Your Days: Determine which days of the week you are going to devote to your workouts (ex. Monday, Wednesday, and Friday). On the days that you perform your resistance training perform at least 30 minutes of cardio or more time your current fitness condition allows you.

If or when you only have an hour to workout, split your time doing 30 minutes of resistance training and 30 minutes of cardiovascular exercise including a general warm-up. If you only have 30 minutes for cardiovascular activities, I recommend doing intervals which consists of doing a high-level burst of activity, followed by rest for a short period of time before going back to the high-level activity (Ex. Sprint for 1 minute, recover by walking for 30 seconds).

Step 2). Determine Which Body Part(s): Once you have determined which days of the week you're going to train; you will then determine which muscle(S) group (s) you're going to train. If you're a beginner it is recommended that you perform a total body routine which allows you to perform at least 2 exercises for each major muscle group. Performing a total body routine, places less stress on any particular muscle group which will assist you in possible injuries and early burnout.

Intermediate and advanced individuals may exercise one or two muscle groups at a time, 3-4 days per week allowing at least 48 hours of rest between each muscle group for recovery.

Step 3). have Your Plan Ready: Prior to arriving to the gym, know which muscle groups you're going to train and what exercises you're going to perform to train them. Once you have completed your general warm-up go straight to performing your resistance training exercises. Stay focused and move from one exercise to another in a circuit fashion if your current fitness level allows you to accomplish this. Don't rest any longer than 60-90 seconds after one set of exercises or no longer than 90 seconds after a complete circuit.

Step 4). Warm-Up Properly: Prior to each workout session perform a warm-up for at least 5-10 minutes of light to moderately light physical activity. This could mean walking on the treadmill or cycling on the bike. The warm-up is essential in increasing your core temperature and prepares your body for your workout. NEVER skip a warm- up; doing so can increase your risk of injury which can lead to chronic issues if left untreated.

Step 5). Cardio Time: Once you have completed your resistance training routine, go straight to your cardiovascular activity. By this time your core temperature has been raised your body is ready to perform your cardio.

Step 6). Stretch Please: Once you have completed your cardio, stretch each large muscle group in what is known as a static hold stretch for 15-30 seconds. At all times only stretch as far as your body naturally will allow you to. Do not bounce while you're stretching and do not stretch cold muscles! Perform at least 1-2 stretches per muscle group most if not all days of the week.

WORKOUT NUTRITION GUIDELINES:

- **PRE-WORKOUT:** Solid Foods: For optimal performance ensure you are eating at least 2 hours prior to your training session. Therefore prior to your workout session consume a good source of protein and complex carbohydrate such a peanut butter and jelly sandwich with a glass of Almond Milk. Carbohydrates are your bodies' main fuel source and when consumed with a healthy source of protein, can sustain your energy levels throughout your workouts. (Ex. A peanut butter and banana sandwich, protein drink and 1 piece of fruit). If you don't want a solid try a liquid and consume at least 1 hour prior to workout. This can consist of a protein drink with frozen fruit.
- **MID-WORKOUT:** If you're training at a high intensity beyond 1 hour it may be essential to replenish your glycogen (sugar) stores with an intra-workout drink such Gatorade or PowerAde. Drink only when needed due to the amount of sugar found in these drinks.
- **POST WORKOUT:** Within 30 minutes from the completion of your workout, consume a healthy source of protein and carbohydrates.

HYDRATION:

DRINK WATER BEFORE, during and after each workout. Water assists your body in temperature regulation during and after workouts. Don't forget to stay hydrated, dehydration can affect performance and cause cramps.

TECHNIQUE GUIDELINES:

- At all times maintain proper form and never jeopardize form in order to make increases in the amount of weight you desire to lift. The key to progress is to perform EACH movement with proper form with an amount of weight that is appropriate to your current fitness level.
- Allow at least 24-48 hours between each training session of each muscle group in order to avoid overtraining and to recover properly. You may experience soreness which may peak 48-72 hours after your training session. This is referred to as Delayed Onset Muscle Soreness or DOMS. This is a natural effect of exercise however, listen to your body's signals. If you remain sore for longer than 72 hours you may need to drop your amount of weight, sets and repetitions and rest for longer periods of time after your workouts.



To continuously see progress in your body and your cardiovascular conditioning, it is essential to add more sets, repetitions, increase your intensity and the amount of weight you lift. By changing these variables, you will force your body to exert more energy resulting in a more effective metabolic system and build leaner muscles and stronger bones.

To find additional resources to assist you on your fitness journey click on this link <https://amazon.com/-/e/B019NITSBG> to access the health and fitness library where you will discover fitness training and wellness books written by Fitness Olympian, 10 x Author, globally recognized Health and Fitness Expert and creator of Fit N 5™ Laticia "Action" Jackson.

For expert help with reaching your fitness goals, email our fitness team at wellcontent4u@gmail.com.

