

Fitness Challenge Week 4

## Recap







### Cardio & Strength

- 1. Cardio = in your Target Heart Rate a minimum of 20 minutes (duration), four times a week, (frequency)
- B. Advance Cardio increase duration & frequency to 30-40 minutes 5 to 6 times per week
- 2. Strength Training: a. body weight Compound Movement b. resistance band 3. dumbbells/selectorize machines
- B. Progressive Overload (Advance) 1.sets/2.reps./3. tempo/ 4. rest / 5. periodization / 6. frequency / 7. Volume

### Strength Weight Tempo Reps Recovery Sets Cardio Days Rest Delay Onset Muscle soreness

# Types of exercise movements

1. Compound Movements:
Compound exercises are exercises that work
multiple muscle groups at the same time
i.e. Squats and push -ups

- 2. Isolation exercises: Work a single muscle group at a time. i.e. bicep curl /tricep kick back
- 3. You can also do compound exercises that combine two exercises into one move to target even more muscles (for example, a lunge with a bicep curl).
- 4. Isometric training is exercises that recruit muscles and exert tension without actually lengthening or shortening the muscle. i.e plank Holding a static movement ie. Holding a squat

Incorporate moves that engages more than one muscle group at a time

Progressively overload

# INTERVAL TRAINING HIIT High Intensity Interval Training

**Interval training** is a type of training that involves a series of high intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to <u>anaerobic exercise</u>, (90% of HR) while the recovery periods involve activity of lower intensity. Varying the intensity of effort exercises the heart muscle, providing a <u>cardiovascular workout</u>, improving aerobic capacity and permitting the person to exercise at more intense levels. It is based on a Work-to-rest ratio .

- To improve aerobic fitness: intervals would typically involve a work to rest ratio or 1:1 or 1:2 (i.e. work for 30 seconds, rest for 30 seconds).
- To train anaerobically (sport-specific training for power and explosiveness): rest intervals are often longer to allow for a more maximal effort, often at least a 1:5 ratio (i.e. work for 15 seconds, rest for 75 seconds).

HIIT workouts generally combine short bursts of intense exercise with periods of rest or lower-intensity exercise. These workouts often mix aerobic and resistance training.

### Benefits

- Workout in a shorter amount of time with comparable benefits of a regular cardio workout
- The single most well-established benefit of interval training has to do with heart health. Intervals can boost cardio-respiratory health with a smaller time investment compared to continuous forms of exercise. We're talking about improved VO2 max, a measure of endurance that calculates the maximum volume of oxygen the body can use.
- One measure for blood pumping is something called stroke volume, or the volume of blood that comes out when the heart contracts. And a major determinant of VO2 max is stroke volume.

#### Sample Body weight Routine:

Set I
20 seconds alternating knee lifts
12reps Squats
20sec alternating knee lifts
12reps Push –ups
20 seconds alternating knee lifts
Hold Plank 30 seconds

Set II progressive overload 20 seconds alternating hamstring curl kick butt 12reps Slow Squats Tempo 6 count down & 6 count up

20 seconds alternating hamstring curl kick butt 12reps Slow Push –ups 6 count down & 6 count up 20 seconds alternating hamstring curl kick butt 12reps Hold Plank 40 seconds

Set III progressive overload 20 seconds Jumping jacks 12reps Squats with weighted bicep curl 20 seconds Jumping Jacks 12reps Push –at a lower angle (counter top or desk) 20 seconds jumping jacks 12reps Hold Plank 30 seconds alt toe lifts

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## Design a Workout Routine

**Progressively Overload** 

Add variations to routine Interval training

Stretch