

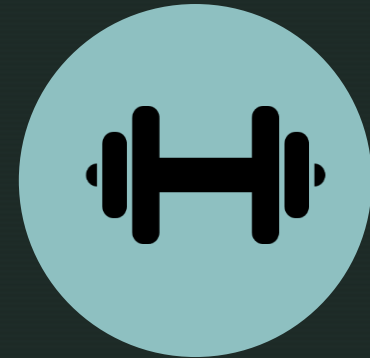


## ▶ Fitness Challenge Week 4

# Recap



CARDIO



STRENGTH

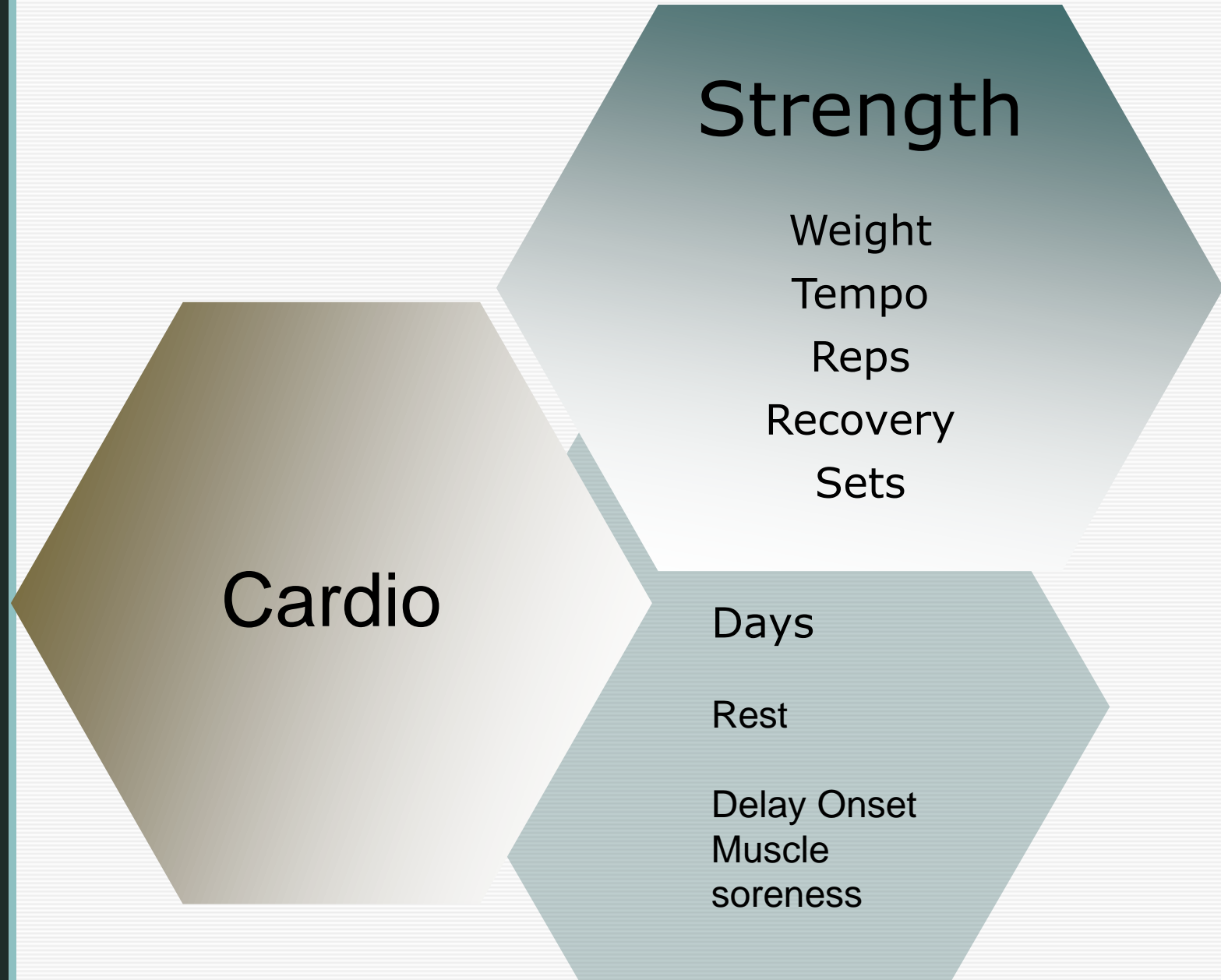
# Cardio & Strength

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



# Types of exercise movements

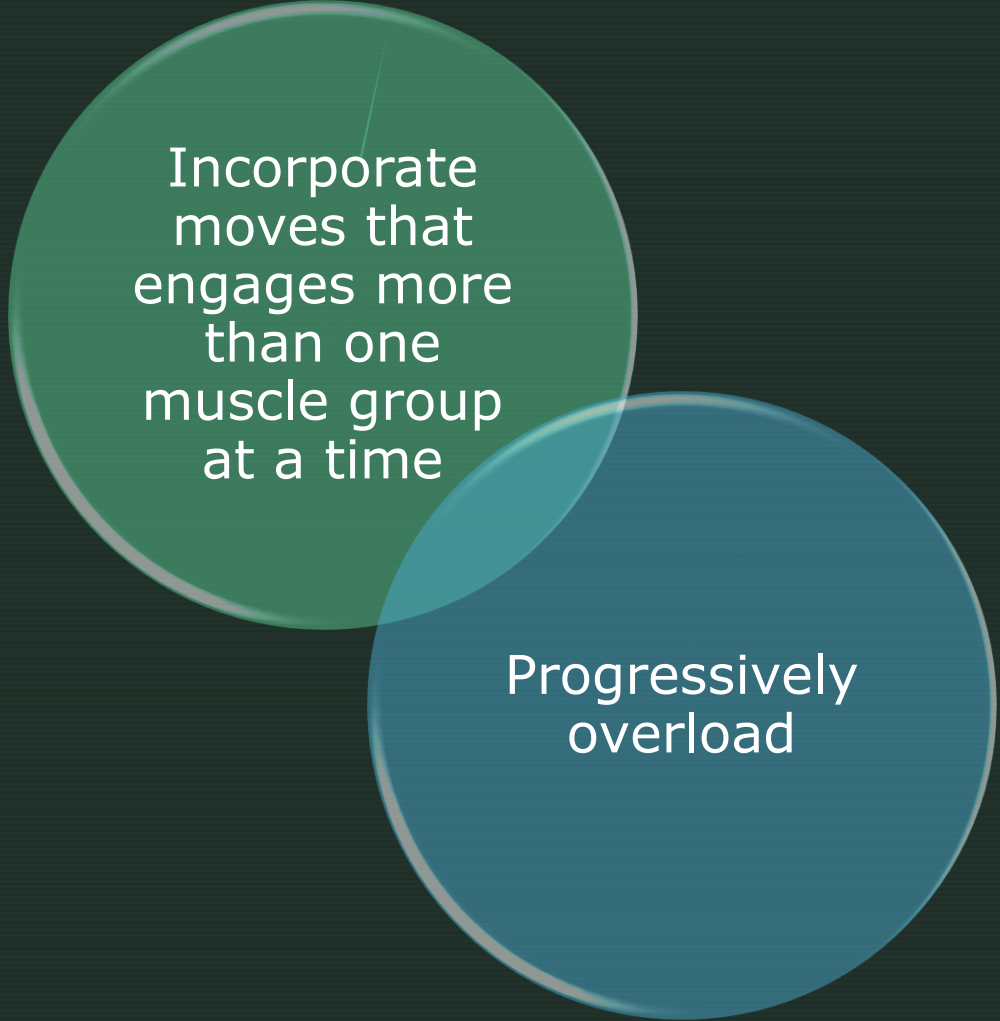
## 1. Compound Movements:

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 [anaerobic exercise](#), (90% of HR) while the recovery periods involve activity of lower intensity. Varying the intensity of effort exercises the heart muscle, providing a [cardiovascular workout](#), 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 VO<sub>2</sub> 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 VO<sub>2</sub> max is stroke volume.



# Design a Workout Routine



Progressively Overload



Add variations to routine  
Interval training



Stretch