

PALOMAR COLLEGE

WELLNESS &

FITNESS CENTER

TEAM LIFE

EXERCISE INFO



Name: _____ Health 100L Instructor _____ Class # _____
Last, First

Semester _____ Year _____
Write in dates of each session attended.

Use the column Sessions- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 7 38 39 40

Exercise Machine Cardio	Date																																							
	Heart Rat																																							
	Time																																							
	Speed/level																																							
	H.R.																																							
	Time																																							
	S/L																																							
Weigh Training	H.R.																																							
	Time																																							
	S/L																																							
	Weight																																							
	Reps																																							
	Sets																																							
	Wt																																							
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You may use one of the workout folders in the WFC to record your fitness program! It is very important to keep a detailed training journal.

Keeping a detailed training journal will help you to evaluate your program and make necessary changes!

For *Cardio Exercises* you need to record the type of exercise, how long you performed the exercise (time), how fast your heart was beating (HR), and either how fast you were going or the level (speed/level).

For *weight training* exercises, record the type of exercise you are performing, the amount of weight you are lifting (wt), how many times you are lifting the weight (rep), and how many sets you are performing (sets).

CRE

MS/ME

FL

**Cardiorespiratory
Endurance**

**Muscular Strength
and Endurance**

Flexibility

F
(Frequency)

3-5 days/week

**2-3 non-consecutive
days/week**

2-3 days/week

I
(Intensity)

**55/65-90% of
Maximum Heart
Rate**

**Sufficient Resistance
to fatigue your
muscles– The last
repetition should be
hard!**

**Stretch to the point of
tension. Reach and
hold the stretch,
do not bounce while
stretching**

T
(Time)

**20-60 Minutes.
If you choose to
workout at the low
end of the heart
rate range then
you will need to
workout for a
longer period of
time**

**For general fitness:
8-12 repetitions
and 1-2 sets.**

**2-4 repetitions of each
stretching exercise.
Hold each stretch for
15-30 seconds.**

T
(type)

**Aerobic activities
involving rhythmic
continuous
activities involving
the large muscle
groups. Choose
an activity you
enjoy doing.
Examples:
walking, running,
bicycling,
swimming...**

**Choose exercises
that involve
resistance against
the muscles. Include
resistance exercises
for every major
muscle group!
Should be a minimum
of 8-10 exercises.**

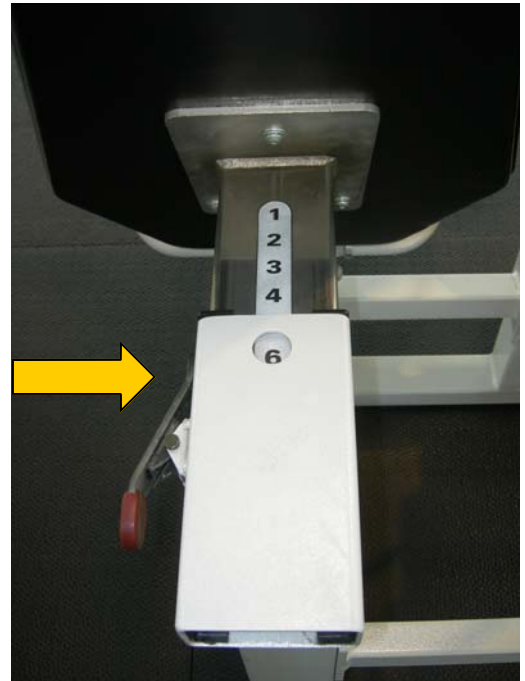
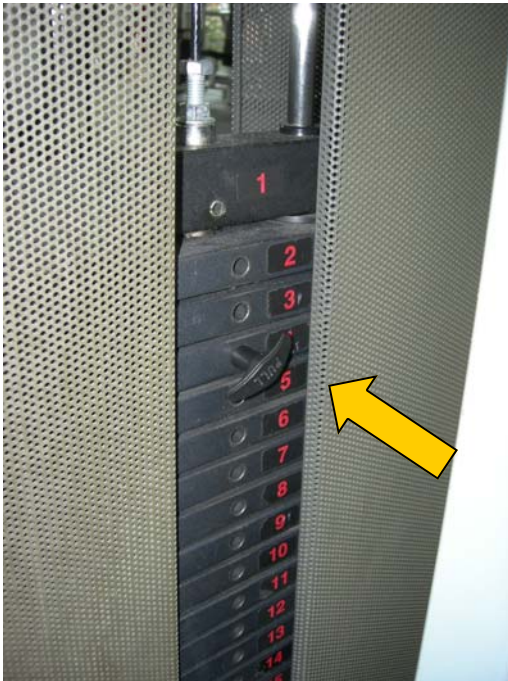
**Incorporate stretching
exercises for all
muscle groups.
Stretch after warm-up
or after workout!**

MaxHR = 220-age
Example:
20 years old
220-20=200 MaxHR
65% of 200= 130 bpm
90% of 200= 180 bpm

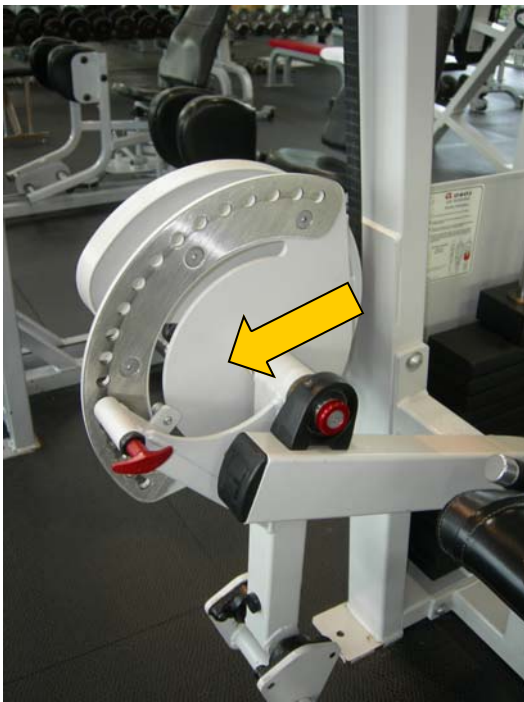
So, if you are 20 years old, your heart should be beating between 130-180 beats every minute while doing cardio exercises!
While working out, take a 10 second pulse count and multiple the number by 6.

Every piece of equipment is adjustable!

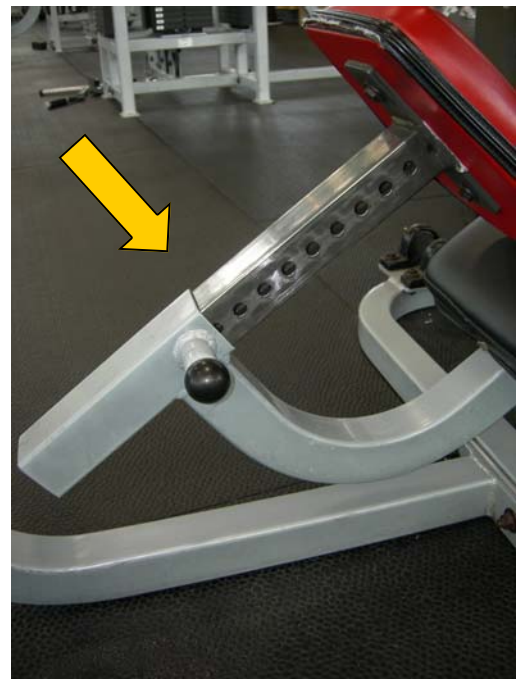
It is important to be in the correct position. Most equipment has a picture on it to help you.



Make sure you know how to adjust the equipment to fit your body size.



If you are unsure how to adjust the Equipment ask the instructor for assistance.



The first time you use a piece of equipment it could take you several adjustments to get into the correct position. Make sure you feel comfortable.!

LOWER BODY



Hip Abductor
&
Adductor

Muscles:
Inner and Outer
Thigh



Leg Curl

Muscles:
Hamstrings



When performing Leg Extensions
be sure to reach full extension!



Leg
Extensions

Muscles:
Quadriceps



LOWER BODY



Calf Raises

Muscles:
Calf

Perform every strength training exercise in a slow controlled movement!
Don't go too fast!



Gluteal Press

Muscles:
Gluteus

Seated and Supine Leg Press

Muscles:
Hamstrings, Gluteals, Quadriceps, Calf



UPPER BODY

Make sure you are breathing while performing your exercises, don't hold your breath! Exhale on the exertion!

Chest
Press

Muscles:
Pectoralis



Pectoral
Flies

Muscles:
Pectoralis



Incline
Chest Press

Muscles:
Pectoralis



UPPER BODY



Shoulder Press

Muscles:
Deltoid

Remember muscles must be challenged in order to get stronger!
With a consistent strength training program you should re-evaluate your program about every 2 weeks.



Tricep Extension
Machine

Muscles:
triceps



Bicep Curl
Machine

Muscles:
Biceps

Progressively Overload the muscles by increasing the weight, the repetitions, or the sets.

UPPER BODY



UNIVERSAL GYM



Tricep
Pulldowns

Muscles:
Triceps



Lat
Pulldown

Muscles:
Latissimus Dorsi

Seated
Rows

Muscles:
Rhomboids



These are only a few of the exercises that can be done using the Universal Gym!
The pulleys can also be used for bicep curls, pectoral flies, abdominal curls and many more!

CORE EXERCISES



Abdominal
Machine

Muscles:
Abdominals



↑ Back Extension
Machine

Muscles:
Erector Spinae



↑ Oblique
machine

Muscles:
oblique abdominal
(the side)

Core strength is very important! Be sure to incorporate core exercises into every workout!



BICYCLES



ARMCYCLE

CHECK YOUR HEART RATE OFTEN!



TREADMILLS

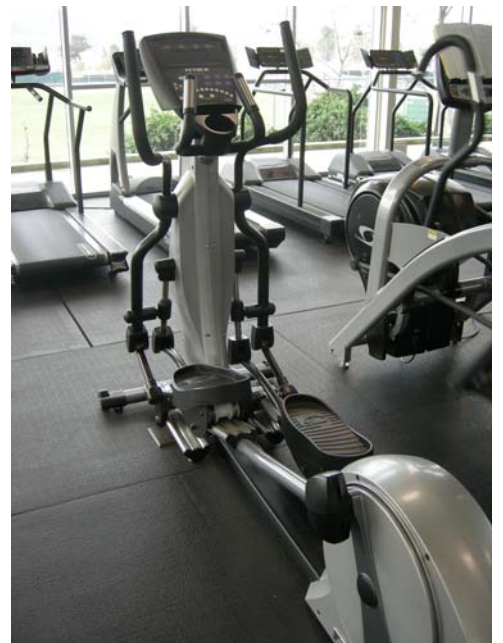


STEPMILL

**C
A
R
D
I
O**



ELLIPTICALS



ELLIPTICALS



GRAVITRON

Weight assisted Pull-ups and Dips

**The higher the weight
the easier the exercise!
If you have always
wanted to be able to do
Pull-ups this is the way
to start!**

Somethin Extra!

Leg Lifts and Dips

**Leg lifts are great for
developing your core
strength!**

**There are many different
variations. Try bringing both
knees up or one at a time. Lift
both legs up straight. Or for
obliques, bring both knees up
and rotate from side to side.**



FREE WEIGHTS



You can use Free Weights to work out every muscle of your body!
When using Free Weights,
be sure to use correct form!

DB Bicep Curls

**DB Tricep
Extensions**

**DB rotator cuff
exercises**

DB Chest Press

**DB Shoulder
Press**

DB Pull-Overs

**DB Bent Over
Rows**

**DB front raises
and lateral
raises**

DB squat

DB Sit-ups

DB Lunges

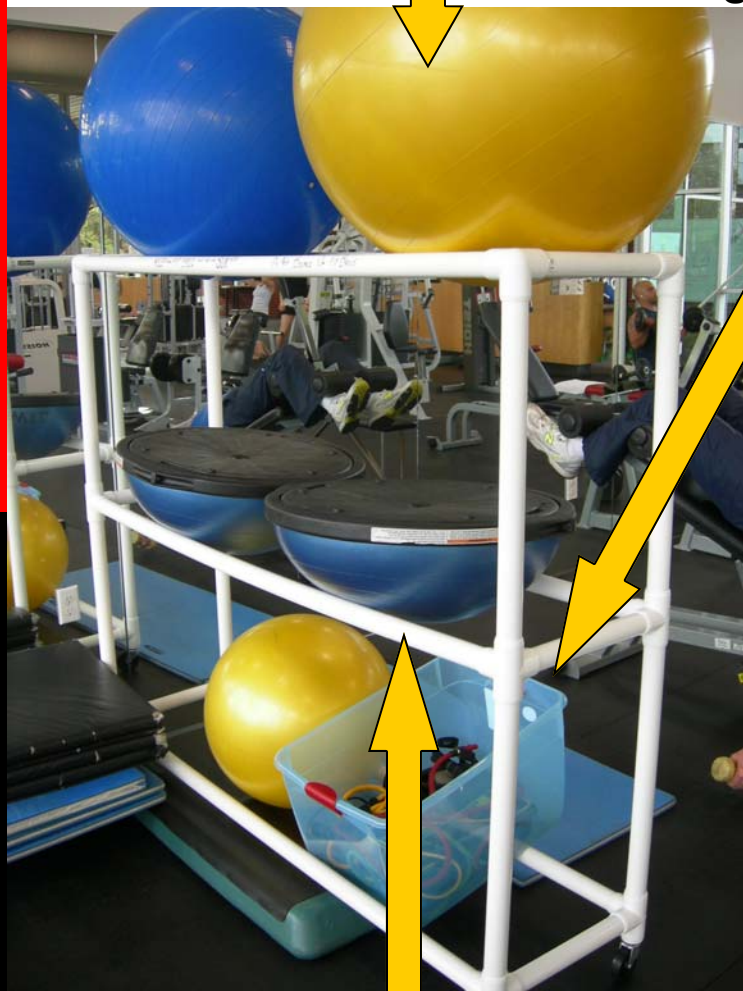
**DB Back
Extensions**

DB = Dumb Bell

EXERCISE BALL

Exercise balls are great for working on your abdominals! Use it for your next abdominal workout. For an extra bonus while performing some free weight exercises you can also use the ball.

Example: Sit on the Exercise Ball when doing DB bicep curls or DB chest press exercises . You will get an added core strength workout!



EXERCISE BANDS

You can use Exercise Bands to increase strength in almost all of your muscle group! They are very easy to use, and a great addition to your travel bag. They are light and easy to take with you on the road.... No more excuses!

Example Exercise: Step on the band, hold both handles and curl your arms up towards your chest for a bicep curl. Or, pull the handles up over your shoulders and squat down .

BOSU BALL

The Bosu Ball works very similar to the Exercise Ball, but it will not move from underneath you. Because it is stable on the floor, you can do many more exercises with it including standing on the ball and conducting squats while balancing! You can also jog on it or turn it over and do push-ups. If you are interested in learning some Bosu Moves ask to watch the accompanying video.

DATE

Aerobic Exercise								
	HR							
	Time							
	Level/speed							
	HR							
	Time							
	Level/speed							
	HR							
	Time							
	Level/speed							

Strength Exercise								
Lat Pulldowns	wt							
	rep							
	set							
Seated Rows	wt							
	rep							
	set							
Chest Press	wt							
	rep							
	set							
Shoulder Press	wt							
	rep							
	set							
Bicep Curls	wt							
	rep							
	set							
Tricep Extensions	wt							
	rep							
	set							
Supine Leg Press	wt							
	rep							
	set							
Seated Leg Press	wt							
	rep							
	set							
Leg Curls	wt							
	rep							
	set							
Leg Extensions	wt							
	rep							
	set							
Abdominals	wt							
	rep							
	set							
	wt							
	rep							
	set							

Start with 2 sets of 12 repetitions. Be sure to choose a weight where the 12th repetition is hard! When your chosen weight starts to get fairly easy increase your selected weight. Perform every exercise in a slow controlled movement.

Your Routine: 5 minutes of warm-up (I suggest the elliptical). Your strength program should take about 20 minutes. Then conclude your workout with 30 minutes of cardio (treadmill, elliptical, or bike). Be sure to keep your heart rate within your target heart rate zone during your Cardio exercise (take 220-Age, this is your MaxHR, workout at about 70% of your MaxHR).