

Member \_\_\_\_\_

Name last first

# TEAM LIFE

## Wellness Fitness Center: Workout Sheet

### Fitness Program

#### Cardio Exercise: 3-5 days/week

- Example: running, swimming, bicycling, stair stepping, elliptical
- Keep your heart rate elevated in your Target Heart Rate Zone.
- 20-60 minutes

**Cardio Heart rate:**  
 $220 - \text{age} = \text{HRmax}$   
 220 - \_\_\_\_\_ = \_\_\_\_\_  
 60% = \_\_\_\_\_ 70% = \_\_\_\_\_  
 80% = \_\_\_\_\_ 90% = \_\_\_\_\_

#### Strength Training: 2-3 non-consecutive days/week

- Full body strength program, all muscle groups
- General fitness: 1-2 sets of 8-12 repetitions. Choose a weight where the last repetition is difficult!
- Tips: Use a proper form, slow controlled movement, exhale on the exertion, if something hurts stop.

#### COMMON WEIGHT TRAINING EXERCISES

Chest Press	Lateral Raises	Seated Leg Press
Seated Rows	Chest Flys	Supine Leg Press
Shoulder Press	Rear Flys	Lunges
Bicep curls	Graviron pull-ups	Calf Raises
Triceps push-downs	Graviron dips	Hip adductor
Lat Pull-downs	Leg Curls	Hip Abductor
Front Raises	Leg Extensions	Abs

#### Stretching: minimum of 3 days/week

- Stretch all muscles, preferably after the muscles are warmed up (not before). Do not bounce while stretching.

#### 1 hour program 3 non-consecutive days/week

5-10 minutes: Warm-up  
 20 minutes: Strength Training  
 30 minutes: Cardio exercise  
 5-10 minutes: Stretching

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Strength Exercise		1	2	3	4	5	6	7	8	9	10	11	12
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Aerobic Exercise	DATE																								
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Strength Exercise		13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
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