

Sample Activities

Warm-up

- » walk/jog
- » bike
- » jump rope
- » rebound (mini trampoline)
- » swim
- » march in place

Coast

On coast days, exercise for at least 20 min. at an intensity level where you could carry on a conversation without breathlessness:

- » walk
- » jog
- » hike
- » bike

Recovery

On recovery days, enjoy any of these activities for at least 20 min.:

- » yoga
- » Pilates
- » tai chi
- » massage
- » sauna
- » hot tub

Mad Minute

Complete each exercise in order for a minimum of:

- Mach 1 30 seconds
- Mach 2 45 seconds
- Mach 3 60 seconds

- » Warmup
- » Weighted Walking Lunges* (lower body)
- » Jump Rope (CV)
- » Wall Push-ups (chest)
- » Run Stairs or High Knee Lifts (CV)
- » Weighted Bent-over Row* (back)
- » Jumping Jacks (CV)
- » Weighted Biceps Curl* (biceps)
- » Run or Jog (CV)
- » Weighted Triceps Extension* (triceps)
- » Alternating Front Kicks (CV)
- » Weighted Upright Row* (shoulders)
- » Plank*
- » Cooldown

*Exercises are photographed in the last pages of this System.

Give Yourself a Hand...



Your hand size is relative to your body size. A large man with large hands needs more food than a smaller-framed woman or a 3-year old child. Our basic nutrient needs are the same, but you have to stay within the boundaries of your body's own serving size needs.

Serving Sizes

Lean protein	palm of hand
Complex carbohydrates whole grains fruits and vegetables	1 cupped hand 2 cupped hands
Cheese	2 thumbs
Dips/Sauces	1 thumb
Water (daily)	1/2 your body weight in oz.

Nutrition Rules

- » Eat organic foods in their raw, natural state
- » Avoid MSG, high fructose corn syrup, artificial sweeteners, colors and flavors
- » Avoid microwaving
- » Avoid hydrogenated oils
- » Drink half of your body weight in oz. of water each day
- » Use the tracking sheet provided!

Appendix

Definitions

Repetitions (Reps): Repeating the same exercise a given number of times

Set: A collection of exercise repetitions

Free weight (FW): Weight not attached to a machine

Barbell (BB): A bar with adjustable free weights added

Dumbbell (DB): A set amount of weight to be held in the hands

Resistance Bands (Band): Flexible band or tube used to increase resistance as your body exerts force, available in light, medium, and heavy resistance

Warm-up: Preparing the body for exercise; 3-5 minutes of rhythmic, cardiovascular activity (such as walk/jog, bike, jump rope, rebound [mini trampoline], swim, march in place) followed by large muscle group stretching for 8-10 seconds. Muscles groups include: quadriceps, hamstrings, calves, chest, back, shoulders and neck.

Cool-down: The final phase of the workout. Stretching and holding the joints through their full range of motion for 20-30 seconds, 2-3 sets.

Core: The combined muscles of the lower back and the abdominal wall

Coast: To exercise at an intensity level where you could carry on a conversation without breathlessness. Activities may include walking, jogging, hiking, or biking.

Recovery: Physical activities that allow the body to rebuild/repair itself during the 48 hours between resistance training workouts. Activities may include yoga, Pilates, Tai Chi, massage, sauna, hot tub

Resistance Training Rules

- » Leave at least 48 hours between resistance workouts for the same body parts. Your muscles need time to recover and rebuild.
- » Lift using the larger muscles of the body first before lifting using the smaller muscles, which help stabilize the larger muscles. This allows for stronger lifts and less chance of injury. Complete core exercises at the end of the workout.
- » Take 1 day each week to rest with no structured exercise.

Chest Techniques



A



B

◀ Chest Flys

Elbows are in line with shoulders,
palms toward each other;
“barrel hug”



A



B

Chest Press ▶

Elbows are in line with shoulders,
palms down; fully extend arms