

WORKOUT HINTS



Get Started

This pamphlet was put together with the intent to avoid training mistakes. #1 mistake people make is not starting a workout. Your workout can be a brisk walk, bicycle ride, calisthenics, yoga, or any variety of group workouts. Choose something and that you can do consistently and DO IT. Pick something you enjoy and that works in you. People often ask me what is the best workout. My answer; “The one that you will do, consistently”

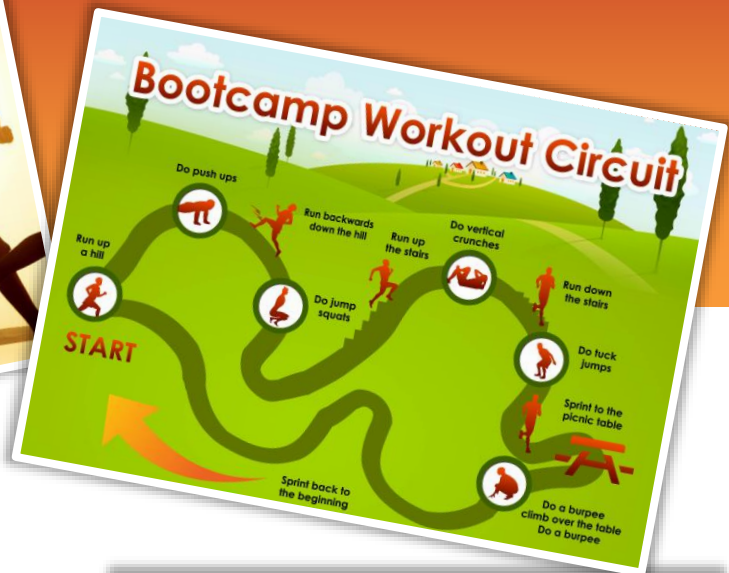
Set an achievable goal

You can set a goal before you get started but I recommend that first goal be to stick to something for 2 weeks. Once you get through the first 2 weeks you have a better idea what you can expect from yourself. You may find that you are still struggling with a brisk walk or you may be ready to step up the walk to a light jog. At least you have overcome the first barrier of getting started. To many time people start with a goal like running a marathon but then give up when their joints hurt after running a mile. They would have been better to walk for 20 minutes daily than running to the point of pain.

Additional website:

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>

<https://www.runtastic.com/blog/en/how-to-start-working-out/>



NO-EXCUSES WORKOUT

WARMUP: DO EACH MOVE FOR ONE MINUTE
High Knees • Jumping Jacks • Run in place
Jump Rope • Skip in place

WORKOUT: REPEAT EACH CIRCUIT THREE TIMES
BEFORE MOVING TO THE NEXT

CIRCUIT ONE
20 squats • 15 squat jumps • 10 burpees

CIRCUIT TWO
20 mountain climbers • 15 push-ups • 10 bridges

CIRCUIT THREE
20 alternating lunges • 15 plie squats • 10 calf raises

CORE WORK: DO EACH MOVE FOR ONE MINUTE
Russian twist • Elbow plank
Bicycle crunches • Superman

POPSUGAR

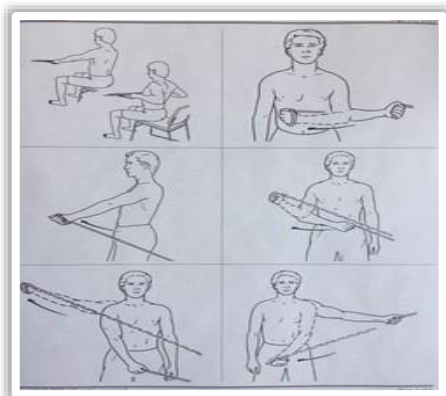
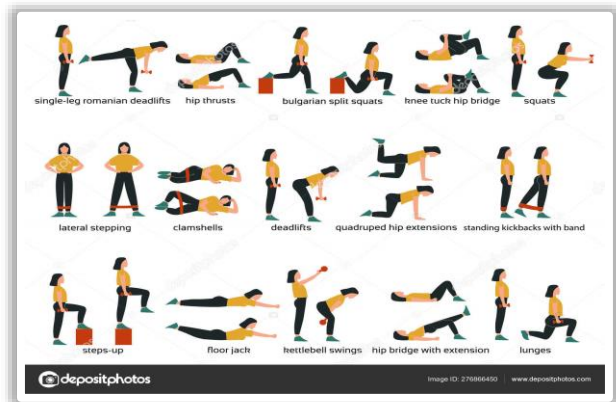


Core

A strong core is the key to preventing all kinds of back and leg injuries. You want core exercises that focusing mostly on working the lower abs. Unfortunately, situps tend to target the upper abs and hip flexors. Start with more plank type exercises.

Hips

Hips are the core of the knees ankles and feet. Strengthen the hips and quads to prevent knee ankle and feet injuries. Make sure the hip exercises you chose engage the glutes and quads. You also want to make sure you stretch the muscles that cross the hip such as hamstrings and hip flexors.

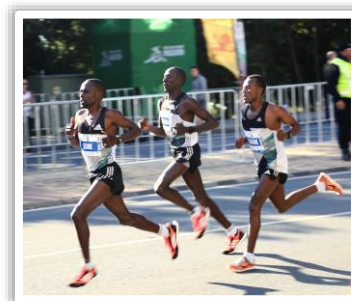


Shoulders

Generally speaking shoulder exercises done below shoulder height are safer than shoulder exercises done over head. Start light with any routine and work your way up.

Running

Run soft. Avoid a heavy heel strike when you run. Avoid over striding and attempt to land about midfoot when you run.



<https://www.webmd.com/fitness-exercise/features/top-20-fitness-mistakes-beginners-make#2>

<https://www.runtastic.com/blog/en/bodyweight-exercise-mistakes/>