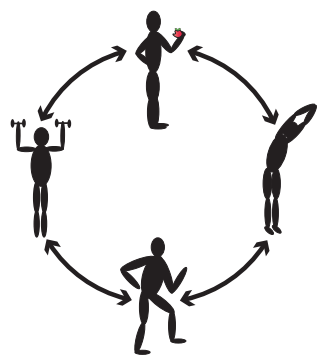


The Awesome Foursome

The Essential Components of
Optimal Health & Total Fitness



Create Your Workout Regimen In Five Easy Steps

Step One: Select an Aerobic Activity

Options

- ◆ Walking, jogging or running on a treadmill, on an inside track, on an outside track, in a recreational area or park, around your block or neighborhood.
- ◆ Step-ups (stepping up and down on the bottom step of a stairway inside or outside your home, or on equipment designed for step-ups).
- ◆ Swimming laps in an indoor or outdoor pool.
- ◆ Riding your bicycle around the block, on a bike trail, or on a scenic tour.
- ◆ Riding a stationary bicycle in your home or at the gym.
- ◆ Roller blading or roller skating.
- ◆ Cross country skiing.
- ◆ Any other continuous, non-competitive physical activity that elevates your heart rate.

Step Two: Select a Weight Training Workout Program

Options

Stand-alone Workouts

- ◆ Basic
- ◆ High Velocity
- ◆ Subdivided Reps
- ◆ Stop and Hold

Non-Traditional Combos

- ◆ High Velocity/Stop and Hold
- ◆ High Velocity/Subdivided Reps
- ◆ Stop and Hold/Subdivided Reps

Cardio/Weight-Training Combos

- ◆ Basic Workout/Aerobic Exercise
- ◆ High Velocity/Aerobic Exercise
- ◆ Subdivided Reps/Aerobic Exercise
- ◆ Stop and Hold/Aerobic Exercise

Step Three: Select a Weight Training Workout Routine

Options

Workout Routine One

- (1) Leg Press
- (2) Bench Press
- (3) Calf Raises
- (4) Pec Dec
- (5) Crunches
- (6) Four-part Seated Row
- (7) Reverse Crunches
- (8) Shoulder Press
- (9) Triceps Press-downs OR Triceps Extensions
- (10) Biceps Curls
- (11) Wrist Curls
- (12) Reverse Wrist Curls

Workout Routine Two

- (1) Leg Extensions
- (2) Bench Press
- (3) Leg Curls
- (4) Pec Dec
- (5) Calf Raises
- (6) Four-part Seated Row
- (7) Combo Crunches
- (8) Shoulder Press
- (9) Triceps Press-downs OR Triceps Extensions
- (10) Biceps Curls
- (11) Wrist Curls
- (12) Reverse Wrist Curls

Step Four: Determine Reps and Weights

Options

Strength Workout

Use heavier weights and do fewer reps.

Find a weight for each exercise that you can lift between four and eight times.

Local Muscular Endurance Workout

Use lighter weights and do more reps.

Find a weight for each exercise that you can lift between fourteen and eighteen times.

Step Five: Develop a Schedule

(1) Thirty-minute cardio workout, followed by weight training workout, three times a week.

Same Schedule

Monday: Cardio workout, weight training workout

Tuesday: Rest

Wednesday: Cardio workout, weight training workout

Thursday: Rest

Friday: Cardio workout, weight training workout

Saturday and Sunday: Rest

(2) Alternate cardio workouts and weight training workouts during the week.

Sample Schedule

Monday: Cardio workout

Tuesday: Weight training workout

Wednesday: Cardio workout

Thursday: Weight training workout

Friday: Cardio workout

Saturday: Weight training workout

Sunday: Rest

(3) Combo workout three times a week.

Sample Schedule

Monday: Rest

Tuesday: Combo workout

Wednesday: Rest

Thursday: Combo workout

Friday: Rest

Saturday: Rest

Sunday: Combo workout

(4) Stretched Out Workout Week

Monday: Cardio workout

Tuesday: Weight training workout

Wednesday: Rest

Thursday: Cardio workout

Friday: Weight training workout

Saturday: Rest

Sunday: Rest

Monday: Cardio workout

Tuesday: Weight training workout

* **Important Reminder:** Begin every workout with a five-minute warm-up, and end every workout with a cool-down that consists of static stretching. If you do a total body weight training workout, go through your entire stretching routine. If you do only a cardio workout, at least stretch your lower back and legs afterward.

* **Important Reminder:** Rotate among the different workout programs and alternate between the two workout routines. Also alternate between local muscular endurance workouts and strength workouts, which will change the number of reps you do and the amount of weight you use. You can also rotate among different aerobic exercises.

Use the “My Workout Regimen” worksheets to plan your workout schedule from week to week and record the number of reps and amount of weight you will use for each exercise.