

FITNESS GUIDE



EXERCISE TYPES

PRIMARY EXERCISES

involve multiple joint movements and recruit one or more of the large muscle areas (chest, shoulder, back, hip, or thigh.) These exercises should be performed before any single-joint exercise.

SECONDARY EXERCISES

single-joint exercises that recruit smaller muscle areas (biceps, triceps, abdominals, calves, neck, trapezius, forearms, lower back, or anterior lower leg).

KEY TERMS

FREQUENCY

The number of training sessions completed in a given time period; usually one week.

LOAD

The amount of weight used for each exercise.

REPETITION

The number of times an exercise is performed in a given set.

SET

Usually contains 8 - 15 repetitions of each exercise.

REST

The amount of rest time taken between each set.

References:

American College of Sports Medicine - www.acsm.org
American Heart Association - www.americanheart.org

WARM-UP

General warm-up - A moderately intensive work-out that lasts five minutes which should result in a mild elevation of the heart rate, ventilation, and a light perspiration.

Specific warm-up - This should be performed after the general warm-up and should be one set specific to the resistance exercise that you are going to perform.

STRETCHING

Stretching before activity improves performance by increasing the available range of motion and functional ability. Use a static muscle stretch. A static stretch is one that is held in place for 10-20 seconds without bouncing. Ideally, stretching should be done following a general warm-up for injury prevention and should focus on large muscle groups.



CARDIOVASCULAR TRAINING

Cardio programs are necessary for both weight management and healthy cardiovascular function. Cardio programs can vary for everyone depending on your specific goals and current health. These activities should be sustained for a sufficient time to evoke the aerobic energy system and maintain an elevated heart rate. Cardio exercises should last a minimum of 10 minutes a day and at least 3x/week for beginners and 20-40 minutes 3x/week for experienced individuals. (Some cardio workouts can last 45 minutes or more, so it is important to work up to these levels.)

Exercises include but are not limited to: walking, jogging, running, biking, swimming, stair climbing, rowing, elliptical, aerobics, basketball, soccer, etc.