

EXERCISE GUIDE

CARDIO

Cardio is how we train our bodies to become more efficient fat burners. We typically recommend anyone trying to lose fat to do at least two days of cardio sessions per week. That being said, not everyone was born to be a runner, so pick the cardio that you're going to enjoy the most. For some, this may mean running on the treadmill, for others it may be joining a cycle class or hitting the stair machine. Where you do your cardio doesn't matter as long as it gets done!

TIME: 40 MINUTES

If you've got at least 40 minutes to fit in a workout, shoot for low-intensity, steady-state cardio.

- Spend about 10 minutes warming up, and continue to run in zones 1, 2 and 3 for as long as you want, but for at least 40 minutes.
- Use the heart rate zone chart below for an estimate of your zones.
- If you want more accurate, quantifiable data, consider getting an AMA at your club. This test will provide you with your personal heart rate zones to follow.

TIME: 25 MINUTES

If you're on a time crunch and need to get a workout in quickly, aim for high-intensity interval training (HIIT) which can take only 15 to 25 minutes.

- Alternate between short but difficult "sprints" and low-impact rest periods.
- In terms of heart rate zones, you'll be switching between zones 1 and 4.
- If you're first starting out, spend about 30 seconds in zone 4 and then 90 seconds in zone 1. Do this cycle 4 or 5 times.
- As you improve, you can shorten your rest periods, increase your sprint periods and do more cycles, but a HIIT day should never take more than 25 minutes.
- Don't forget to include a 10-minute warm-up!

Both types of cardio are important and play a role in any weight loss or transformation journey, but don't get bogged down in trying to follow a scientific equation for fat loss. If you have time, go for a longer session. If you just want to get it done, go for HIIT. Do what feels right for you, and the results will follow.

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STRENGTH TRAINING

Strength training is critical for weight loss, so don't be dissuaded by the notion that only people who want to "get jacked" need to do strength training. Did you know that you actually burn calories even after you get done strength training (yes—even at rest, you'll still be burning calories postworkout). This means that by building muscle, you can boost your metabolism and burn more calories even when you're not working out! Not to mention, you'll probably start seeing changes in appearance faster by incorporating strength training exercises.

- Spend at least 3 days at the club working on resistance training. Some people like to isolate their workouts by body region (legs, arms, core, back), others prefer to split their strength training sessions by movement type (push vs. pull movements), and some do total-body exercises each time.
- Try to do 8–12 repetitions per move, at least 3 or 4 times. The most efficient workouts are ones that engage multiple muscles at once, so total-body exercises will give you the most bang for your buck. If you want to focus on a specific region of your body, that's great too!
- Again, do what you are most comfortable with or what you have time for. Nearly all strength training (done correctly) will be beneficial and assist you in reaching your goals.

HERE IS A SAMPLE WEEK OF WORKOUTS:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT cardio	Rest (Yoga)	Strength	Strength	Rest (Foam Roll)	Steady State	Strength

HEART RATE TRAINING GUIDE

HOW TO FIND YOUR ANAEROBIC THRESHOLD (A.T.)



ACTIVE METABOLIC ASSESSMENTSM

Schedule an Active Metabolic Assessment at the Fitness Services Desk to get your most accurate A.T. reading and your zone ranges.

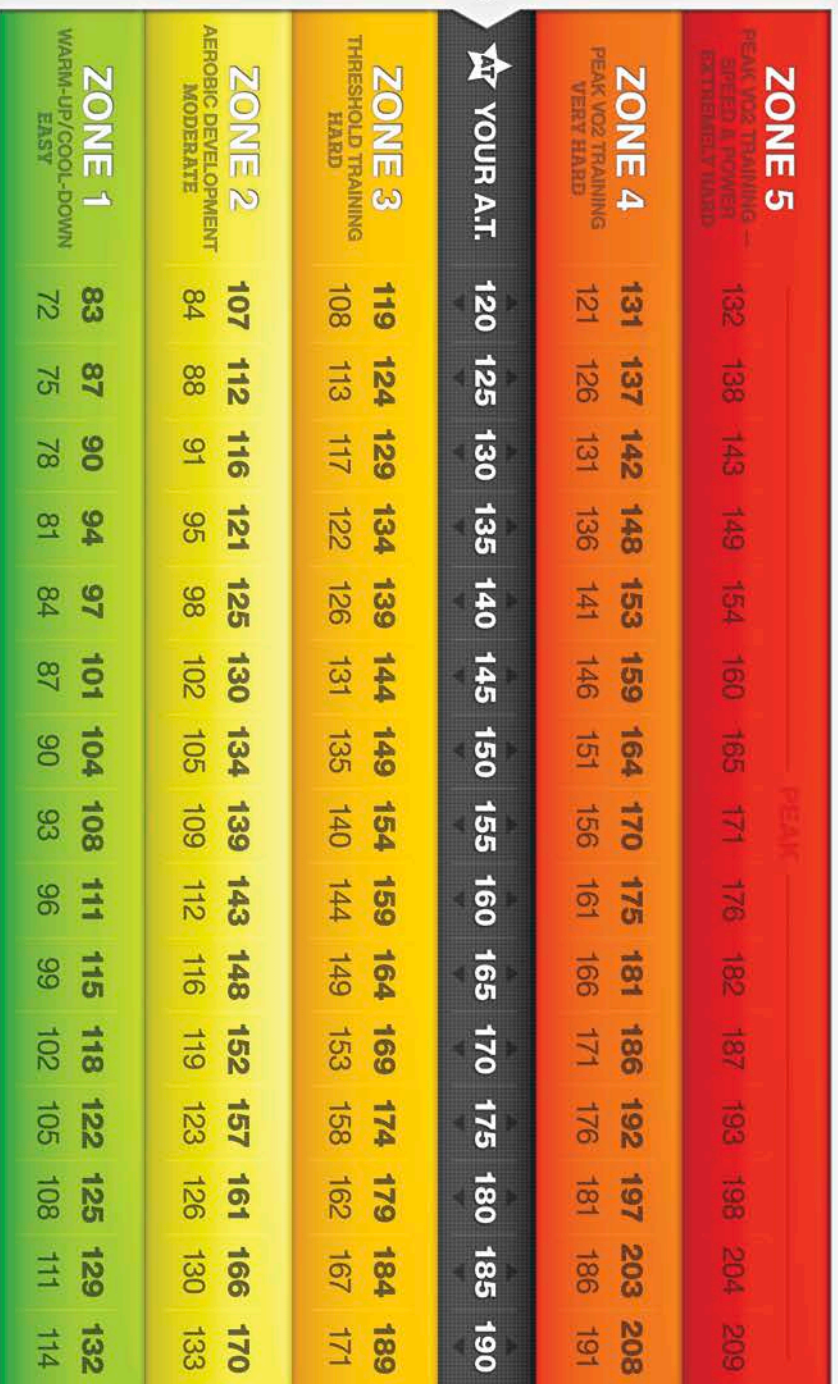
HEART RATE MONITOR

Using a heart rate monitor, note the moment during your workout when you become uncomfortable and your breathing gets heavy. This is an estimate of your A.T.

QUICK ESTIMATE

Subtract your age from 220. This is a very general estimate of your A.T.

PRECISE
LESS PRECISE
LEAST PRECISE



- 1 Determine your A.T. by using the quick estimate method on the chart at left.
- 2 Locate your A.T. in the black bar on the chart.
- 3 Find your zone ranges by tracking vertically from your A.T.