

THE 60-DAY EXERCISE PROGRAM

We've created a new, **FREE**, exercise program for you this Challenge! Each day we'll provide you with a cardio or strength training workout for the day. [Head here to see your weekly program.](#)

This program is geared towards participants who are new(er) to working out and are looking for a reliable starter program. For those of you who have been working out, this may still be beneficial for you as it is periodized and includes training phases to help ensure you're consistently progressing and moving towards your goal.

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!

We have a few options for you when it comes to cardio workouts! The below are a few basic recommendations based on how much time you have.

OR---If you're looking for a more detailed program to follow week by week, we have that as well! Check out the new weekly plan here for cardio workouts you can follow throughout the week!

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.

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.

Confused about strength training lingo and how to decipher what the program plan is telling you to do? Check out the definitions below to help add meaning and provide more direction to your workouts!

Sets: The number of times you will repeat an exercise before moving on to the next one.

Reps: The number of repetitions you complete per exercise.

Rest: The amount of time taken between each set. This time is utilized to rehydrate, replenish energy stores, and bring your heart rate back down to prepare for the next set.

Tempo: The speed of movement broken down into four phases. Each number correlates with a phase of movement (lowering, pause, raising, and pause again). Example: 2,0,1,0 means 2 seconds lowering, 0 seconds pause at the bottom, 1 second raising, and 0 second pause at the top.

LIFETIMESM

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.



- 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.

LEAST PRECISE

LESS PRECISE

PRECISE