

ASSESSMENT WORKOUT

Assessing your starting point and tracking progress in a variety of areas (aside from scale metrics) can help best determine goals and a plan for achieving results.

- This workout includes a series of exercises that you'll reassess at the end of the program to see how far you've come.
- Utilize your participant packet to keep track of how many reps of each exercise you could complete, how long you could hold your plank, and how quickly you ran 1 mile today.

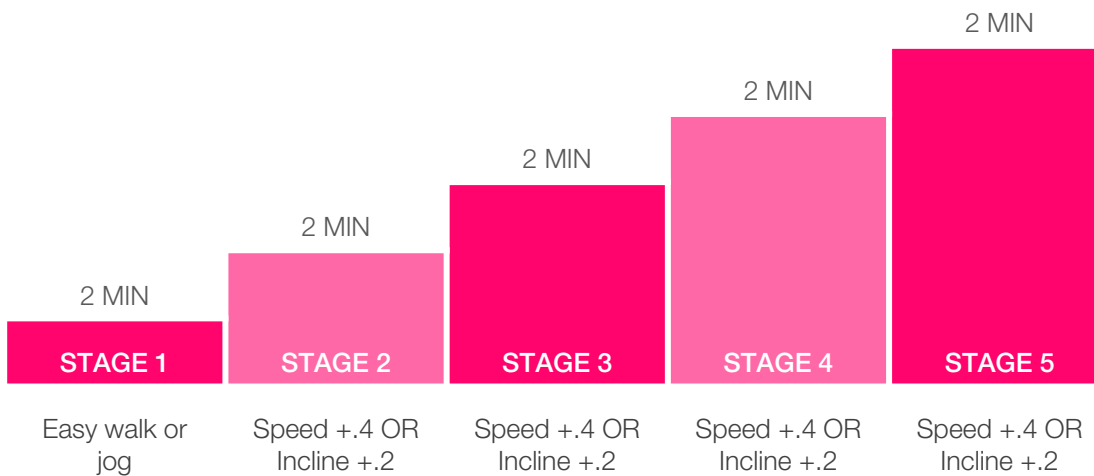
Exercise		Reps	Sets	Rest	Results
Squat		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Push-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Lunge		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Sit-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Triceps-Dip		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Plank		Hold to fatigue	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Pull-up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Cardio	Treadmill at 1% incline	1 mile	1	90 sec	



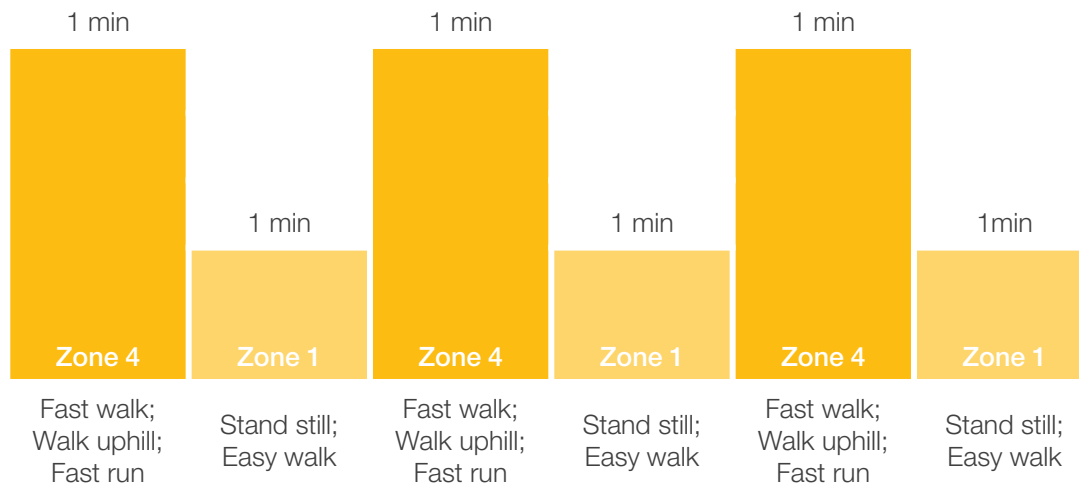
INTRO TO CARDIO

- The goal of doing cardio workouts is to burn fat, not calories, as is often thought
- In general, you should do cardio 3-4 days a week.
 - 2-3 days of steady state cardio (Zones 1-3) per week, each session lasting 30-60 minutes.
 - 1-2 days of interval training (Zones 1 & 4) per week, each session lasting about 15-25 minutes.
 - Always do a dynamic warmup (even prior to strength training workouts).
- See the Get Started Guide for more information on doing cardio correctly.

Sample Dynamic Warm-Up


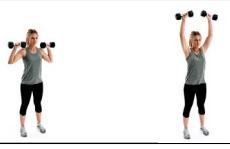




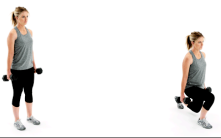



Sample HIIT Workout



INTRO TO DUMBBELLS

- Changing up your workout while using the same equipment in a variety of ways can help progress your training program and keep things fun and entertaining. Dumbbells are a great option to easily incorporate into your workouts.

Circuit	Exercise		Reps	Sets	Rest
A	DB Sumo Squat		60 sec	2	30 sec
	DB Overhead Press		60 sec	2	30 sec
Rest 60 sec					
B	DB Bicep Curls		60 sec	2	30 sec
	DB Row		60 sec	2	30 sec
Rest 60 sec					
C	DB Single Leg Deadlift		30 sec (each side)	2	30 sec
	DB Russian Twist		60 sec	2	30 sec
Rest 60 sec					
D	DB Forward Lunge		60 sec	2	30 sec
	DB Weighted Step Ups		60 sec	2	30 sec


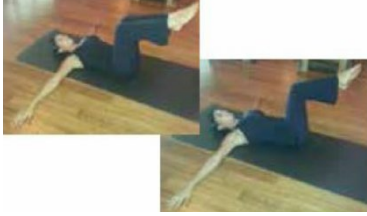









- Having a set of dumbbells at home can provide tools for a quick & efficient workout. Check out the variety of options in the Life Time online store at <https://shop.lifetime.life/>

INTRO TO PILATES

Mat Pilates introduces the foundational movements of Pilates that help strengthen and lengthen muscles, and provides a great full-body activity designed to aid flexibility and body alignment.

Set 1	On 60 seconds, rest 60 seconds	
<p data-bbox="245 464 407 495">Roll-Downs</p> 	<p data-bbox="740 464 883 495">Knee Lifts</p> 	<p data-bbox="1232 464 1362 495">Toe Taps</p> 
Set 2	On 60 seconds, rest 60 seconds	
<p data-bbox="258 829 391 861">Ab Preps</p> 	<p data-bbox="740 829 883 861">Hundreds</p> 	<p data-bbox="1208 829 1390 861">Roll Up Prep</p> 
Set 3	On 60 seconds, rest 60 seconds	
<p data-bbox="272 1197 376 1228">Roll Up</p> 	<p data-bbox="688 1197 935 1228">Rolling Like a Ball</p> 	<p data-bbox="1170 1197 1427 1228">Single Leg Stretch</p> 
Set 4	On 60 seconds, rest 60 seconds	
<p data-bbox="191 1564 461 1596">Double Leg Stretch</p> 	<p data-bbox="618 1564 1008 1596">Single Straight Leg/Scissors</p> 	<p data-bbox="1192 1564 1406 1596">Double Leg Lift</p> 

INTRO TO PILATES

Set 5	On 60 seconds, rest 60 seconds	
<p>Spine Stretch Forward</p> 	<p>Oblique Twist</p> 	<p>Flight</p> 
Set 6	On 60 seconds, rest 60 seconds	
<p>Swan Lift</p> 	<p>Rest Position</p> 	<p>Bridging</p> 
Set 7	On 60 seconds, rest 60 seconds	
<p>Teaser One Leg</p> 	<p>Modified Swimming</p> 	<p>Mermaid Stretch</p> 
Set 8	On 60 seconds, rest 60 seconds	
<p>Quadruped</p> 	<p>Cat/Cow Stretch</p> 	







INTRO TO KETTLEBELLS

- Kettlebells are a great addition to your workout routine to change up current exercises. Since the weight of a kettlebell is not distributed evenly as with a dumbbell and/or barbell, they engage stabilizer muscles making the exercise more challenging.

THE WORKOUT: Choose a weight you can do for 10-12 reps each set, while maintaining proper form.

Circuit	Exercise		Sets	Reps	Rest
1	KB Swing		3	45 sec	60 sec
	KB Squat			45 sec	
	KB Russian Twist			45 sec	
Rest 90 sec					
2	KB One Arm Press		3	45 sec	60 sec
	KB Reverse Lunge			45 sec	
	KB Goblet Squat			45 sec	
Rest 90 sec					

INTRO TO KETTLEBELLS

Circuit	Exercise		Sets	Reps	Rest
3	KB Single Arm Row		3	45 sec	60 sec
	KB Sumo Squat			45 sec	
	KB Forward Lunge			45 sec	
Rest 90 sec					
4	KB One Arm Overhead Squat		3	45 sec	60 sec
	KB Farmer's Walk			45 sec	
	KB Lateral Lunge			45 sec	
Rest 90 sec					

INTRO TO GTX

The Workout

- Each station will be repeated 2 times before transitioning
- 10 seconds to switch between each round
- For the strength, it will be AMRAP for 2 minutes between the two movements
 - AMRAP – “As Many Reps as Possible”
- For the conditioning, it will be any cyclical piece of choice (treadmill, bike, rower, jump rope, etc.)

Section	Partner	Description	Sets	Reps	Weight/Zone Focus	Time	Transition Time
Warm-up		Based On Movements Below				10:00	
<i>Transition</i>		Head to First Station				3:00	
Station 1	Partner 1	DB Goblet Squat + TRX Row	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Transition</i>						3:00	
Station 2	Partner 1	KB Deadlift + DB Alternating Shoulder Press	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Transition</i>						3:00	
Station 3	Partner 1	Med Ball Reverse Lunge with Rotation + Off Set Pushups*	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Explanation</i>		Explain Finisher				3:00	
Cardio Finisher	Partner 1+2	Cyclical Piece of Choice	1	Max effort	Max effort	3:00	
		Cover as much distance as possible**					
Cool Down	Partner 1+2	Based On What the Group Needs				5:00	

5k FUN RUN

Key Takeaway:

Whether you're a novice at running or a seasoned competitor, completing a 5k is a great accomplishment!

Running Tips:

- Wear comfortable clothing and shoes
 - "Wicking" fabrics are best
 - Invest in footwear that makes your running comfortable and enjoyable
 - HOKA has a great shoe fitting guide you can check out:
 - <https://www.hokaoneone.com/shoes-101/>
- Nourish wisely with balanced, real food & water
 - 2-4 hours prior to run, eat a balanced solid food meal
 - Within 90 minutes of running, stick to soft foods or liquids for easy digestion
 - Drink water based on thirst
- Warm-up with dynamic stretching to improve mobility, posture, & range of motion
 - Cat/Cow, Hip Flexor, Downward Dog
 - Standing knee hug, Standing quad & glute stretch
 - Monster walk, split squats, side squats, windmills
- Choose a route and specific workout structure
 - Beginners: 15-30 minutes alternating run/walk
 - Experienced: 20-40 minutes alternating easy jog/run

Discover Your Abilities

- Measure your efforts when you first begin
- Track your distance, time, or heart rate for given workouts
- Take on another 5k with Life Time Events

Surpass Your Goals

- Increase your running distance/time by about 10% each week
- Challenge your fitness with higher intensity every 10-14 days or one race/event per month
- Join a Life Time Run training program or hire an individual coach
- Complete an AMA (Active Metabolic Assessment) to maximize your training
 - Learn more: <https://shop.lifetime.life/active-metabolic-assessment>



REASSESSMENT WORKOUT

- Today's workout is the same workout as the one from week 1, so you can compare your results today to your results from 8 weeks ago. How far did you come?
- Utilize your participant packet to keep track of how many reps of each exercise you could complete, how long you could hold your plank, and how quickly you ran 1 mile today.
- Don't finish the 60day without setting a new goal. What's your next goal or finish line?

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Pull-up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Cardio	Treadmill at 1% incline	1 mile	1	90 sec	

