

Fitclass Challenge Week 4

Floor Routine

2X 10 pushups, 10 crunches, 10 birdog-elbow knee- birddog, 10 hip raises, then 9 of each, 8, 7... down to one

3X 10 supermans, 30 seconds v-sit, 10 iso rowers

Standing Routine

2X 8 squats, 8 side lunges, 8 flamingos each leg, 8 good mornings, 8 alternating toe touch, then 7 of each, 6, 5, down to one

2X 10 3-stage squats, 10 lunges with rear leg raised on platform each leg

“Fun” routine (daily totals, not counting the other workouts!)

50 squats

50 pushups

3 minutes plank

Times to do these: after waking up, after making breakfast, before going to work, coffee break, lunch time, after getting home, watching t.v., before bed, etc.

Cardio Mix Up ideas (2 bonus points if recorded in margins of sheet)

2X 15 minutes of swimming then 15 minutes of walk/running

4X 5 minutes of rowing machine, 5 minutes of biking, 5 minutes of walking

Country Heat, Flex Fit, Yoga, or Core Concepts class

Beginners

Total Cardio Distance: 5 miles, with at least 2 miles in one single workout

Do Floor and Standing routine 3 times, “fun” routine 3 days

Intermediate

Total Cardio Distance: 7 miles, with at least 2.5 miles in one single workout

Do Floor and Standing routine 4 times, “fun” routine 5 days

Advanced/Chelsea Level

Total Cardio Distance: 11 miles, with at least 3 miles in one single workout

Do Floor and Standing routine 5 times, “fun” routine all 7 days including the day of class

Modifications: for arm/shoulder/back issues, omit plank and hands and knee movements and replace with hip raises, single leg hip raises, iso bikes, iso rows, wall or chair pushups, V-sits, wall sits. Sometimes things hurt when they're not even related to your local injury, in which case DO WHAT DOESN'T HURT TO THE POINT OF TEARS. Please don't break yourself, there's only one of you so be nice to the merchandise.

For knees/leg/ankle: find cardio that works for you. Recumbent elliptical and recumbent bike, upright elliptical, walking on hard or soft surface, it's worth experimenting to find what works best for you. Make sure not to put sideways pressure through the joints; rather, make sure when bending the leg that the knee is in line with the foot and the hip isn't being pushed out to the side. Keep in line.

Remember: if your body doesn't let you do it the first time (and it doesn't tell you with the response of pure pain), rest, reset, and try again until you have completed as much as you can of your desired exercise set. There is no ego in exercise.

Nutritional Challenge

No canola, vegetable, or peanut oil, in any manner. Sodium limit of 1800 mg for the entire week (For reference, a bag of Goldfish crackers contains nearly this amount). Read your labels and serving amounts, beware of restaurant food, find new alternatives, add salt LAST to your food, and diversify.