

Fitclass Challenge Week 5

Core Challenge

3 times through of the following, take a 30 second rest or engage in cardio in between sets (the - marks)

-2X 8 squats, 8 lunges each leg, 10 pushups, 10 hip raises, 20 crunches

-2X 10 seconds side plank, 10 seconds reverse plank, 10 seconds side plank, 8 plank touches (hands), 8 plank taps (feet)

- 10 oblique crunches, 20 quick bicycles (flat back), 10 iso rows, 8 slow bicycles

“Fun” routine (weekly total, not to be done all at once)

500 squats

500 pushups

200 hip raises

10 minutes of plank OR 10 minutes of V-sit OR 300 core stabilizers

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)

1 hour of pickleball

1 hour of trail hiking

2X 15 minutes of basketball, 15 minutes of circuit/strength training in weight room

Beginners

Total Cardio Distance: 6 miles, with at least 1 mile of non-stop fast pace

Do Core Challenge 3 times + fun routine

Intermediate

Total Cardio Distance: 8 miles, with at least 2 miles of non-stop jog or run

Do Core Challenge 4 times, “fun” routine 5 days

Advanced/Chelsea Level

Total Cardio Distance: 12.5 miles, with at least 4 miles without break

Do Core Challenge 4 times + fun routine and add 250 squats, 5 minutes of planks

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 grains, ancient or otherwise. Essentially try to eat whole foods rather than relying on the immortal sandwich or pasta dish.