

Week Four:

Training Strategy: Turn it Up

You must check with your doctor before beginning any exercise program. This is especially important if you have a high risk for or have heart disease (high blood pressure, high cholesterol levels, have had a heart attack or stroke, etc), if you have diabetes or if you have any other type of disease or injury that may be aggravated by exercise. This program does not take the place of your physician's advice.

Each week you will add to your current training plan and change things up a bit. Changing your training program periodically helps to keep you motivated and keeps your metabolism on its toes. This week you will continue to get your heart rate up in your target heart rate zone for a minimum of 30 minutes 5 days each week. Remember that you may walk, jog, swim, cycle or do any other type of activity that gets your heart pumping. After each 30 minute session you will do:

15 squats (Stand with feet hip distance apart. Slowly bend the knees while pushing your hips back – just as though you are going to sit in a chair. Once your knees reach a 90 degree angle, return to standing position. Put a chair behind you to assist with proper form. Let your bottom touch the chair, and then return to standing position. Repeat 15 times.)

15 push ups (Get on all fours and walk hands out to where your body is at a perfect slant and your bottom is not sticking up in the air. Keeping your hands a little wider than shoulder width apart, bend the elbows to lower your chest towards the ground. Once your elbows reach a 90 degree angle, return to starting position. If this is too difficult, stand facing a wall. Put your hands on the wall. Bend your elbows to bring your chest towards the wall. Once, your elbows reach a 90 degree angle, return to starting position. Repeat 15 times.)

15 alternating toe touches (Stand with feet a little wider than hip distance apart. Bring arms above head. Slowly bend at the waist to touch your right hand to your left foot. Return to starting position. Slowly bend at the waist to touch your left hand to your right foot. Return to starting position. Repeat 15 times each side.)

15 lower abdominal rolls (Lay on your back with your knees and hips at a 90 degree angle. Take a deep breath in. Exhale while rolling your thighs towards your chest. Focus on bringing your belly button towards your spine as you exhale and roll your thighs in. Return to starting position. Repeat 15 times.)

10 bird dogs (Get on all fours with hands shoulder width apart and knees hip distance apart. Lift and extend left arm and right leg, hold for 3 seconds. Return to starting position. Lift and extend right arm and left leg, hold for 3 seconds. Return to starting position. Repeat 10 times each side.)

The web site contains pictures and explanations of each of these exercises.

Below is a chart to determine your target heart rate zone.

Target Heart Rate*

Age	Beats/Min	Beats/10 Sec
20-24	150-162	25-27
25-34	144-156	24-26
35-44	138-150	23-25
45-49	132-144	22-24
50-54	126-138	21-23
55-64	120-132	20-22
65-69	114-126	19-21

*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

It is your Responsibility to:

- Check your heart rate to ensure you are working at an appropriate intensity
- Get medical clearance prior to beginning a new training program.