

**Week Nine:**

**Training Strategy: Change it Up**

Train 2 days/week for a minimum of 40 minutes each session. Keep heart rate at 75% (Target Heart Rate Zone). Determine target heart rate using table below.

<b>Age</b>	<b>Beats/Min</b>	<b>Beats/10 Sec</b>
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.

Complete the following workout 3 times per week (not on consecutive days)

Targeted Area: Cardio Circuit Time to Complete: 45 – 60 Minutes

5 minute run/walk outside or on cardio equipment (treadmill, bike, elliptical)

1 minute rest

Squats x15

Alternating Lunges x15

Push Ups x15

**Complete above 3 times**

5 minute run/walk outside or on cardio equipment (treadmill, bike, elliptical)

1 minute rest

Alternating Biceps Curl x15

Alternating Shoulder Press x15

Alternating Toe Touches x15

**Complete above 2 times**

**Take It Down a Notch:** Walk on the treadmill or stroll on the elliptical instead of running.

**Ramp It UP:** Extend the runs to 10 minutes each.

**It is your Responsibility to:**

Check your heart rate to ensure you are working at an appropriate intensity (Guidelines on Back).

Get medical clearance prior to beginning a new training program.