Coach’s Tips for Safe Workouts

*Drink plenty of water. Be sure to drink water before, during, & after the workout to assure that your body won’t cramp up. If your body does get a cramp, relax the muscle by massaging it & unflexing it.
*Use Google & YouTube if you are confused about how to do an exercise.
*Lift weights in a slow, controlled manner (not jerky & fast) for resistance through the full range of motion. Try less weight if this is tough to do.
*Allow a day (24 hrs.) of rest before you do more resistance training w/ the muscles you just exercised. This will allow the muscle to heal & grow.
*If you feel sore, try icing the area for 20 mins. Do as many 20 minute ice sessions as possible for up to 3 days if the soreness persists. Be sure to prevent frostbite by covering the ice with a towel or a piece of clothing.
*Never hold your breath while exercising. Breathe out as you exert force.
*Be alert, aware, & careful around exercise equipment. Watch your step!

How do I measure intensity in a workout?

A few options are the talk test, target heart rate monitoring, & the perceived exertion scale. For more info on any of these 3 methods see the following link http://www.cdc.gov/physicalactivity/basics/measuring/. In regards to warming up, some simple signs of knowing that the body is ready to workout are increases in heart rate, sweating, & breathing. During a cool down, the body should be experiencing gradual decreases in these same 3 things of heart rate, sweating, & breathing.

What is warming up & why is it needed?

Warming up is merely telling the brain that a part of the body is going to do work, & once the brain knows this, it sends more blood & oxygen to the working area, so that the risk of an injury or pulled muscle is reduced.

Coach’s Cardiovascular-Endurance Warm-Ups

Coach chooses 1 of the options below before he ever starts a circuit workout.

Stationary Bike (5 mins.) – When just using the bike as a warm-up & not a workout, Coach uses the bike’s Quick Start mode & rides at a resistance ranging from 5-10.
Walking (5 mins.) – Coach begins walking slowly for 1-2 minutes & then gradually increases his speed for another 1-2 minutes. Whenever Coach wants to vary his walking, he will begin doing some high knees, butt kicks, or soccer toe taps (on an imaginary soccer ball).

Walking Kenpo (5 mins.) – Coach begins walking slowly for 1-2 minutes & then gradually increases his speed & begins doing Kenpo punching moves for the next 2 minutes. P90X Kenpo punching = Jab → Cross → Hook → Upper Cut. For the last minute, Coach does speed bag punches (with an imaginary speed bag of course).

Coach’s Cardiovascular-Endurance Workouts

Coach’s goal is to do any combination of these workouts 2-3x a week.

Stationary Bike (22 mins.) – Coach enjoys riding in the bike’s Cross City (XCTY) mode.

Walking (20-30 mins.) – Coach walks without stopping around his neighborhood with his wife and/or son.

High Intensity Interval Training (HIIT) Full-Body Circuits

Body Weight Burn Circuit

60 Seconds Run or Walk in Place
10 Pushups
30 Squats
60 Seconds Run or Walk in Place
30 Calf Raises
16 Mountain Climbers
60 Seconds Run or Walk in Place
30 Second Plank with leg lift (15 seconds ea. leg)
24 Side Lunges (12 ea. leg)

1-3 Rounds - Don’t Forget to Stretch
BlackWeightLossSuccess.com
Challenge: Full Body Blaster

Duration: 12 minutes

Technology: Pattern Interrupt

3 rounds of...

#1 Bucket Drop

#2 Spinal Rock

#3 Climber

#4 repeat #2

#5 Forward Lunge

#6 repeat #2

#7 and rest

Source = http://empowerednutrition.com/bodyweight-burn-free-workout-video/
Coach’s Resistance Training Workouts (22 mins.)

*Coach’s goal is to do these circuit training workouts 2-3x per week.*

**Lower Body/Lower Back Circuit**

-Squats/Walking Lunges/Lateral Lunges/Step Ups (4 sets of 22 reps/Quads–Glutes)

-Nordic Hamstring Curls (3 sets of 22 reps)

-Reverse Thigh Masters (2 sets of 22 reps/hip abductors)

-Walking on Heels/Toes (22 reps/Shins–Calves)

-1-Foot Balance on Bosu Ball (22 secs./Ankles)

-Single-Leg Toe Touches (22 reps/Hamstrings–Glutes–Ankles)

-Standing ABC’S (1 set per foot/Ankles)

-Single Leg Bridges (3 sets of 22 reps/Low Back–Abs)

-Superman (3 sets of 22 secs./Low Back)

-Hyperextensions on Swiss Ball (22 reps/Low Back)

**Upper Body/Abs Circuit**

-Single-Leg Alternating Bicep Curl to Shoulder Press (22 reps)

-Dumbbell Pullover (11 reps/Shoulders)

-Modified Triangle Push-Ups (3 sets of 11 reps/Triceps)

-Alternating Bicep/Hammer Curls w/ Dumbbells (2 sets of 22 reps/Biceps)

-Bent-Over Row (3 sets of 11 reps/Upper Back)

-4-Way Forearm Curls with Dumbbell (11 reps each way/Wrists)

-Push-Ups (3 sets of 11 reps/Pectorals)

-Plank (3 sets of 22 secs./Abdominals–Back)

-Crunches (2 sets of 22 reps/Abdominals)

-Bicycles (3 sets of 22 reps/Abdominals)

-Side Planks (3 sets of 22 secs. each side/Abdominals)
Coach’s Cool-Downs for after Circuit Training
Coach uses either an 11 second or 22 second count for each stretch. Count like this...one–thousand 1, one–thousand 2, one–thousand 3,...

For Lower Body
Glutes
Straddle/Legs Apart (Hamstrings)
Butterfly (Groin)
Seated Toe Touches/Legs Together (Hamstrings)
Quads while Lying Down (Quadriceps)

For Core
Spinal Twist while Lying Down/Iron Cross (Back)
Spinal Twist while Sitting Up/Hollywood (Low Back)
Standing Side Bend (Abdominals)
Standing Cobra (Abdominals)

For Upper Body
Arm Circles (Shoulders)
Arm Across Chest (Shoulders)
Triceps
Forearms
Neck to Side & Diagonal
Upper Back
Chest (Pectorals)

FYI
Coach stretches at the end of a workout because of what he was taught in college. The article on the next page shows you what he was taught.
Stretching: Focus on Flexibility  By Mayo Clinic staff
You can stretch anytime, anywhere. Just follow these tips to do it safely & effectively.

Stretching may take a back seat to your exercise routine. You may think that stretching your hamstrings and calves is just something to be done if you have a few extra minutes before or after pounding out some miles on the treadmill. The main concern is exercising, not stretching, right?

Not so fast. Although studies about the benefits of stretching are mixed, stretching may help you improve your flexibility, which in turn may improve your athletic performance & decrease your risk of injury. Understand why stretching can help — & how to stretch correctly.

Benefits of stretching
Studies about the benefits of stretching have had mixed results. Some show that stretching helps, while others show that stretching has little if any benefit. The main benefits of stretching are thought to be:

Improving athletic performance & decreasing the risk of activity-based injuries. Stretching can help improve flexibility & better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion (ROM). For instance, say your Achilles tendon is tight & lacks flexibility. If you do a lot of hill walking, your foot may not move through its full ROM. Over time, this can increase your risk of tendinitis or tendinopathy in your Achilles tendon. Stretching your Achilles tendon, though, may improve the range of motion in your ankle. This, in turn, can decrease the risk of microtrauma to your tendon that can lead to overload & injury.

Stretching also increases blood flow to the muscle.

Stretching essentials
Before you plunge into stretching, make sure you do it safely and effectively. While you can stretch anytime, anywhere — in your home, at work, in a hotel room or at the park — you want to be sure to use proper technique. Stretching incorrectly can actually do more harm than good.

Use these tips to keep stretching safe:
- Don't consider stretching a warm-up. You may hurt yourself if you stretch cold muscles. So before stretching, warm up w/ light walking, jogging or biking at low intensity for 5-10 minutes. Or better yet, stretch after you exercise when your muscles are warmed up. Also, consider holding off on stretching before an intense activity, such as sprinting or track & field activities. Some research suggests that pre-event stretching before these types of events may actually decrease performance.
- Focus on major muscle groups. When you're stretching, focus on your calves, thighs, hips, lower back, neck and shoulders. Also stretch muscles and joints that you routinely use at work or play. And make sure that you stretch both sides. For instance, if you stretch your left hamstring, be sure to stretch your right hamstring, too.

- Don't bounce. Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals, which tightens the muscle even further, making you less flexible & more prone to pain. So, hold each stretch for about 30 secs. Repeat each stretch 3 or 4 times.

- Don't aim for pain. Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

- Make stretches sport specific. Some evidence suggests that it's helpful to do stretches tailored for your sport or activity. If you play soccer, for instance, you're more vulnerable to hamstring strains. So opt for stretches that help your hamstrings.

- Keep up w/ your stretching. Stretching can be time-consuming. But you can achieve the best benefits by stretching regularly, at least 2-3x a week. If you don't stretch regularly, you risk losing any benefits that stretching offered. For instance, if stretching helped you increase your range of motion, & you stop stretching, your range of motion may decrease again.

- Bring movement into your stretching. Gentle movement can help you be more flexible in specific movements. The gentle movements of tai chi, for instance, may be a good way to stretch. And if you're going to perform a specific activity, such as a front kick in martial arts, do the move slowly & at low intensity at first to get your muscles used to it. Then speed up gradually as your muscles become accustomed to the motion.

Know when to exercise caution
In some cases, you may need to approach stretching with caution. If you have a chronic condition or an injury, you may need to adjust your stretching techniques. For example, if you already have a strained muscle, stretching it may cause further harm.

Also, don't think that because you stretch you can't get injured. Stretching, for instance, won't prevent an overuse injury. Talk to your doctor or physical therapist about the best way to stretch if you have any health concerns.