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Exercise 1 Step 1

Exercise 2 Step 1

Exercise 1 Step 2

Exercise 2 Step 2

1: Over-the-head Forearm Extensions

- BE SURE to place clip so it is not in alignment with head
- Get in lunge position with front knee over front heel at right angle
- Elbows stay stationary
- Palms extend forward

2: Side Extensions

- BE SURE to place clip so it is not in alignment with head, & that there is lag in the J-Band
- Front knee over front heel at right angle
- Lengthen (not round) the side
- Extend from back hip through fingertips



LIFEGUARD

DAREBEE WORKOUT © darebee.com

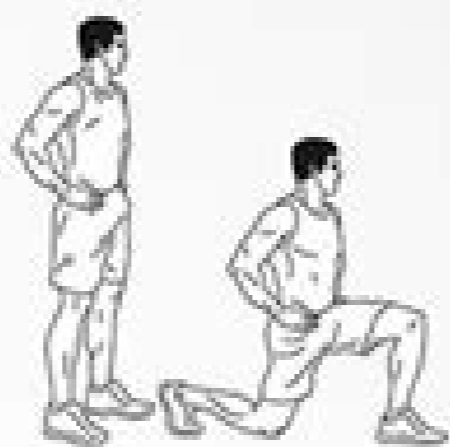
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



20 high knees



10 lunges



10 push-ups



20 high knees



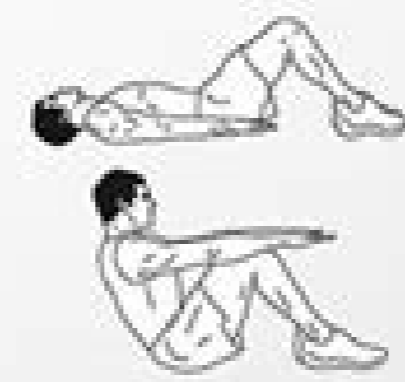
10 push-ups



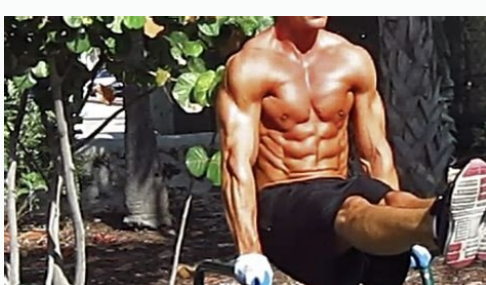
10 sit-ups



20 high knees



10 sit-ups



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Your cardio workout on days one and six is 25 minutes long, but you should workout at your fitness level. Type: Cardio Length: 21 Minutes Level: Beginner Equipment Required: Any cardio machine Workout 2. Basic Strength Type: Strength Training Length: 2 sets of each exercise, 10-20 Minutes Level: Beginner Equipment Required: Light dumbbells, an exercise ball or chair, and a mat Workout 3. Basic Stretch Type: Flexibility Length: 5 Minutes Level: Beginner Equipment Required: None There's nothing on your schedule today, but try to stay active as much as you can by taking breaks, walking, stretching and moving. This involves pushing you just a little out of your comfort zone, but not too far. When you workout at a sufficient intensity, time and frequency, you'll start to see changes in your weight, body fat, endurance, and strength. These are the elements of F.I.T.T. and how to change them for your workout program: Frequency: This refers to how often you exercise. You may be tempted to skip it, but the stretch is just as important as the cardio and strength training. Use the F.I.T.T. principle to progress from week to week, adding more frequency, higher intensity, heavier weights, longer workouts, or different types of workouts that work best for you. If you feel you're not being challenged, increase the intensity, duration or frequency to work harder. Each week, add a few minutes to your workouts to progress without overdoing it. A Type: The type of exercise can be walking, running, cycling, weight training, Pilates, etc. or incline throughout the warmup. As you progress, you can gradually change the intensity levels of your workouts with interval training. This is a perceived exertion of 4. Baseline (5 minutes): Increase speed, incline or resistance (or use a combination) to find your baseline. A In this phase, you should be just a little out of your comfort zone and feel that you're working, but able to talk, a 5. Increase your inclination, resisting or ramps (2 minutes): Start with one to two increments at a time and come from there until you feel that you are working a little more than in the beginning. If you need to start with 10 or 15 minutes just to see how things feel, feel free to do this. Some ideas: Play an active exergame, like the Wii Fit or anything you have moving. Feel at ease to accommodate it to the needs of your body and your personal fitness goals and preferences. Intensity: This refers to how much you are working. You can do this in any machine or activity of your choice. Experts have already presented the most important components of a quality exercise routine and this involves focus on F.I.T.T. F.I.T.T. Principle guide exercisers in the creation of a complete training program, if you are doing cardio, fore training or both. Training 1: Basic Intervals: This is similar to the Básica routine of the cardio, but a slightly shorter and shorter and more intense workout. Reduce inclination, resistance, ramps and / or speed for the baseline. In addition to your inclination, resisting or ramps (1 minute) until you feel that it is working a little more than the baseline (3 minutes). Training 1: Find at least 15 minutes for a quick walk today. Roll in a ball of exercise. You will finish a relaxing stretch of 5 minutes. Attach everything at the same time, avoiding getting very sore or worse, getting injured, is a challenge as well. Fortunately, you do not have to figure it out. This is a perceived effort of 6. Reduce your inclination, resistance, ramps or speed (3 minutes): Back to the baseline level. Describe your inclination, resistance or ramps (1 minute) until you feel that you are working a little more than the baseline. Return to the line base (3 minutes). If you feel more sore or tired, take a day of rest. Using this principle, you can manipulate different aspects of your training to make changes, progress for higher levels and keep things things a dna ,riahc ro llab esicrexe na ,slebbmud thgIL :deriuqeR tnempiuqErennigeB :levelSetuniM 02-01 ,esicrexe hcae fo stes 2 :htgneLgninaiT htgnertS :epyThtgnertS cisaB :2 tuokroWenhicam oidrac ynA :deriuqeR tnempiuqErennigeB :levelSetuniM 52 :htgneLoidraC :epyTuokroW oidraC cisaB etuniM-52 :1

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Once you've established a course of exercise, consider trying a variety of activities to keep things interesting. Walk the dog for an extra 5 minutes. Workout 1: Cardiotype 25 minutes: Cardlength: 25 minutes: Beginnerequipment: Any cardio machineweweout 2: Basic Forqity: Basic TrainingLot: 2 sets of each exercise, 10-20 minutes 10-20: Beginnerequipment Required: Light dumbbells, an exercise ball or chair, And a MATWORKOUT 3: Basic Striphype: Strength TrainingLength: 5 minutes: Beginnerequipment Required: None This is an ideal basic structure to follow your weekly workout program. Today you will do this and finish with a sitting stretch for the back, neck and shoulders. As you are started, your focus will be on cardio workouts at a moderate intensity, or about a level 5 to 6 on a 10-point perceived exertion scale. Warm up at an easy-moderate pace (5 minutes). You should feel comfortable and be able to speak easily. Allow your heart rate to rise gradually. slowly increase your pace, endurance. You will also have a very basic strength workout that you will do before or after your cardio workout. It is your choice. This is where the experiment comes in as you discover what your body can and cannot do. You will simply find time to walk, at once or spread throughout the day and then stretch. Do some crunches or push-ups while watching TV. WORK 2: Sitting Stretch Type: Flexibility Length: 5-10 minutes Level: Beginner Equipment Needed: None You have a different cardio workout that involves some light interval training. If you are suffering sore or tired moment, you may want to give an extra day of rest or just two days of cardio and strength training. 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