

# BUILDING YOUR OWN PHYSICAL ACTIVITY PROGRAM

Why is working out important? \_\_\_\_\_

Find out what works for you:

How much time can you dedicate to working out? \_\_\_\_\_

What are your problem areas? \_\_\_\_\_

Have you had any previous injuries? \_\_\_\_\_

Are you going to be working out in a gym, at home, outside, with a friend? \_\_\_\_\_

FITT Principle: F I T

Building Your Workout:

Warm Up	Muscle Groups	Reps	Sets

How to schedule your workout: \_\_\_\_\_

How to have a healthy rest day: \_\_\_\_\_

Your Notes: \_\_\_\_\_



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# EASY STRENGTH TRAINING

## AT HOME

Strength training doesn't always mean you have to go to the gym to lift weights or use weight machines. You can do some simple strength training exercises at home. Below are some simple, but effective exercises using a resistance band. As with all exercise, it is important to warm up for five to 10 minutes and gently stretch the muscles you will be working.

For beginners, it is best to do one set of 12 to 15 repetitions. Intermediate exercisers (i.e., those that have been lifting weights for up to three months) can perform one to two sets of each exercise. More advanced strength trainers (i.e., those who have been lifting weights or using tubing for more than three months) should try to complete two or three sets of 12 to 15 repetitions. Stretch each muscle group after each set and at the end of the entire workout to improve flexibility.

### Alternating Chest Press

Wrap the band around a sturdy object behind you at chest level. Begin with the elbows bent to 90 degrees, forearms parallel to the floor. Keep the right arm stationary and press the left arm out. Bring the left arm back and then press forward with the right arm. Continue alternating arms for a total of 16 reps on each side.



### One-Arm Chest Fly

Attach the band to a sturdy object at about shoulder height (standing or sitting). Hold the handle in right hand and wrap the loop around hand to increase tension if needed. Keeping arm straight (elbow slightly bent) at shoulder level, contract the chest to bring the arm in towards the mid-chest. Return to start and repeat.



### Lat Pulls

Begin with arms straight up overhead, holding the band towards the middle. Adjust hands closer to increase tension. Contract the back and pull the band out while bringing the elbows towards the rib cage. Raise back up and repeat.



### Rear Delt Fly

Standing or sitting, hold band in the middle, arms straight out in front of you, hands a few inches apart. Squeeze the shoulder blades together and pull band so that arms are out to the sides like an airplane. Return to start and repeat, keeping tension on the band the entire time.



### Tricep Extensions

Hold the band in both hands at shoulder level with right arm bent so that it's in front of the chest, left arm straight out. Keeping the left arm straight to hold tension on the hand, contract the triceps to straighten the right arm. Return to start and repeat before switching sides.



### Bicep Curls

Stand on the band and hold handles with palms facing out. Keeping abs in and knees slightly bent, bend arms and bring palms toward shoulders in a bicep curl. Position feet wider for more tension. Return to start and repeat.



### Squats

Stand on the band with feet shoulder-width apart, keeping tension on the band by holding a half-bicep curl. Lower into a squat, keeping knees behind toes, and pulling on the band to add tension. Return to start and repeat.



### Lunges

Stand with right leg forward, left leg back and band positioned under right leg. Keeping tension on the band by bending elbows, lower into a lunge until both knees are at 90 degrees, front knee behind the toe. Return to start and repeat.



# Home Cardio Workout

Between late hours at work, a lack of access to traditional weight training equipment or just personal preference, some people just can't get to a gym. This is perfectly OK because the body will adapt in size and strength as long as the stress of the exercise is intense enough. Training with minimal equipment or bodyweight builds lean muscle, especially if exercises are performed in a slow, controlled manner. Try this at home exercise circuit!

## 1. Side Lunge with Windmill Arms

Stand with legs wide, arms straight out to the sides and parallel to the floor. Bend the right knee into a side lunge and bring the left arm down towards the foot. Repeat on the other side, lunging from side to side and bringing opposite arm towards foot. The faster you go and the lower you lunge, the harder it is. Repeat for 1 minute.



## 2. Side Knee Lift and Kick

Shift the weight to the right leg and take the left arm straight up. Bring the left knee up to hip level while taking the left elbow down towards the knee, squeezing the waist. Lower the leg, shift your weight to the left leg and kick to the side with the right leg. Repeat the knee lift, side kick for one minute then switch to the other side and repeat the same thing for one minute.



## 3. Side Lunge with Punch

Begin in standing position and turn to the right, stepping the left foot straight back and bending the right knee into a lunge while punching with the left arm. Step the left foot back to start and repeat on the other side, lunging to the left and punching with the right hand. Move as quickly as you can while keeping good form and repeat, alternating sides for one minute.



## 4. Hip Raise

Lie face up with knees bent and feet flat on the floor. Slowly lift your hips and hold for a few seconds. Once you are stable, extend your left leg and point your toe toward the wall in front of you. Hold for 20 - 30 seconds. Lower your leg and return your foot to the floor. Switch sides.



## 9. Seated Rotation

Sit on the floor with your legs in front of you, knees bent, and heels lifted a few inches into the air. Lean back at a 45° angle and extend your arms straight in front of your chest, palms together. Slowly rotate your torso to the right, pause, then rotate to the left. Continue alternating for 1 minute.



## 6. Front Kick with Squat

Stand with feet together. Bring the right knee up and extend the leg in a front kick (don't lock the knee!). Lower down into a low squat (knees behind toes) and then kick with the left leg. Repeat (right kick, squat, left kick) for 1 minute.



# Strength Training Guidelines

There are three main types of strength training

Muscle Endurance  
more stamina

Muscle Strength  
stronger

Hypertrophy  
increase in muscle size

Assigning loads, sets, repetitions and rest based on training goals:

Training Goal	Load (%1RM)	Goal Repetitions	Sets	Rest Period
Muscle Endurance	<67	>12	2-3	<30 seconds
Muscular Strength	>85	<6	2-6	2-5 minutes
Hypertrophy	67-85	6-12	3-6	30-90 seconds

<b>Sample Program Muscle Endurance Two days a week (Tuesdays and Fridays)</b>	Bench Press (Free Weights)	2 sets x 15 repetitions
	Leg Press (Press Machine)	2 sets x 15 repetitions
	Seated Row (Machine)	2 sets x 15 repetitions
	Leg Curl (Machine)	2 sets x 15 repetitions
	Shoulder Press (Machine)	2 sets x 15 repetitions
	Leg Extension	2 sets x 15 repetitions
	Biceps Curl (Free Weight)	2 sets x 15 repetitions
	Seated Heel Raise (PM)	2 sets x 15 repetitions
	Triceps Pushdown (M)	2 sets x 15 repetitions
Abdominal Crunch	2 sets x 15 repetitions	

	Mon: Lower Body Workout "Heavy" Day	Tues: Upper Body Workout "Heavy" Day	Thursday Lower Body Workout "Light" Day	Fridays Upper Body Workout "Light" Day
<b>Sample Programs Muscle Strength</b>	Back Squats 1 set x 6 repetitions	Bench Press 1 set x 6 repetitions	Back Squats 1 set x 6 repetitions	Bench Press 1 set x 6 repetitions
	Leg Press 1 set x 6 repetitions	Bent-over Row 3 set x 8 repetitions	Leg Press 1 set x 6 repetitions	Bent-over Row 3 set x 8 repetitions
	Leg Curls 1 set x 12 repetitions	Shoulder Press 1 set x 6 repetitions	Leg Curls 1 set x 12 repetitions	Shoulder Press 1 set x 6 repetitions
	Leg Extension 1 set x 12 repetitions	Lat Pulldown 3 set x 8 repetitions	Leg Extension 1 set x 12 repetitions	Lat Pulldown 3 set x 8 repetitions
	Abdominal Crunch 1 set x 6 repetitions	Lying Triceps 1 set x 12 repetitions	Abdominal Crunch 3 set x 25 repetitions	Lying Triceps 1 set x 12 repetitions

	Upper Body Workout Mondays and Thursdays	Lower Body Workout Tuesdays and Fridays
<b>Sample Program Hypertrophy</b>	Incline Bench Press (FW) 3 set x 8 repetitions	Back Squat 3 set x 8 repetitions
	Dumbbell Fly 3 set x 12 repetitions	Lunge 3 set x 12 repetitions
	Lat pulldown 3 set x 12 repetitions	Leg Press 3 set x 8 repetitions
	Seated Row 3 set x 12 repetitions	Leg Curl 3 set x 12 repetitions
	Shoulder Press 3 set x 8 repetitions	Leg Extension 3 set x 12 repetitions