

IT'S TIME FOR WELLNESS WEDNESDAY



Planning your exercises

Get fit with a plan

How many times have you walked into the gym and not had an idea of what you wanted to work on that day? Have you ever gotten on your bicycle with an intent for exercise and not known how long you were going to ride and/or at what intensity you wanted to go? What about going for a run and not planning out your mileage?

One of the major keys to successful action in fitness is making a plan--setting a daily goal. Not only does this make for a well organized workout, but it also creates a sense of accountability and excitement! You can look forward to everything you are going to accomplish that day in your own little world of fitness!



Where to begin:

1. Find a journal or a planner
2. Select the days you plan to work out
3. Select your mode of fitness!
4. Pick a time each day where you will not be stressed or rushing.
5. Write down precisely what you plan to do for each session. Use the FIT Principle: Frequency. Interval. Time
6. Decide! Commit! Achieve! Succeed!

Things to consider:

Most people know what their week is going to look like before it happens. Remember this when planning your work out days.

Think about which days you feel the most energized and will have the most time to make yourself committed and available for exercise. If you select a day that is slam full of prior engagements, you will probably bail on your fitness plans.

When writing down which days are your workout days, write down the entire week, then rotate your days accordingly throughout the week. You will only have to plan workouts once a month!



BACK/CORE 6:00am Dec 14

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
CHINUPS	15	11	9	9	8
CABLE ROW	70	70	70	60	50
BARBELL ROW (WIDE GRIP)	12	12	9	9	8
DUMBBELL ROW	145	145	145	9	
HAMMERSTICK	10	10	55		
LEG RAISE	55	55	8/7		
DECLINE SITUP	10/10	10/10			
SWISS BAK					

