

Warm-up Activity

Purpose: To increase blood flow to the working muscles, increase the ability of the musculature to contract, and to decrease the chance for injury.

Suggestions: 5 to 8 minutes of brisk walking, jogging, biking, etc.

Aerobic Activity

Purpose: To increase efficiency of the cardiovascular and pulmonary systems, to burn excess calories, increase metabolic rate, reduce body fat, and increase muscular endurance.

Suggestions: Swimming, running, walking, rowing, biking and the stairmaster are all examples of aerobic workouts. Your aerobic workout should range between 20- 40 minutes, 3-5 times per week. Stay within your target heart rate/training zone guidelines.

Aerobic Cool Down Activity

Purpose: The cool down activity immediately follows the aerobic component of your workout. The purpose is to allow the heart rate/pulse rate to return as close as possible to a pre-exercise level.

Example: After jogging, bring your pace down to a walking level and continue to walk for 5 to 8 minutes.

Strength Training Activity

Purpose: To increase both muscular strength and muscular tone, thus decreasing percentage of body fat.

Suggestions: Maximum results can be obtained by using the strength training equipment 3 days per week, while allowing for one day rest between workouts.

Example: Working out Monday, Wednesday, and Friday.

Abdominal and Low Back Exercises

Purpose: To develop support in the torso and to prevent weakness in the lumbar region through conditioning and stretching exercises.

Suggestions: Abdominal crunches, Oblique crunches, Back- pelvic tilts lying on the floor, and various back stretches.

Stretching

Purpose: To increase overall flexibility (range of motion), promote circulation, and when performed following your strength training/Nautilus workout, will decrease muscular soreness.

Suggestions: Relax - never hold your breath. Ease into and out of all stretches. Always perform stretches when you are warm. Hold static stretches for 15 to 30 seconds- never bounce or pulse. Perform stretches on both sides of the body.

