

ESCAPE YOUR INNER HOMER

**A GUIDE FOR PEOPLE WHO WANT TO GET OFF
THE COUCH, BUT DON'T KNOW WHERE TO START**



BE REALISTIC

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- Make goals based on how much time you actually have available, rather than setting arbitrary targets.
- Analyze your day to see where you are losing time and to find opportunities for multi-tasking.
- Some movement is better than none.

Are you currently sedentary? You have a lot of potential!

“Our potential lies between what is and what could be”

- Strength gains -> 1-2x/wk,
 - 1x/wk not recommended because you will feel more soreness.
- Cardio -> Ideally at least every 2nd day, but if you're currently sedentary even 1x/wk will improve your fitness.
 - Improvements with as little as 10 minutes/session.

BEGINNER STRENGTH TRAINING

- Warm up → 3-5 minutes cardio
- 8 exercises, large muscle groups
Eg. Chest, Back, Legs, Shoulders, Abdominals, Lower Back, Obliques
- 1 warm up set
- 2 x 8-12 repetitions, 80% effort
- Cool down – 3-5 min cardio, 5min foam rolling
- Total Time = 30 minutes.

BEGINNER STRENGTH TRAINING

- Average size → machines Outlier → free weights
- Consult with a trainer
 - Free 30 minute session for all members

BEGINNER STRENGTH PROGRAM

Exercise	Sets	Reps	Weight	Notes
Leg Press	2	8-12	80%	Instructional video
Lat Pulldown	2	8-12	80%	Instructional video
Chest Press	2	8-12	80%	Instructional video
Shoulder Press	2	8-12	80%	Instructional video <i>(our model does not have the foot pedal)</i>
Back Extension	2	8-12	80%	Instructional video
Front Plank	2	20-30s	80%	Instructional video
Side Plank	2	20-30s	80%	Instructional video

BEGINNER CARDIO TRAINING

- Health Canada recommendation is 150 min/wk
- For improvement, target 20min 2x/wk and build from there
- Goal – 20 minutes of elevated heart rate.
 - Talk test → Elevated breathing but still conversational
 - Target heart rate estimate:
 - Men - 80% (220 – age)
 - Women – 80% (226-age)
 - Try to stay within ~10bpm

BEGINNER RUN PROGRAM

Week	Run 1	Run 2	Run 3
1	(Run 1 min, Walk 1 min) x10	(Run 1 min, Walk 1 min) x10	(Run 1 min, Walk 1 min) x10
2	(Run 2 min, Walk 1 min) x8	(Run 2 min, Walk 1 min) x8	(Run 2 min, Walk 1 min) x8
3	(Run 4 min, Walk 2 min,) x5	(Run 4 min, Walk 2 min,) x5	(Run 4 min, Walk 2 min,) x5
4	(Run 5 min, Walk 1 min) x4	(Run 5 min, Walk 1 min) x4	(Run 10 min, Walk 2 min) x2
5	(Run 10 min, Walk 2 min) x2	Run 15 min, Walk 2 min, Run 10 min	Run 20 min
6	Run 25 min	Run 20 min	Run 30 min

WHAT ABOUT STRETCHING?

- Stretching on its own does not prevent injury
- Foam Rolling before/after workouts
 - Improve muscle function
 - Reduces soreness
- Static stretching after workouts to increase flexibility
- To improve flexibility, frequency is key
 - Every day! Hold at least 20s.

ACTION VS OUTCOME

ACTION ORIENTED

- Define which actions you will take to achieve the goal
 - Eg eat a home-cooked meal 5 nights/wk

OUTCOME ORIENTED

- Define the desired result
 - Eg lose 50 pounds

COMMON BARRIERS

- Soreness
 - Start Slowly
 - Hydration
 - Foam Rolling
- Time
 - Morning Routine
 - Multi-task
- Injury
 - Consult Fitness Professional
 - Start Slowly
- Lack of Results
 - Consult Fitness Professional

JOANNA'S HOT TIPS

- Track your activity and how you feel each day. If weight change is a goal, also track your weight.
- Find a friend! This adds another layer of accountability.
- Sign up for a big, scary event. This will force you to prepare.
- Hire a professional! If your goal is to get fit, hire a trainer. If your goal is to lose weight, consult a dietician.

RESOURCES

- Exercise Library
 - [Exrx.net](#)
 - Good if you're just looking up a specific exercise. Tons of advanced information on this site
 - [Ace Fitness](#)
- Tracking
 - [Training Peaks](#)
 - [Strava](#)
 - Excel
- Nutrition
 - [Precision Nutrition](#) – learn about nutrition with scientifically researched articles
 - [My Fitness Pal](#) – Track your food and activity
 - [Ignite Nutrition](#) – Consult with a dietician
- Friend Finding
 - Group exercise class [schedule](#)

PRACTICAL SESSION WITH RICKI

- FREE!
- Wednesday, January 23rd from 1-1:45PM. Meet in studio 1.
- Pre-register at the front desk, or phone 587-476-5400
- Wear your workout clothes
- Limit of 12 people