

Introduction & Cardio Exercise Program
Transcript - English

Titan Workout!

Introduction

How you can be physically active!

Physical Activity:

Body movement produced by major muscle groups

Physical activity by definition is body movement produced by major muscle groups to burn calories.

Major Muscle Groups: Legs, Hips, Abdomens, Chest, Shoulders, & Arms

Major muscle groups include legs, hips, abdomen, chest, shoulders and arms.

Exercise is movement or activity with a purpose of burning calories

Exercise is movement or activity that has a purpose of burning calories.

The CDC recommends strengthening of the major muscle groups 2 or more times per week.

The Center for Disease Control also known as the CDC recommends two or more days of muscle strengthening per week of all the major muscle groups.

For Cardio, either:

150 minutes of moderate activity a week

75 minutes of vigorous activity a week

Or, an equivalent mix of both moderate and vigorous activity

And for cardio, all these minutes are listed per week. Are you able to keep a conversation? That would be moderate activity. Vigorous would be difficulty to keep a conversation and an increased heart rate. Or a mixture of both moderate and/or vigorous.

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Actually the current evidence shows that daily tasks contain positive health benefits as long as it is continuous and at least for 30 minutes.

Daily tasks: Walking, dancing, or climbing stairs

Health benefits: Heart, lung, kidney, blood, liver and other organs

30 continuous minutes is important!

Change is not easy, we know! However, a patient, prepared, beginning is always a good one regardless of the challenge.

Change doesn't come easy and setting your routines can be challenging. However, there are solutions that set you up for success such as goal setting, active planning and motivational phrases

Tools to help prepare for success! Goal setting, active planning, motivational phrases.

Goal setting example:

SMART: Specific, Measures, Attainable, Relevant, Time-Bound

Example Goal: 1 30 minute workout goal per week.

For goal setting, start out with your first month by setting at least one thirty minute workout goal a week.

Active Planning Example:

Be Concrete!

Think: What, Where, and When

(Remember to be active for 30 minutes)

For active planning, do an activity you already love to do. If you love the outdoors, if you like to walk, maybe drive somewhere that is relatively close and walk

*Motivational/Acknowledgement Phrases Example: "I am doing a great job!" "I accept this is difficult."
(Remember to use I statements)*

Motivational phrases can really help you go forward such as using I statements like "I am doing a good job" and "I accept that this is difficult".

It's Cardio Time!

We are going to go over a few exercises that you can do in your neighborhood park before and after exercise or instead of doing an exercise. People with any of the following conditions should consult with their doctor before exercising.

Physical Activity Readiness. Doctors clearance is advised if you have any of the following: Heart Condition, Chest Pain, Loss of balance or consciousness, Currently taking prescribed medicine for existing conditions.

Walking

The first cardiovascular exercise we will do is as simple as running, jogging, or sprinting around the perimeter of the park two times as fast as you can. After working out for a week or two of working out or if it becomes too easy for you, you can start adding more laps.

*Jogging,
Sprinting,*

Elliptical

Remember your fastest speed is not their fastest speed.

Two Person Elliptical

Go ahead and jump onto one of the elliptical machine for 30 minutes at your highest speed. Once this exercise becomes too easy add an extra five minutes or run even faster. Also at the parks with installed equipment, you can try the two-person elliptical for thirty minutes

No Park? Try High Intensity Interval Training of the following exercises!

Jumping jacks, Jump Rope, or Burpees

20 seconds working at 100% effort with 10 second rest. Try to go for 1 minute the first week & Increase 1 minute every other week.

*Jumping Jacks,
Burpees*

For those of you who do not have time or access to a nearby park we have perfect exercises for you. Go ahead and start doing jumping jacks. Another at home exercise is burpees. Here you will see these different modifications. The person on the left is doing the beginner burpee for this burpee you will not incorporate a push-up. In the middle you will see, an intermediate burpee. Here, you will incorporate a jump. And lastly, the advanced level burpees to your right will include a push-up and a jump.

Things to remember:

Perform Jogging, Walking, or Elliptical continuous at a moderate pace, able to keep a conversation, for 30 minutes

Or High Intensity Interval Training

Warming Up comes BEFORE the workout

Stretching comes AFTER the workout

Have a Great Workout!

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