

Titan Workouts!

Exercise	How Many? How Long?	Target of Exercise	Video
Warm-up (before workout any of the workouts)			
Walking Lunges	10 per leg	Warm-up – Legs	Warm-up
Side to side leg swings		Warm-up – Legs	Warm-up
High knees		Warm-up – Legs	Warm-up
Stretching For Flexibility (After workout; 2 times per week)			
Hamstring stretch	Hold for 15-30 seconds and repeat 3-5 times	Flexibility – Legs	Warm-up
Hip Flexor stretch		Flexibility – Legs	Warm-up
Calf stretch		Flexibility – Legs	Warm-up
Chest stretch		Flexibility – Chest	Warm-up
Balance			
Supported Single Leg Toe Touch	5 per leg	Balance	Warm-up
Supported Single Leg Squat		Balance – Strength – Legs	Warm-up
Upper Body Workout			
Shoulder Press	Strengthening: 2-3 days per week Beginners: 1 set of 10 repetitions Intermediate: 2 sets of 10 repetitions Advanced: 3 sets of 10 repetitions (shorter rest)	Strength – Arms/Shoulders	Upper-Body
Pull-Up (Advanced)		Strength – Arms/Shoulders	Upper-Body
Lat Pull Down		Strength – Back/Shoulders/Arms	Upper-Body
Row Machine		Strength – Shoulders; Abdomen/Back	Upper-Body
Chest Press		Strength – Chest/Shoulders/Arms	Upper-Body
Reverse Butterfly		Strength – Shoulders/Back/Arms	Upper-Body
Oblique Twist Station		Stretches Abdomen	Upper-Body
Pendulum		Abdomen/Back	Upper-Body
Abs		Abdomen	Upper-Body
Lower Body Workout			
Leg Press	Strengthening: 2-3 days per week Beginners: 1 set of 12-15 repetitions Intermediate: 2 sets Advanced: 3 sets	Upper Legs	Lower-Body
Standing Hip Ad & Ad-duction		Side of Hips	Lower-Body
Hip Abduction		Side of Hips	Lower-Body
Hip Flexion		Front of Hips	Lower-Body
Hip Extension		Back of Hips	Lower-Body
Hip Thrusts		Back of Hips	Lower-Body
Monster Walks		Side of Legs	Lower-Body
Heel & Toe Raise		Lower Legs	Lower-Body
Body Weight Circuit			
Squats	Strengthening: 2-3 days per week	Strength – Legs	Body Weight
Push-ups		Strength – Arms/Chest	Body Weight
Lunges	30 seconds work and rest 15 seconds	Strength – Legs	Body Weight
Plank		Strength – Abdomen	Body Weight
Arm circles		Strength – Arms/Shoulders	Body Weight
Jumping jacks		Repeat circuit twice for 15 minute workout	Strength – Whole body

Cardiovascular Workout (Target 150 min/week of moderate activity or 75 min/week of vigorous)

Walking, Jogging, Running,	Try laps around your local park; Start with 2 laps and increase as it becomes easier	Cardiovascular	Intro & Cardio
Elliptical machines at parks	Try 30 minutes at a time	Cardiovascular	Intro & Cardio
High Intensity Training: Jumping jacks; burpees, jumping rope	20 seconds with 10 seconds rest; start with 1 minute; then increase 1 minute every other week	Cardiovascular	Intro & Cardio