



# Exercise Basics

Exercise doesn't have to be long and tedious. Intensity is the name of the game. Both types of workouts...intense and short or less intense and long serve different purposes. If you work out hard you don't have to work out long. Knowing a few basics will help you understand how to effectively train.

## STRENGTH TRAINING

Means to add resistance to an exercise in order to build muscle.

### HOW OFTEN SHOULD I STRENGTH TRAIN?

Three days a week is sufficient for strength training. If you are a beginner, start by dedicating two days each week to work out. Then add a third day to your regimen as you progress.

If you enjoy strength training and want to do it every day it is best to use a SPLIT ROUTINE. A split routine means to focus on one set of muscles the first day and then a different set of muscles the next day. For example, on the first day, exercises will work the chest, abs, quadriceps, and biceps and on the second day exercise will work out the muscles of the back, hamstrings, triceps, and shoulders. The split routine allows the worked muscle groups the time necessary to heal and repair themselves. After a strenuous workout, muscles need 24 to 48 hours to recover before working them again.

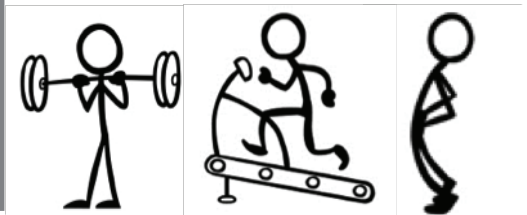
## BENEFITS

- increased muscle strength and power
- decreased anxiety and depression
- decreased risk of bone loss
- decreased risk of heart disease

### HOW LONG SHOULD A TRAINING SESSION BE?

Start with 30 minutes and work your way up to 60 minutes.

Working longer than 60 minutes will result in over-trained muscles, which hinders muscle growth. Make the most of your 30 to 60 minutes and be done.



## CARDIO RESPIRATORY TRAINING

Aerobic exercise is any type of exercise that increases the heart rate. This improves the ability of the heart and lungs to provide oxygen to tissues in the body via the bloodstream.

### HOW OFTEN SHOULD I DO CARDIO?

Most days of the week you should get at least 30 minutes of cardio, or you can do cardio on the days you don't strength train. To improve your cardiovascular endurance, you can increase the time of each training session.

### BENEFITS

- increased metabolism
- improved quality of sleep
- reduced recovery time
- reduced risk of cancer
- improved heart health
- BETTER QUALITY OF LIFE
- reduced stress
- REDUCED RISK OF DEATH

## FLEXIBILITY

Is the ability to move joints through their full range of motion.

### WHY IS FLEXIBILITY IMPORTANT?

Increased range of motion is associated with reduced risk of injury and improved athletic ability.

### WHEN SHOULD I STRETCH?

Before and after exercise. Stretching before exercise will increase the blood flow to the muscles and help prevent injury. Stretching after a workout will reduce soreness and increase the length of the muscle. Stretching after exercise, while your muscles are warm increases flexibility and power.

### PAYSON

15 S 1000 E Suite 125  
Payson, Utah 84651  
Phone : 801-465-2559

### SPANISH FORK

325 W Center  
Spanish Fork, Utah 84660  
Phone : 801-465-2559

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## STRENGTH CIRCUIT LAYOUT

20 repetitions each exercise; 3 rounds each circuit

Choose an exercise that fits the muscle group you are working.

CIRCUIT 1 MONDAY	CIRCUIT 2 WEDNESDAY	CIRCUIT 3 FRIDAY
Chest	Chest	Biceps
Quadriceps	Hamstrings	Calves
Back	Back	Triceps
Abs	Abs	Abs

### EXAMPLE:

Monday (Circuit 1): 20 chest presses, 20 squats (with or without additional weight), 20 rows, 20 bicycles. REPEAT THIS CYCLE 3 TIMES

Tuesday: 30 to 60 minutes cardio (ie: fast walk or jog, bike, elliptical, etc.)

Wednesday (Circuit 2): 20 push ups, 20 deadlifts, 20 pull downs, 20 crunches. REPEAT THIS CYCLE 3 TIMES

Thursday: 30 to 60 minutes cardio (ie: fast walk or jog, bike, elliptical, etc.)

Friday (Circuit 3): 20 bicep curls, 20 calf raises, 20 triceps kickbacks, plank (as long as you can). REPEAT THIS CYCLE 3 TIMES

Saturday: 30 to 60 minutes cardio (ie: fast walk or jog, bike, elliptical, etc.)

Sunday: rest

NOTE: The internet will have good examples of exercises that you can do in each of these muscle groups but use wisdom in choosing reputable sites and exercises, based on your fitness level.

## SPLIT ROUTINE LAYOUT

CIRCUIT 1 MONDAY	CIRCUIT 2 WEDNESDAY	CIRCUIT 3 FRIDAY	CIRCUIT 1 TUESDAY	CIRCUIT 2 THURSDAY	CIRCUIT 3 SATURDAY
Chest	Chest	Biceps	Back	Back	Biceps
Quadriceps	Quadriceps	Quadriceps	Hamstrings	Hamstrings	Hamstrings
Abs	Abs	Abs	Shoulders	Shoulders	Shoulders
Biceps	Biceps	Triceps	Triceps	Triceps	Triceps

NOTE: Be sure to add 30+ minutes of cardio to this routine 3 to 4 days of the week.

## WHAT SHOULD I EAT?

It is not wise to eat a large meal before any workout, especially an aerobic workout. When exercising, blood is naturally diverted to the muscles that are being worked hence there is less blood flow to the stomach and less ability to digest food. Strenuous exercise after an intense workout may cause a stomach ache or cramp.

**PRE-WORKOUT:** Contrary to popular belief, carbohydrates are necessary for proper body function. They are especially important during a workout; they fuel the body with energy. Before a workout, mix both complex carbs (more fiber content) for sustained energy and simple carbs (less fiber content) for an added energy boost.

**POST-WORKOUT:** High quality protein foods are key to building muscle right after a strength training session. Adding some complex carbohydrates will replenish your energy level.