

## **General Cardiovascular (CV) Workout**

Warm-Up	5-10 minutes, low to moderate intensity
Training	20-60 minutes, moderate to high intensity
Cool-Down	5-10 minutes, low to moderate intensity

Frequency is determined by the goals of the participant. Each participant is encouraged to do at least 30 minutes of CV activity, ideally 6-7 days per week. (This does not have to be 30 minutes at once, it can be broken down into as little as 10 minutes increments with the total per day of 30 minutes.) Intensity and duration is determined by the Karvonen formula for Training Heart Rate (THR) and the fitness level of the participant (based on how fit they say they are) and the goals of the participant.

If the participant is not interested in doing CV work in the weight room they are still trained to do the warm up and cool down as stated above.

## **General Weight Room Workout**

**Warm-Up** 5-10 minutes on CV machines of their choice at low to moderate intensity  
If CV is part of training then continue on CV machine for 20-40 minutes at moderate to high intensity.

**Weights** Weight room workouts can consist of one or all of the following exercises:

- Multi-Station Bench Press
- Multi-Station Seated Shoulder Press
- Multi-Station Lat Pull
- Multi-Station Chest Pull
- Multi-Station Seated Row
- Multi-Station Pec Deck
- Multi-Station Seated Chest Press
- Multi-Station Hip Flexor
- Multi-Station Dips
- Multi-Station Hamstring Curl
- Multi-Station Leg Extensions
- Multi-Station Toes Raises
- Multi-Station Leg Press
- Cable Cross-Over Shoulders
- Cable Cross-Over Triceps/Biceps
- Cable Cross-Over Hip Flexors/ Extensors
- Cable Cross-Over Leg Abductors/Adductors
- Cable Cross-Over Pull-Ups/Chin-Ups
- Free Weight Preacher Curls
- Free Weight Bench Press with Bar
- Free Weight Incline Bench
- Free Weight Flat Bench
- Crunches
- Obliques Internal/ External

**Cool-Down** Heart Rate should be 65-85%

**Stretches** After the cool down the participant will be encouraged to spend 3-5 minutes stretching the various muscle groups just used.