

First Coast Games Healthy Living Challenge - Phase I

NAME _____

AGE _____ HOME PHONE _____

RESTRICTIONS/LIMITATIONS:

RPE:

Level 1: I'm watching TV.

Level 2: I'm comfortable and could maintain this pace all day long.

Level 3: I'm still comfortable, but am breathing a bit harder.

Level 4: I'm sweating a little, but feel good and can talk easily.

Level 5: I'm just above comfortable and can say three words together.

Level 6: I can still talk, but am slightly breathless.

Level 7: I can still talk, but I don't really want to. I'm sweating a lot!

CARDIO: TIME (15-20 min)														
RPE: Keep between 4-6														
Lower Body														
Stationary Lunges														
Bench Squats														
BW Calf Raises														
Upper Body														
Selectorized Chest Press														
Back Extensions														
Band Bicep Curls														
Bench Dips														
Selectorized Seated Row														
Core Exercises														
Basic Crunch														
Bicycle Crunch														
Reverse Crunch														

Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.