

# First Coast Games Healthy Living Challenge - Phase II

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!

Level 8: I can grunt and can only keep this pace for a short time

period! Level 9: I am not able to do this more than 15-20sec. !

Level 10: I need to stop right now!!

PHASE II- Cardio followed by 2 sets of 12-15 reps

<b>CARDIO: TIME (20-25 min)</b>														
<b>RPE: keep between 5-7</b>														
<b>Lower Body</b>														
<b>Walking Lunges</b>														
<b>Selectorized Leg Press</b>														
<b>Calf Raises (on Leg Press)</b>														
<b>Wall Sit (30 seconds)</b>														
<b>Upper Body</b>														
<b>DB CHEST FLY</b>														
<b>Barbell Upright Row</b>														
<b>Selectorized Shoulder Press</b>														
<b>Tricep Pushdown w/Triangle</b>														
<b>Core Exercises</b>														
<b>Plank (10-20 sec. x 3)</b>														
<b>Vertical Chair Crunches</b>														
<b>Mountain Climbers (20 sec x 3)</b>														

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