

First Coast Games Healthy Living Challenge - Phase III

NAME _____

TRAINER _____

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 III- Cardio followed by 3 sets of 10 reps

CARDIO: TIME (25-30 min)																			
RPE: keep between 5-7																			
Lower Body																			
Wall Squats (20 sec. sets x 3)																			
Single-leg Bosu Squat																			
Mt. Climbers (30 sec. sets x 3)																			
Upper Body																			
Bosu Push-up																			
Lat Pulldown																			
DB Front/Side Raises																			
DB Hammer Curl																			
Overhead Tricep Extension (1 DB)																			
Core Exercises																			
Med-ball Crunches																			
Jackknife (20 sec. x 3)																			
Side Plank (10 sec. x 2 each side)																			
Supermans																			

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