First Coast Games Healthy Living Challenge - Phase IV

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 IV- Cardio followed by 2 ROUNDS of 12-15 reps

CARDIO: TIME (30 min)														
RPE: keep between 6-8														
Lower Body														
Lateral Lunges w/DB's														
Single-leg Squat (with Step)														
DB Straight-leg Deadlift														
Lateral Shuffles (with Bosu)														
Bosu Lunges (one-leg on Bosu)														
Upper Body														
DB Incline Bench Press														
DB Pullover														
21's (Top 1/2, Bottom 1/2, Full ROM)														
DB Reverse Fly														
Core Exercises														
Bosu Burpees w/overhead raise														
Vertical Chair Oblique Crunch														
Plank (30 sec. w/feet on Bosu x 2)														
Decline Sit-up														

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