

GENERALLY Fit, Build on the Plan

By Holly Snyder, CSCS, CPT



About me...

Moving into the New Year

5 Components of Fitness

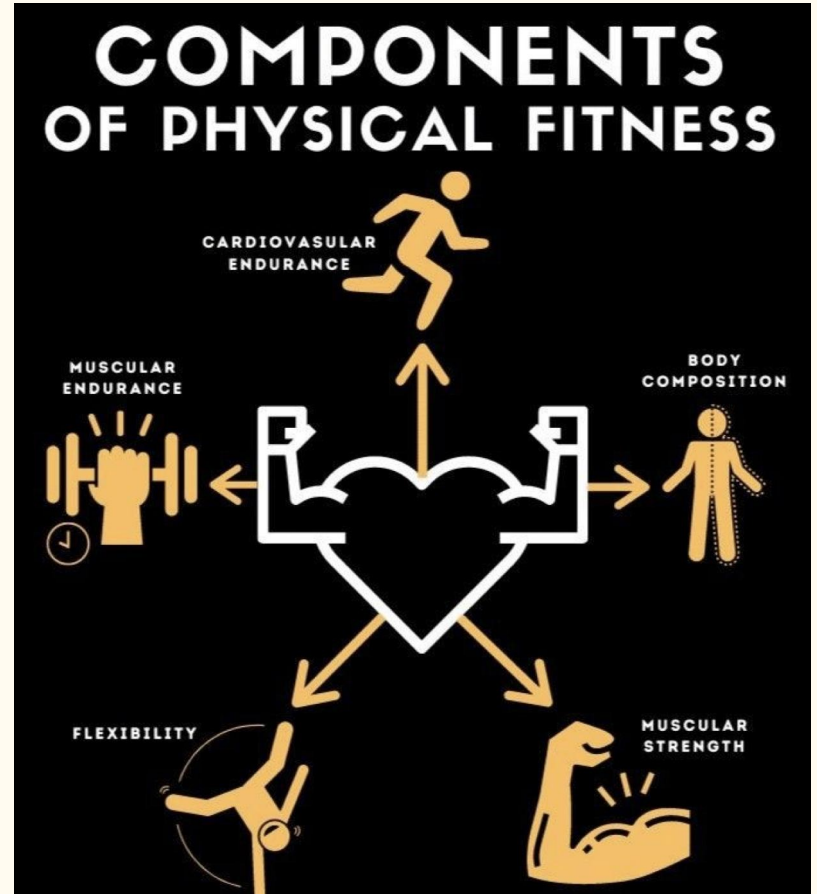
Cardiovascular Endurance

Muscular Endurance

Body Composition

Flexibility

Muscular Strength



Obstacles to Success

What are your fitness goals? What is your WHY?

What equipment or space do you have available to you at this time? Are you willing to go to a gym? Are you looking at completing your fitness journey at home?

Look at your schedule, have you carved time for fitness or movement opportunities?

What if you fail to achieve your goal? Is goal setting only important at the beginning of the year?



Exercise Plan - Let's Get FITT



Exercise Selection

- Back
- Biceps
- Legs
- Chest
- Triceps
- Shoulders
- Core



Modifications



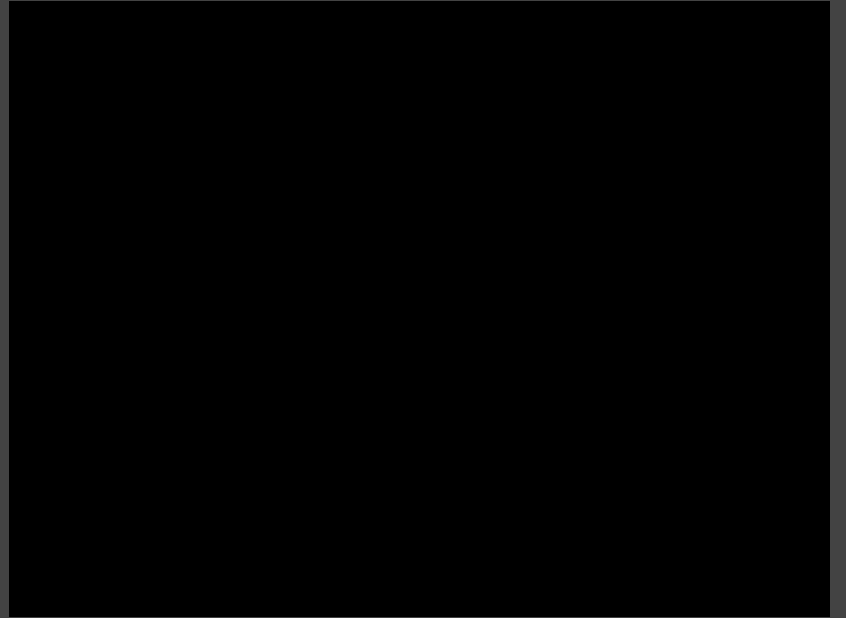
Exercise Modifications for Success

- Change the angle of your body
- Reduce the impact
- Reduce the range of motion
- Increase stability
- Reduce speed
- Reduce time or number of reps
- Reduce load/weight
- Combination of any of these



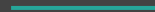
Knee Pain

Squats
Lunges
Burpees



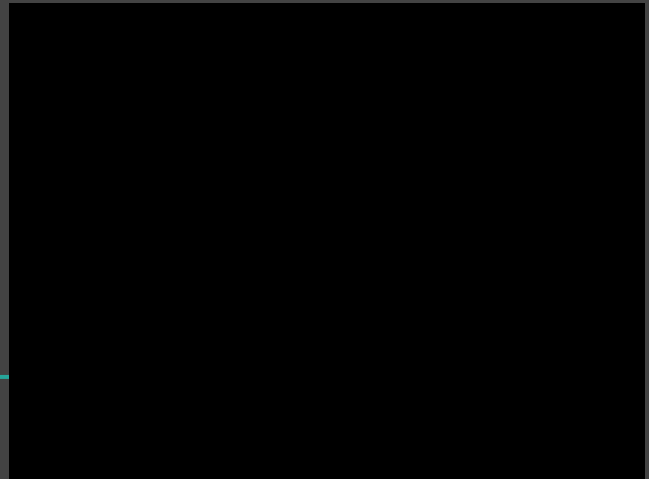
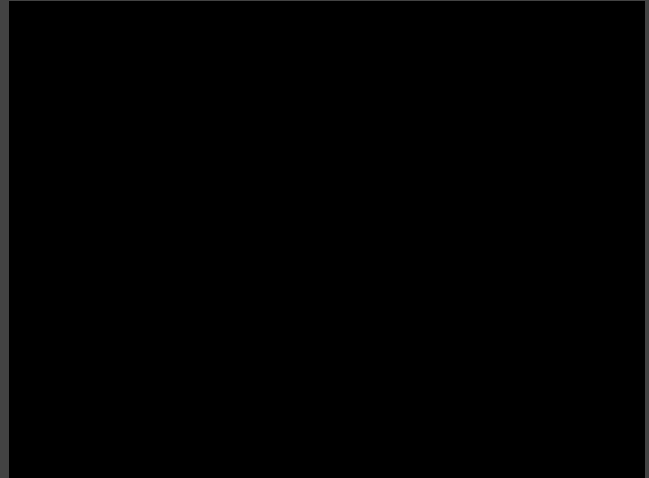
Shoulder Wrist Pain

Planks
Pushups
Overhead Work



Shin / Ankle / Foot Pain

Jumping
Mountain Climbers



Back Pain

EVERYTHING!!

- Change the angle of your body
 - Reduce the impact
 - Reduce the range of motion
 - Increase stability
 - Reduce speed
 - Reduce time or number of reps
 - Reduce load/weight
 - Combination of any of these
-

Playing with Numbers - sets/reps/time

Circuit Training - involves doing a series of exercises, one after the other, with no rest between each exercise. At the end of the series of exercises, you typically rest for a set period (30 to 60 seconds) and repeat the circuit two or three more times.

Supersets - alternating sets of two different exercises with no rests in between. Often, agonist/antagonist exercises are paired OR upper body/lower body exercises are paired.

AMRAP - As Many Rounds As Possible. Give yourself a time limit, work as quickly through your sets top to bottom as possible.

EMOM - challenges you to complete an exercise for a certain number of reps in less than 60 seconds. The remaining time within the minute is your recovery. Repeat at the start of the next minute.

Ladder - perform one or more exercises with an ascending or descending repetition pattern



SMART Share



Conclusion

Please plan to join us on Sunday, January 10 at 11amEST.

Foillow up with us on January 24 at 11am EST.

Also, please don't hesitate to contact me directly with questions or request for consulation. flexlexva@gmail.com

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