

Basic Workout Concepts

Weights

Work out 3 days a week, always with a day off between each workout. (e.g. M-W-F or T-TH-S)

Workout your entire body each time or do upper or lower body each workout

Do not do more than 22 sets each workout.

You should do a warm-up set when you begin a new body part. (does not count in the 22)

Total time spent working out should not be more than 45 minutes to one hour.

Always work the biggest muscles first.

You should have two different workout plans (e.g. "A" and "B")

The plans should work the same body parts but use different exercises.

Workouts need to be alternated for a total of three workouts every two weeks for each plan.

Change intensities: First day of workouts (3 to 5 reps), second (7 to 9), third (13 to 15).

Aerobics

You can run outside or on the equipment in the gym.

Remember, for the activity to be aerobic you have to do it without stopping.

When you use the equipment you should do intervals for the best results.

This system will let you workout for 19 to 28 minutes each time. (see below)

5 minute warm up

1 minute at high intensity, 2 minutes at a lower intensity

1 minute at high intensity, 2 minutes at a lower intensity

1 minute at high intensity, 2 minutes at a lower intensity.

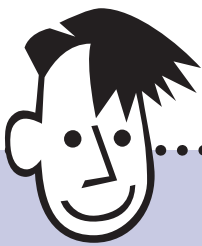
5 minute cool down.

You can add additional three-minute segments to increase the workout up to six segments.

Additional Activities

You should try and do fun activities each week for relaxation.

A key is to move your body and the number of steps you take each day. (10,000 per day is the goal).



Will's Wee Bits of Wisdom

The Best Time of Day to Exercise: is the Late Afternoon.

Your muscle strength is at its highest.

You're less likely to injure yourself.

Unlike the very early morning, you're awake and alert.

Your body temperature is a key factor when you exercise. In the afternoon, your temperature is one to two degrees higher than it is in the morning and that makes your muscles more supple. That, in turn, lowers the risk of injury.

Your maximum body temperature occurs between 2 p.m. and 4 p.m. Then it starts to decline.

But if you're a lark and prefer that up-with-the-sun run over an afternoon jog, then still set your alarm early.

Getting regular exercise is so important to your good health that you should do it when it works best for you—no matter what time of day it is. Besides, morning exercise has one advantage over afternoon exercise: It jumpstarts the body's metabolism to burn calories better all day long.

It is your lifestyle, and what works best for you is what is really important when determining your exercise time.