

# Five Elements to a great workout!

Jenn Voss, CPT and Fitness Coach

## Cardio.

Warming up with a short 8-10 minutes of continuous movement is a great way to get your energy up for exercising. I encourage my clients to think about the workout and cater their warm up towards warming up the muscles they will be moving. The other goal of a warm up is simply to get your body warm and heart rate elevated to increase blood flow throughout your body. Another component of cardio is working within your heart rate zones. (the basic formula for finding out your ranges is  $220 - \text{age} = \text{maximum HR}$ ) Here are the ranges and what you should be feeling/goal for each of them.

Target Zone/ % of max	objective	Whats Happening	at you will be feeling
Warm up/ 60-70%	Increase Blood Flow & Burn Fat	Pure aerobic state	You can talk comfortably
Aerobic Development/ -71-90%	Build Aerobic efficiency--Maximize fat burning at a higher rate	Small rise in blood-lactate, yet processed without build up	Can talk, may have urge to go faster and breathing deepens
Aerobic Endurance/ 91-100%	Increasing Endurance	Lactate level in blood rises, Fatigue starts to set in	Breathing noticeable, but not too difficult. Short sentences.
Aerobic Endurance*/ 101% +	Increases Athletic ability by improving lactate tolerance	Body switches to using mostly glycogen, lactate builds up.	Breathing is heavy, difficult & uncomfortable. Muscle Burn.

\*above 110% you achieve speed & power level --this is that ALL OUT EFFORT where you deplete glycogen stores.

## Strength.

I find that I will have a general focus for each of my strength workouts, but it boils down to three areas: full body, upper body or lower body. So many variables within the strength --here are some other guidelines I use when planning out workouts. I will alternate a push effort with a pull effort. Secondly, I will choose a number of reps and continue it throughout the set, stay consistent unless you will be doing a super set where as the reps go down, your weight/resistance will increase. Another factor to consider is speed--I will work within a 4-8 count when doing slower and change it up week to week. Pair up exercises by working opposing muscle groups and then alternating days of the week for resting muscles especially after an intense or heavy working session.

## Balance.

Single leg workouts are great for building a stronger core and sense of balance in our bodies. Don't forget you can also do unilateral work, with just one weight or piece of equipment or try to balance with one arm off of floor or bench. Two pieces of equipment that I always use for balance is a Bosu Ball and Stability Ball. Balance can be challenged both standing and on floor---simply put an unstable surface below a hand or a foot when doing exercises. Remember to engage your pelvic floor and keep your "powerhouse" strong throughout all balance work for full benefits and maximal results

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## Core.

Your core is your POWERHOUSE. The core is composed of any muscles between your shoulders and hips and I set up my workouts by engaging the muscles through the 3 planes of motion: sagittal, frontal & Transverse. Stand up straight and imagine a line running straight through you from front to back -- this is the sagittal plane. Now imagine a line running through you from left to right -- this is the frontal plane. Finally imagine a line running straight down through you from your head to your toes -- this is the transverse plane. Motions occur in each of these planes; you can visualize the lines to help you determine which plane an exercise is moving through.

The THREE top core movements I encourage everyone to do are:

1. Planks
2. Push Ups
3. Crunches/ Sit Ups

## Flexibility.

Flexibility refers to the range of motion for a given joint and is one of the most neglected areas at the gym and one that every client who walks in has room for improvement. Stretching is a form of exercise that can lead to an increase in flexibility. When improving flexibility, there are 2 main types of stretching: Dynamic (moving) and Static. (holding). Often we don't think of our warm up as a time to improve our flexibility but the dynamic actions we do are stretching our muscles in a moving manner---never hold a stretch in a warmup. The real work for flexibility comes into play with your cool down and where we hold STATIC stretches 10-15 seconds. Holding and breathing through the stretch, you will lengthen and help improve joint range of motion and stretch your muscles, tendons and ligaments.

## PUTTING IT ALL TOGETHER...NEXT STEPS

Set up a calendar or journal your workouts weekly to track your progress and make sure you are achieving all FIVE areas needed in putting together successful workout routines. You can alternate days of focusing on one or several areas and I have even seen clients do 2 hour workout sessions where they fit it all in. The beauty is you don't have to spend that much time, just stay consistent and put your focus on an area that helps you with your current goals.

Do you have BIG goals (half marathon, preparing for an adventure trip, sports related goals, weightloss) Need help planning your workouts? I do personal training 1-1 in the NW suburbs of Chicago and I also have partnered with Team Beachbody to run online bootcamps, coaching clients in following their own program based on their needs to achieve results. I have an online survey you can complete to apply for admission to my next VIRTUAL BOOT CAMP: <http://bit.ly/JVCHALLENGEApp>

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