### CLIENT GOALS

<table>
<thead>
<tr>
<th>Elevate heart rate for calorie deficit.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase in muscular endurance.</td>
</tr>
</tbody>
</table>

### WARM UP

1. Walk 10 minutes
2. Repeat 2x
   a. Kneeling hip-flexor stretch (1 minute)
   b. Inchworms (8 repetitions)
   c. Bodyweight Squats (15 repetitions)
<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS x REPS</th>
<th>WEIGHT</th>
<th>REST</th>
<th>MODIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>push up</td>
<td>4x15</td>
<td></td>
<td>45 seconds</td>
<td>Incline or decline</td>
</tr>
<tr>
<td>Prone Scapular (Shoulder)</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Stabilization Series - I, Y, T, W, O</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Formation</td>
<td>4x12</td>
<td></td>
<td>45 seconds</td>
<td>superman’s</td>
</tr>
<tr>
<td>Push up plank followed by</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>plank hold for 30 seconds</td>
<td>4x12</td>
<td></td>
<td>45 seconds</td>
<td>Do exercise from knees</td>
</tr>
<tr>
<td>Dips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Push up plank followed by</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>plank hold for 30 seconds</td>
<td>4x12</td>
<td></td>
<td>45 seconds</td>
<td>Do exercise from knees</td>
</tr>
<tr>
<td>Dips</td>
<td>2x20</td>
<td></td>
<td>30 seconds</td>
<td></td>
</tr>
<tr>
<td>Spider walks</td>
<td>2x45 seconds</td>
<td></td>
<td>30 seconds</td>
<td></td>
</tr>
<tr>
<td>Burpee with push up</td>
<td>3x8</td>
<td></td>
<td>20 seconds</td>
<td>Skip push up part of</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>exercise</td>
</tr>
<tr>
<td>V-up</td>
<td>2x20</td>
<td></td>
<td>20 seconds</td>
<td></td>
</tr>
<tr>
<td>Vertical toe touch</td>
<td>2x20</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**TRAINING DAY 2: Cardio training**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS x REPS</th>
<th>WEIGHT</th>
<th>REST</th>
<th>MODIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>5 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jog (7/10 RPE)</td>
<td>5 minutes</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>5 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jog (7/10 RPE)</td>
<td>7 minutes</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>2 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprint (8-10 RPE)</td>
<td>90 seconds</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>1 minute</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprint (8-10 RPE)</td>
<td>90 seconds</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
</tbody>
</table>
## Training Day 3: Rest

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets x Reps</th>
<th>Weight</th>
<th>Rest</th>
<th>Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest, stretch if necessary</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS x REPS</th>
<th>WEIGHT</th>
<th>REST</th>
<th>MODIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodyweight Squat followed by squat jumps</td>
<td>15 reps of both x4</td>
<td></td>
<td>45 seconds</td>
<td></td>
</tr>
<tr>
<td>Forward lunge followed by Cycled Split Squat Jump</td>
<td>15 reps of both x4</td>
<td></td>
<td>45 seconds</td>
<td></td>
</tr>
<tr>
<td>Glute Activation Lunges</td>
<td>2x12</td>
<td></td>
<td>45 seconds</td>
<td>Use wall for balance</td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>2x16</td>
<td></td>
<td>30 seconds</td>
<td></td>
</tr>
<tr>
<td>Front Plank</td>
<td>30 seconds x3</td>
<td></td>
<td>20 seconds</td>
<td>Do exercise from knees</td>
</tr>
<tr>
<td>Side plank</td>
<td>30 secs per side x3</td>
<td></td>
<td>20 seconds</td>
<td>Modified Side Plank</td>
</tr>
<tr>
<td>Static Squat hold</td>
<td>1 minute x3</td>
<td></td>
<td></td>
<td>Do less time</td>
</tr>
</tbody>
</table>
### TRAINING DAY 5: Full Body

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS x REPS</th>
<th>WEIGHT</th>
<th>REST</th>
<th>MODIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternate Leg Push-off</td>
<td>2x20</td>
<td></td>
<td>30 seconds</td>
<td>Forward lunges</td>
</tr>
<tr>
<td>Squat jump</td>
<td>2x20</td>
<td></td>
<td>30 seconds</td>
<td>Bodyweight squat</td>
</tr>
<tr>
<td>Superman’s</td>
<td>2x20</td>
<td></td>
<td>20 seconds</td>
<td></td>
</tr>
<tr>
<td>Lateral Cone Jumps (use household objects for</td>
<td>2x20</td>
<td></td>
<td>30 seconds</td>
<td>Do lateral jumps without “cones”</td>
</tr>
<tr>
<td>“cones”)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bulgarian Split Squat (use chair or other</td>
<td>2x 20 per</td>
<td></td>
<td>20 seconds</td>
<td>Forward lunges</td>
</tr>
<tr>
<td>hard surface)</td>
<td>leg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incline push-ups (use chair or other hard</td>
<td>3x15</td>
<td></td>
<td>30 seconds</td>
<td>Neutral push up</td>
</tr>
<tr>
<td>surface)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mountain climbers</td>
<td>2x20</td>
<td></td>
<td>15 seconds</td>
<td></td>
</tr>
<tr>
<td>Front plank</td>
<td>2x 45 secs</td>
<td></td>
<td></td>
<td>Do exercise from knees</td>
</tr>
</tbody>
</table>
## TRAINING DAY 6: Cardio

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS x REPS</th>
<th>WEIGHT</th>
<th>REST</th>
<th>MODIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>10 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jog (7/10 RPE)</td>
<td>5 minutes</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>2 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jog (7/10 RPE)</td>
<td>8 minutes</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>2 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jog (7/10 RPE)</td>
<td>10 minutes</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>Brisk walk (5-6 RPE)</td>
<td>2 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprint (8-10 RPE)</td>
<td>2 minutes or as long as possible</td>
<td></td>
<td></td>
<td>Continue to walk if needed or jog as much as possible</td>
</tr>
<tr>
<td>EXERCISE</td>
<td>SETS x REPS</td>
<td>WEIGHT</td>
<td>REST</td>
<td>MODIFICATIONS</td>
</tr>
<tr>
<td>--------------------------------</td>
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<td>---------------</td>
</tr>
<tr>
<td>Rest, stretch if necessary</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
COOL DOWN

Do each stretch for 60-90 seconds:
1. Childs pose
2. Cobra
3. 90 Lat stretch
4. Overhead tricep stretch
5. Open arm chest stretch
6. Hamstring stretch
7. Quadriceps stretch

NOTES FROM TRAINER (please explain any abbreviations used):

ALL EXERCISES are explained in detail in ACE'S ONLINE EXERCISE LIBRARY:
https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/experience/advanced/

Cardio intensity expressed in a 10-point RPE scale. 1 is rest, 5 is moderate, and 10 is hard vigorous work:

<table>
<thead>
<tr>
<th>RPE SCALE</th>
<th>RATE OF PERCEIVED EXERTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 /</td>
<td>MAX EFFORT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.</td>
</tr>
<tr>
<td>9 /</td>
<td>VERY HARD ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.</td>
</tr>
<tr>
<td>7-8 /</td>
<td>VIGOROUS ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Borderline uncomfortable. Short of breath, can speak a sentence.</td>
</tr>
<tr>
<td>4-6 /</td>
<td>MODERATE ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.</td>
</tr>
<tr>
<td>2-3 /</td>
<td>LIGHT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Feels like you can maintain for hours. Easy to breathe and carry a conversation.</td>
</tr>
<tr>
<td>1 /</td>
<td>VERY LIGHT ACTIVITY</td>
</tr>
<tr>
<td></td>
<td>Hardly any exertion, but more than sleeping, watching TV, etc.</td>
</tr>
</tbody>
</table>
WARM UP GUIDELINES

Warm up for 5-10 minutes before beginning your workout.

What does a proper warm up consist of?
A proper warm up can help by decreasing risk for injury and getting blood flowing to your muscle tissue. A warm up may consist of dynamic movements or light cardiovascular exercise. Dynamic movements involve moving through an entire range of motion without holding one position for more than 5 seconds.

Should I foam roll or do mobility work in my warm up?
Yes, if you would like to incorporate mobility work such as foam rolling into your warm up or before a workout this may be beneficial as well. However, foam rolling and mobility work are not sufficient enough to elevate your heart rate and adequately prepare your body for a workout.

Should I perform warm up sets?
Absolutely, before large compound movements (i.e. Squat, Deadlift, Bench, Press) you should perform the movement with a lighter load (or no weight/just the barbell) to warm up before adding heavy loads to the movement. Warm up sets are not necessary for accessory, single joint movements.

REST PERIODS

Do I really need to rest between exercises?
The amount of time you need to rest between each exercise will be listed next to the exercise in the rest column. It is important to rest between sets so your body can recover and perform well during the following sets.

COOL DOWN

Why should I cool down after exercise?
A cool down is important after exercise because it allows you to relax and for your heart rate to return to normal. A proper cool down protocol will be attached above with your program.

PROGRESSION

How can I progress my workouts?
It is important to progress exercises in order to provide continuous overload to the muscle tissue and consistently advance towards your goals. Progression can be achieved in various ways, through decreasing rest period, increasing the number of repetitions performed, increasing the number of sets performed of a given exercise, increasing the weight used for an exercise, exercising more frequently and performing a more challenging variation of an exercise. Be sure to consult with your trainer regarding specific progressions for your program.

When should I progress my exercises?
Typically, if you are able to perform the prescribed sets and reps for a given exercise for two consecutive exercise sessions (or weeks), you should increase the difficulty in order to progress.

Should I constantly be switching up my program?
No! In order to consistently progress towards a goal, the same exercises should be completed with only small progressions introduced when necessary. It is difficult to make progress if the exercise program is constantly changing week to week.
FREQUENTLY ASKED QUESTIONS CONTINUED

What if I miss a workout?
If you only miss one workout, don’t sweat it! Just complete the workout you missed on the next training day. If you have missed multiple training days, skip it and continue on with the workout you would usually be on. Do not try to “make up” two workouts in one exercise session.

REP/SET

What do sets and reps mean?
A repetition is a complete motion of an exercise, while sets are the number of times a group of repetitions is performed. (i.e. 2 sets of 10 means that a given exercise was performed ten times, followed by a period of rest, then another 10 repetitions were performed)

EXERCISE SUBSTITUTION/SELECTION

What if I don’t like an exercise or the equipment is in use?
If you don’t have access to certain equipment, experience pain during a certain exercise or dislike the movement, please refer to the modifications section of the exercise program or contact your trainer for additional suggestions.

What if I get bored with my exercise program?
If you get bored with your exercise program, you may schedule a follow up with your trainer and consult them for a new program. However, keep in mind that changing your exercise program too frequently will hinder progress.

PROPER ATTIRE

What should I wear to the gym?
Proper attire usually consists of athletic shoes and athletic clothing. Please consult the Student Life Recreational Sports appropriate gym attire guidelines.
ADDITIONAL QUESTIONS AND RESOURCES

What should I eat and how should I plan my meals?
Student Life Student Wellness Center Nutrition Coaching – FREE Nutrition coaching for Ohio State students:
go.osu.edu/nutritioncoaching

Should I be using protein powder and other supplements?
Unbiased source providing information on nutrition and supplements:
https://examine.com

What if I don’t know how to do some of these exercises or I don’t know what they are?
ACE Exercise Library – Browse more exercises with detailed descriptions and form cues:
go.osu.edu/ACE

For any additional questions regarding your exercise program please contact your trainer for more information. If you would like any additional progressions or a new exercise program (without the fitness assessment), you may schedule a follow up assessment.

To take your training to the next level, hire a personal trainer for individualized exercise programs, direct supervision and coaching. Contact your trainer for more information or refer to the Recreational Sports website, recsports.osu.edu.