

Developing a workout program

So you've vowed you're going to get in shape. So whether it's to get healthy in general, to shed a few pounds or to slug the softball out of the infield this summer, read on for some exercises to get you started.

A PLAN FOR NEW OR RETURNING EXERCISERS

Brody Harms, the fitness manager of Aspen Active in West Des Moines, Iowa, designed a 60-minute total-body workout, which includes cardio and strength training. Try it three days a week, on nonconsecutive days, to start off. Exercises demonstrated below:

STEP 1: CARDIO

Start with your cardio to get your heart rate elevated, then move on to strength training.

WARM-UP	YOUR TARGET HEART RATE	COOL-DOWN																
Pick a piece of cardio equipment — treadmill, elliptical machine, bike, etc. — whichever you prefer. Start at a comfortable pace and gradually increase for five minutes.	Once warmed up, increase your intensity to achieve your target heart rate for a total of 20 minutes. There are a variety of ways to determine your maximum heart rate. The American Heart Association offers these guidelines. <table border="1"> <thead> <tr> <th>AGE</th> <th>BEATS PER MINUTE</th> <th>40</th> <th>90-135</th> </tr> <tr> <th>MINUTE</th> <th></th> <th>AGE</th> <th>BEATS PER MINUTE</th> </tr> </thead> <tbody> <tr> <td>20</td> <td>100-150</td> <td>50</td> <td>85-127</td> </tr> <tr> <td>30</td> <td>95-142</td> <td></td> <td></td> </tr> </tbody> </table> <p>Note: When just starting, it may be too difficult to exercise in your target zone. Start slower and increase at your own pace.</p>	AGE	BEATS PER MINUTE	40	90-135	MINUTE		AGE	BEATS PER MINUTE	20	100-150	50	85-127	30	95-142			After 20 minutes, decrease your pace to allow your muscles to recuperate and prevent dizziness.
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STOP EXERCISING ...

if you experience any of the

- Dizziness
- Headache
- Nausea
- Confusion
- Body temperature below normal
- High body temperature
- Muscle cramps
- Sweating stops
- Extreme thirst

CONSULT A DOCTOR ...

If you have a history of heart, breathing or blood pressure problems, chest pain, dizziness, bone or joint conditions, or other conditions that may limit your capacity to exert yourself.

STEP 2: STRENGTH TRAINING

These exercises are good for both men and women.

THE PLANK

Hold for 30 seconds with a 30-second rest in between each set. Do two sets.

What it works: Abs, hips and back

TRAINER'S TIP Focus on dropping your diaphragm.

- Lie face down on the floor with your elbows bent.
- Tighten your butt and push with your elbows to lift yourself onto your forearms and toes. Hold, keeping your back parallel to the floor.

CRUNCHES

Do 15, then rest for 30 seconds. Do two sets.

What it works: Abs

TRAINER'S TIP Think about curling your rib cage forward.

- Lie on your back with your knees bent and arms crossed over your chest.

Tighten abs and lift with chest to raise shoulders off floor. Tuck chin and don't jerk. Hold for two seconds, then lower yourself and repeat.

SQUATS

With your side facing a mirror, do 15, then rest. Do two sets.

What it works: Quads, hamstrings, glutes and more

TRAINER'S TIP To help with form, place an exercise ball just above the small of your back between yourself and the wall.

- Stand with feet shoulder-width apart.
- Move back and down with hips until knees and quads reach a 45-degree angle. Don't extend your knees in front of your toes. Pause and return to starting position.

CABLE ROW

Using a machine or a resistance band secured straight ahead of you, do two sets of 15.

What it works: Back

TRAINER'S TIP Don't use your thumbs to grip the handles.

- Start with your back straight and your arms parallel to the floor.
- Relax your shoulders and neck and squeeze shoulder blades together as you pull back. Pause and slowly return to starting position.

HIP ABDUCTOR/ADDUCTOR

Do two sets of 15 with each. Without a machine, lie on your side and lift each leg off ground.

What it works: Inner and outer thighs

TRAINER'S TIP Focus on your core and hips.

- ABDUCTOR** Sit up straight and place your hand on your navel. Drive your knees outward.
- ADDUCTOR** Sit up straight and place your hand on your navel. Drive your knees inward.

PUSH-UPS

Do two sets of 15 with a 30-second rest in between each set.

What it works: Chest

TRAINER'S TIP Think about your body going up as one unit.

- Lie face down with your arms shoulder-width apart and your knees extended.
- Contract abs to spine then push up with arms, raising until arms are extended. Do not lock elbows. Hold and return to starting position.

ARM-TRIO

Using an exercise ball and 7.5-pound dumbbells, do 15 of each exercise, then rest. Do two sets.

What it works: Shoulders, biceps and triceps

TRAINER'S TIP Keep elbows steady and squeeze your shoulder blades throughout all three exercises.

- BICEP CURL** Sit up straight with arms extended toward floor, palms forward. Curl forearms toward shoulders. Do 15 curls.
- SHOULDER PRESS** Rotate hands so palms face forward again. Extend arms out and up, not straight up. Do 15 presses.
- TRICEP EXTENSION** Then, lower self so back and neck are supported by the ball. With palms facing in, extend arms away from body. Do 15.

Q&A

Answers to commonly asked questions about working out.

How often should you workout?

Experts recommend that you get at least 30 minutes of physical activity daily. A few guidelines:

- **Intense strength or resistance training:** Two to four times a week, allowing at least 48 hours between each session.
- **Regular, intense workouts that combine cardio with other training:** Take at least two days off a week.
- **Listen to your body:** If you're extremely sore, your muscles need time to recover.

Does your body become accustomed to a workout?

How often should you switch it up? Even if you're increasing the amount of weight you lift, your body learns to adapt. It's a good idea to change your cardio workout every two weeks and your strength workout every six weeks.

How much aerobic exercise is required to actually lose weight?

A lot of it depends on your metabolism. However, one pound of fat is the equivalent of about 3,500 calories. A healthy goal is to lose one pound per week, which means cutting approximately 500 calories a day either through exercise, diet or ideally a combination of the two.

Can you max out on exercise? When does it stop benefiting you?

As long as you're not training for a marathon or other endurance sport, there's little added value for your heart and lungs in doing more than 30 to 60 minutes of aerobic exercise. You may also increase risk of injury after that point. However, if you're trying to lose weight, the longer you exercise the more calories you burn. Period.

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