

Quick Start Guide for men

Use the following exercise information to get you rolling on your way to fitness. It is designed to be simple and effective.

Cardio: The BP Wellness Center has a variety of cardio machines to help you get fit, improve athletic performance and burn fat. Use the various built in training programs to automatically guide you through and interval cardio workout. These programs will challenge you, provide variety and keep your fitness progress from stagnating. Some program names include: Interval, Random, Hill Climb, Gluteal, Fatloss and many more. The machine display will show you what the course will look like to help you choose. You select the time and choose the difficulty. You can change time and difficulty at any time throughout the workout. Use the cardio workout tracking sheets to chart your progress from workout to workout (machine, program, time, calories burned).



Exercise:	Date:	3/8	3/10	3/13	3/17	3/19	3/21		
<i>Preacor EFX</i>	Prog	<i>Glut</i>	<i>Hill 1</i>	<i>Rand</i>	<i>Glut 1</i>	<i>Hill 1</i>	<i>Rand</i>		
	Time	<i>30</i>	<i>40</i>	<i>30</i>	<i>30</i>	<i>40</i>	<i>30</i>		
	Cals	<i>267</i>	<i>320</i>	<i>281</i>	<i>281</i>	<i>345</i>	<i>290</i>		
	HR	<i>152</i>	<i>147</i>	<i>167</i>	<i>150</i>	<i>148</i>	<i>161</i>		

Tips:







- Try to start with 2-3 days per week, 20-45 minutes (you can always build on the frequency and time)
- Pick 2-3 different programs or exercise machines to rotate one workout to the next.
- Gradually work to burn more calories or do more work in the same amount of time from workout to workout. Use the tracking sheets to help you do this.
- Always remember, you must see improvement in your performance before you will see improvement in your appearance.





Diet : Healthy eating is a big part of having a healthy weight and bodyfat level. What you need to do is simple—implementing it into your lifestyle is sometimes more difficult. Start by reading the Paleolithic Diet article available in the BP Wellness Center to give you an idea of where to start with your diet.

Tips:

- Weigh yourself each day—preferably first thing in the morning after going to the bathroom. This will help you track changes and keep you focused on what you need to do that day.
- Eat 5-6 times per day. People who eat more frequently, eat less.
- Always eat breakfast.
- Drink water throughout the day.


Strength: Keeping muscle active, toned and strong is an important part to staying fit and burning fat. Perform the following exercises 3 times per week:








Exercise		Sets	Reps	Weight/ Resistance
	<p><u>Lying Leg Press</u> Starting Position: Place your shoulders under the pads and your feet should be about shoulder width apart on the platform. Release the safety bars and bend your knees into a squatted position. Once your thighs break parallel then extend your legs to a soft bend in your knees. Repeat for the prescribed number of reps. Keep your abs tight throughout the movement to minimize low back injury or strain.</p>	1	15	
	<p><u>Standard Pushup</u> 1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line. 2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor. 3. Start position: Extend the elbows and raise the body off the floor. 4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor. 5. Return to the start position by extending at the elbows and pushing the body up. 6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.</p>	1	maximum	
	<p><u>Seated Cable Row (elbows out)</u> 1) Sit in upright position with knees slightly bent and feet planted on foot rests (if applicable). 2) Start position: Grasp bar with overhand grip (palms facing down), wider than shoulder width apart, and arms fully extended. Back should be straight in a neutral position. 3) Keep elbows high and facing way from body and pull bar towards chest. Squeeze shoulder blades together as bar touches chest. 4) Return to start position. 5) Remember to keep back straight throughout entire movement - forward flexion of low back may cause injury.</p>	1	12	
	<p><u>Seated Knee Extension</u> Sit in machine and place your shins behind the pad. Extend your legs by pushing into the pad until the legs are parallel to the ground. Return to the starting position.</p>	1	12	
	<p><u>Lying Hamstring Curl</u> 1) Lie face down on bench with pad adjusted to fit behind ankles. If machine does not angle upper torso downward, it is recommended that a pillow be placed underneath stomach. 2) Start position: Position knees below bottom edge of bench or pad. Legs should be straight with knees aligned to the lever arm axis of motion and hands grasping handles or side of bench (if applicable). 3) Raise lever arm by flexing at the knees past 90°. 4) Return to start position. 5) Remember to keep hips in contact with bench at all times. Do not hyperextend the low back during movement.</p>	1	12	
	<p><u>Seated Shoulder Press (lever)</u> 1) Sit in upright position or adjust seat to shoulder press position. 2) Adjust bottom position of press arm so that handles are approximately ear level. 3) Start position: Grasp handles with an overhand grip (palms facing forward). Elbows should be at 90° in bottom position. 4) Press weight up overhead. 5) Return to start position. 6) Do not lock out elbows. Keep back secured on seatback (if applicable) - hyperextension or flexion may cause injury.</p>	1	12	

 <p>Cable Curl</p> <ol style="list-style-type: none"> 1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent. 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides. 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement. 4) Return to start position. 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>x 12</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	x 12	
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 <p>Straight Leg Obliques</p> <p>Starting Position: Lie on your back and raise your legs straight into the air.</p> <p>Rotate your legs keeping them straight to the side and then return to the starting position. Repeat to the other side.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>x 15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	x 15	
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 <p>Stability Ball Crunch</p> <ol style="list-style-type: none"> 1. Sit in upright position on flexaball with feet flat on floor. 2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor. 3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest. 4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up. 5. Return to start position. 6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>x 20</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	x 20	
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 <p>Weighted Back Extension</p> <ol style="list-style-type: none"> 1) Position body face down on apparatus placing hips and ankles on respective pads. 2) Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Place a weight plate behind neck and hold with your hands. 3) Start position: Back should be parallel to ground with knees slightly bent. 4) Lower body until legs and hip are approximately at 90° 5) Return to start position. 6) To increase resistance, place arms behind head, arms extended overhead, holding weight plate or weighted object across chest. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>x 15</td> <td></td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1	x 15	
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Flexibility: A little stretching at the end of your workout will go a long way to keeping your muscles more relaxed and less likely to strain or tear. Try these stretches daily.

Hold each stretch for 30-60 seconds or repeat 3-4 times at 5-10 second holds. Stretching should cause you to feel tension in the muscles, but not pain.

Exercise	
	<p>Side Lying Quad Stretch</p> <ol style="list-style-type: none"> 1. Lie on your side on floor or bench 2. Pull heel toward buttocks until stretch is felt in front of thigh. 3. Hold for 20-30 seconds. Repeat as prescribed. 4. Remember to keep the low back straight - avoid hyperextending back during stretch by keeping abdominals tight.

	<p><u>Letter T Stretch</u></p> <ol style="list-style-type: none"> 1. Lie on back with right knee drawn toward chest. 2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area. 3. Hold for 20-30 seconds. Repeat as prescribed. 4. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should remain straight.
	<p><u>Glute</u></p> <p>Lie on your back and pull one knee towards your chest. You should feel a stretch in your glutes. Hold for the prescribed number of seconds.</p>
	<p><u>Supine Hamstring Stretch</u></p> <ol style="list-style-type: none"> 1. Lie on back and place rope or towel over the foot. Other leg should remain flat on floor at all times. 2. Slowly straighten knee until stretch is felt in back of thigh. 3. Hold for 20-30 seconds. Repeat as prescribed. 4. Remember to keep the low back straight to isolate stretch in hamstring.
	<p><u>Double Leg Straddle</u></p> <ol style="list-style-type: none"> 1. Sit with the upper body upright and your legs spread as far apart as possible. 2. Lean forward and reach out to grab your feet. 3. Hold for prescribed time and then repeat.
	<p><u>Childs Pose</u></p> <ol style="list-style-type: none"> 1. Sit the hips back into the heels and extend the arms forward. Rest the forehead onto the floor. Relax the neck, face and shoulders. 2. Keep the arms stretched and the fingers spread. Take 10 to 15 deep, slow breaths.
	<p><u>Low Back (cobra)</u></p> <p>Lie on your stomach in a pushup position. Pushup with your hands while keeping your hips flat on the floor. Your back should be in a hyperextended position. Hold for the prescribed number of seconds and repeat.</p>
	<p><u>Prone Calf Stretch</u></p> <ol style="list-style-type: none"> 1. Start by placing both feet flat on the ground. Lean forward and place your hands on the ground in a semi pushup position. 2. Walk your hands in toward your feet until a stretch is felt in your calves. 3. Hold for the prescribed time and then repeat.

The above programs should give you a good idea of how to get started on your own with exercise in the BP wellness Center. If you have questions or are unsure of what to do or how to do it, please just ask a Wellness Center staff member. You may also find you would like to take your training further by scheduling a training appointment with a staff member.