



Quick Start Guide for ladies

Use the following exercise information to get you rolling on your way to fitness. It is designed to be simple and effective. A great way to begin using the Wellness Center.

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>Precor 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 for toned glutes, abs and arms:

	<p>Bodyweight Reverse Lunge</p> <ol style="list-style-type: none"> 1. Start by standing with your feet shoulder width apart. 2. Step back with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee. 3. Maintain your upright posture throughout the movement. 4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3">1-2 sets of 15 reps</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of 15 reps		
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	<p>Standard Pushup</p> <ol style="list-style-type: none"> 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. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3">1-2 sets of as many as you can do</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of as many as you can do		
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	<p>Single Leg Hip Extension</p> <ol style="list-style-type: none"> 1. Lie on your back on the floor with your knees bent and feet flat on the floor or on a balance disc. 2. Raise one foot into the air and press your other foot into the floor or disc until your hips come up off the floor. 3. Press until your hips are at full extension. 4. Return to the starting position and repeat for the prescribed repetitions. Repeat with the other leg. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3">1-2 sets of 15</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of 15		
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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. Bend knees to make easier.</p>	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3">1-2 sets of 15</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of 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 colspan="3">1-2 sets of 20</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of 20		
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	<p>Air Bike Crunches</p> <ol style="list-style-type: none"> 1. Start by lying on your back with your hands behind your back and thighs bent 90 degrees at your hip. 2. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Return to the starting position and repeat with the other side. 3. Continuously repeat this pattern for the prescribed repetitions. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> </tr> </thead> <tbody> <tr> <td colspan="3">1-2 sets of 25</td> </tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	1-2 sets of 25		
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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><u>Side Lying Quad Stretch</u></p> <ol style="list-style-type: none">1. Lie on your side on floor or bench2. 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>



Prone Calf Stretch

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.