



# 2020

## Understanding Health & Fitness Education Series 7h

### Putting it all together.

## Muscular Phase

## The Basics

WHAT DOES A FORMAL/TRADITIONAL EXERCISE PROGRAM LOOK LIKE

EXAMPLE OF A WELL DESIGNED FITNESS CENTER PROGRAM

There are five phases to a basic fitness program and they proceed in the following order:

1. Warm Up Phase
2. Flexibility Phase
3. Cardiovascular Training Phase
- 4. Resistance/Strength/Muscular/Functional Training Phase**
5. Cool Down Phase with Stretches

### Resistance/Strength/Muscular/Functional Training Phase

Muscular ability is the capacity of your muscular system to exert force and to repeat/sustain force. Muscular strength is the ability to elicit maximal force while muscular endurance is the ability to elicit force repeatedly. Adequate muscular ability prevents disease and allows one to perform activities of daily living with vigor. It can be improved through exercise. It can be as simple as doing common movements to momentary muscular failure like a body weight squat. A workout should have all the major body parts worked (arms-bicep curls, legs-squats, chest-push ups, back-rows) done for 1 set for 10-15 reps or momentary failure. These exercises have been divided into two types (compound and isolation). Compound exercises simply work one major muscle group, while compound works more than one. A typical workout as a combination of them both incorporated into them.

Besides compound and isolation exercises functional exercises should be incorporated into your program. A common definition of functional training is that it attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries. Functional training does not need to be complex. It can be as simple as doing Basic Core (bridges, bird dogs, crunches), Balance (standing on one leg), and Compound Exercises like Push Ups, Squats and Lunges.

Muscular and Functional Conditioning should be done 2 to 3 times a week.

### Where to Start

If you are very new to fitness I often suggest the following our very **Simple Program** (7 exercises with modified versions of the essential **Essential 5 Core Exercises**). If that is too easy follow a **Basic Isolation Program** with the addition of **Non Modified Essential 5 Core Exercises, Gluteal (Core) Exercises, and Shoulder Stabilizing Exercises**. As you progress add some additional **Compound and Functional Training Exercises** - see future education series.

#### Simple Program (7 exercises with modified versions of the essential Essential 5 Core Exercises).

C. Morin's Simple Fitness Program are exercises that should be done almost daily throughout the week

#### 5 Essential Core Exercises



If just starting out perform modified version.



**Planks** (modified on knees)  
Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Sidebridge** (modified on knees)  
Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps

**Leg bridge** (modified double leg)  
Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Bird-dog** (modified raised hand out in front on floor)  
Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Crunch** with single bent knee 1-3 sets for 10 to 30 reps is a good goal, switch knees after 10 reps. Lift shoulders off floor and repeat. Modified-If needed use hands behind head for support.

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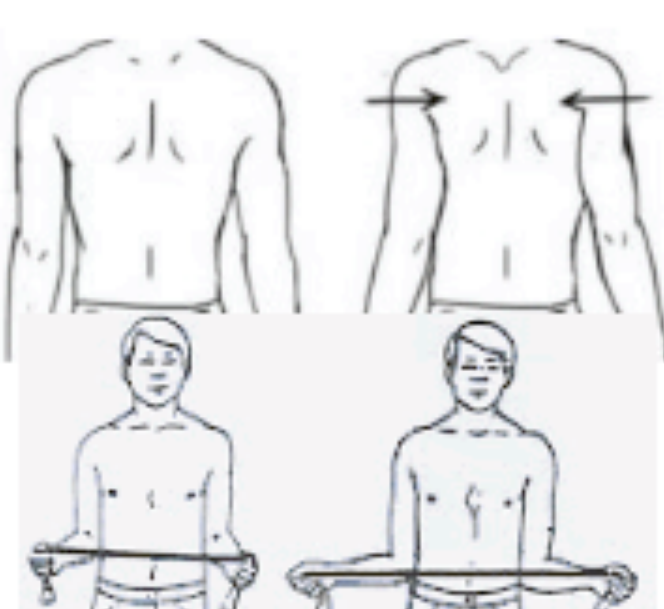
#### Simple Muscular Program



1. Supported Squat- Perform 10-15 Reps



4. Chin Tuck with Scapular Squeeze - Perform 10-15 Reps, hold for 5 Secs. Also try chin tucks with extensions.



2. Counter Top Push-Ups- Perform 10-15 Reps



5. External rotation with Bands Perform 10-15 Reps



3. Standing Leg Rotations- Perform 10-15 Reps



7. Band Rows-Open and Close Hands as wide as you can Perform 10-15 Reps



6. Band Rows- Perform 10-15 Reps

