

Get Stronger in a Snap

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- 3 Modes of Exercise
- Strength Training-defined
- Strength training in a Snap!
- Training Plan examples
- Circuit groups
- Resources

Agenda

- Cardio-
 - Intervals save time
 - Take more steps
 - Stairs
 - Walking meetings
 - Standing phone calls
 - Break up those 30 min.
 - High intensity
- Flexibility-
 - multi-tasking saves time
 - Try a yoga/Pilates class
 - Group Fitness classes
- Strength Training-
 - training plans save time
 - High intensity

3 Modes of Exercise-Make the most of your time

- **Strength**- the ability of a muscle to contract against a force or resistance.



- **Endurance**-the ability of a muscle to contract over time.



STRENGTH TRAINING

- **Supersets**
 - Opposing muscle groups
 - Same muscle groups
 - Upper/ lower
- **High Intensity**
 - Increase weights
 - Multi-joint exercises
 - Compound movements

Strength Training

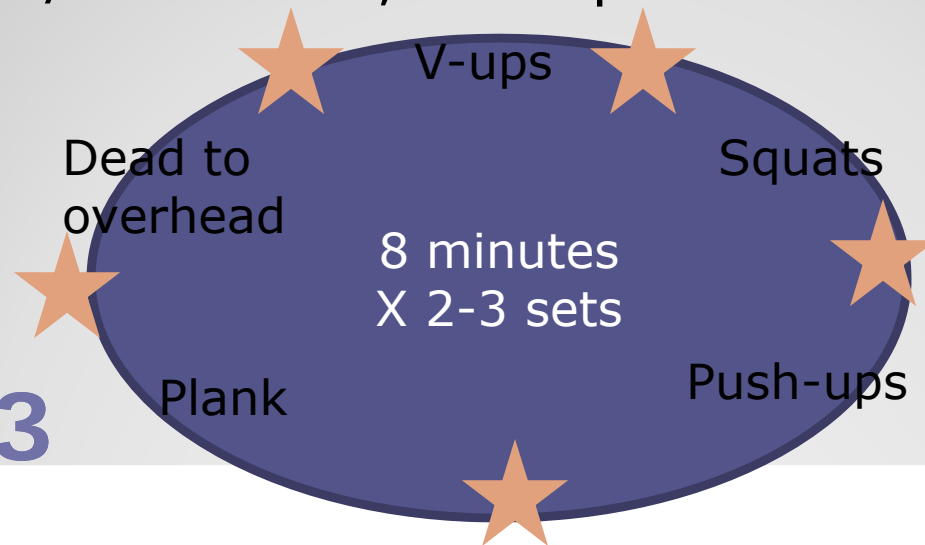
- Multi-joint
 - Squats
 - Deadlifts
 - Lunges-all directions
 - Leg press
 - Dips
 - Bench Press
 - Push-ups
 - Overhead press
 - Upright rows
 - Dumbbell rows

Plan 1

- Compound work-out
 - Plie squat w/ bicep curl
 - 1-leg squat w/ sh press
 - Deadlift w/ band row
 - Side plank w/ ab twist
 - 1-leg Dips

Plan 2

- Circuit-cardio & strength
 - 5 stations-60 seconds each
 - V-ups, squats, push-ups, plank (10 s rest), deadlift to overhead press
 - 30 seconds in between ★
 - Jumping jacks, jogging in place, speed bag, front/back kicks, cross punches



Plan 3

- www.about.com
- www.askmen.com

Resources