

February 2011

Heart-Smart Workout Circuit

Warm up with 10 - 15 minutes of interval training on your favorite cardio machine (elliptical cross trainer, bike, or treadmill).



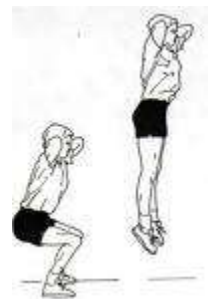
Interval training is a type of physical training that involves bursts of moderate to higher intensity work alternated with periods of low activity. For example if you are on the treadmill you may alternate walking with the treadmill inclined for a 1 minute or two with a minute or two of walking with it at a zero incline. Work hard to get your heart rate up and then slow down your pace to let your heart rate recover. Not only will you improve your heart health with interval training but you will also rev your metabolism for fat loss!

Complete each exercise for 45 seconds then take a 15 second break before starting the next exercise. Repeat each exercise circuit 2 -3 times



Circuit 1:
Jumping Jack with weighted ball

Squat Jumps
(Note: if squat jumps hurt your knees, try just doing the squats without the jump)

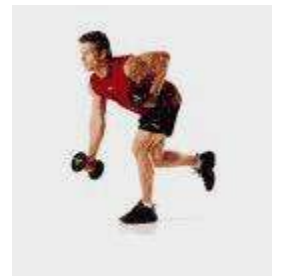


Lateral bounds over a step



Circuit 2:
Walking Lunges with weighted ball

Incline Pushups
(Note: if pushups from feet are too tough do them from your knees)



Single leg bent over back rows