



CARDIO FIT:

PROGRAM 1

WARM-UP

Exercise	Sets	Duration	Coaching Tip
SMR: Calves, Adductors, IT-Band, Lats	1	30 sec	Hold on tender areas for at least 30 seconds or until pain is reduced
Static: Calves, Adductors, Hip Flexors, Lats	1	30 sec	Hold each stretch for 30 seconds

CARDIO

Exercise	Sets	Duration	Coaching Tip
Elliptical	1	10 min	65% HR Max

CORE / BALANCE / REACTIVE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Core: Supine Marching	1	12	Slow	0	
Core: Supine Leg Slide	1	12	Slow	0	
Balance: Single-leg Balance Reach: Sagittal Plane	1	12	Slow	60s	
Reactive: Optional					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Total Body: Optional					
Chest: Push-Ups	1	12	4/2/1	0	Modify to kneeling position is necessary
Back: Standing DB Cobra	1	12	4/2/1	0	
Shoulders: Standing DB Scaption	1	12	4/2/1	0	
Biceps: Optional					
Triceps: Optional					
Legs: Ball Wall Squat	1	12	4/2/1	90s	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
SMR: Repeat Warm-up	1	30 sec each	Hold on tender areas for at least 30 seconds or until pain is reduced
Static: Repeat Warm-up	1	30 sec each	Hold each stretch for 30 seconds

Coaching Tip: Maintain proper alignment (5 Kinetic Chain Checkpoints) and reduce weight/reps if form fails. Squeeze your glutes when in hip extension and draw-in throughout entire workout. Vertically load exercises and complete all Core, Balance and Reactive exercises before moving to the Resistance portion of the program.

Great Resources: For help you can look through the program design chapter in your book or visit the learning center at www.HFPN.com (under exercise library).