

H.I.T. FITNESS
WAREHOUSE



WARRIOR

Starting A Workout Routine Guide 101

*A Workout Guide To Understand
Everything About How to get Started*

Disclaimer

This Fitness seminar is intended for informational and educational purposes only. We are NOT doctors, and therefore we make no claims that we can cure or prevent disease and illness. Before you begin any fitness program or incorporate any of the mentioned exercise movements, fitness tips or take any products in this presentation you should consult your physician.

-H.I.T. FITNESS WAREHOUSE TEAM

WHY START?

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, even improve your sleep habits ...AND you can do it in JUST 4 Steps!

- *The Benefits of a Good Fitness Program:*
 - Lowers blood pressure
 - Strengthens your bones and muscles
 - Lowers your risk for type 2 diabetes
 - Increases energy
 - Decreases medical costs
 - Improves self-esteem, and mood
 - Improves overall appearance

4 STEPS TO STARTING

#1: ACCESS YOUR FITNESS LEVEL

You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic, muscular fitness, core strength and body composition, consider recording:

- Your pulse rate before and after you walk/jog 1 mile
- How long it takes to walk/jog 1 mile
- How many pushups & air squats can you do in 1 minute
- How long can you hold a plank
- Total body weight & overall inches
- Body fat percentage



4 STEPS TO STARTING

#2: DESIGN YOUR FITNESS PROGRAM

It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind:

- Consider your fitness goals. Having clear goals can help you gauge your progress.
- Create a balanced routine. Most adults should aim for at least 150 minutes of moderate-intensity aerobic activity — or 75 minutes of vigorous aerobic activity — a week. Adults also need two or more days of strength training a week.
- Go at your own pace. If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist or personal trainer for help designing a fitness program that gradually improves your range of motion, strength and endurance.
- Build activity into your daily routine. schedule time to exercise as you would any other appointment
- Allow time for recovery. Plan time between sessions for your body to rest and recover.
- Put it on paper. A written plan may encourage you to stay on track.

4 STEPS TO STARTING

#3: GET STARTED!

Now you're ready for action. As you begin your fitness program, keep these tips in mind:

- **Start slowly and build up gradually.** As your stamina improves, gradually increase the amount of time you exercise.
- **Break things up if you have to.** You don't have to do all your exercise at one time. Shorter but more-frequent sessions have aerobic benefits, too.
- **Be creative.** Take a weekend hike with your family or spend an evening ballroom dancing.
- **Listen to your body.** If you feel pain, shortness of breath, dizziness or nausea, take a break.
- **Be flexible.** If you're not feeling good, give yourself permission to take a day or two off.
- **Stay Committed.** In order to achieve your goals you need to stay true to what you said you were going to do!

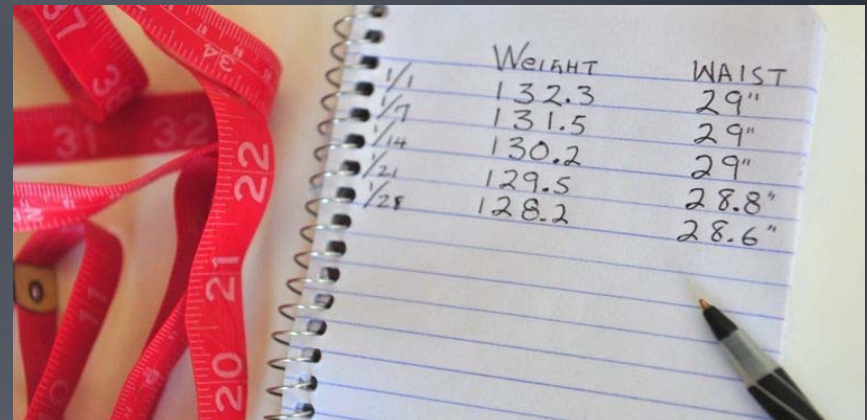


4 STEPS TO STARTING

#4: MONITOR YOUR PROGRESS

- **RE-MEASURE:** Retake your personal fitness assessment four weeks after you start your program and then again every three months.
- **RE-EVALUATE:** You may notice that you need to increase the amount of time you exercise in order to continue improving. Or you may be pleasantly surprised to find that you're exercising just the right amount to meet your fitness goals.
- **RE-INSPIRE:** If you lose motivation, set new goals or try a new activity. Exercising with a friend or taking a class at a fitness center may also keep you accountable.

Starting an exercise program is an important decision. But it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.



BE A CHAMPION™



CARDIO TRAINING: *Don't Skip Cardio Day!*

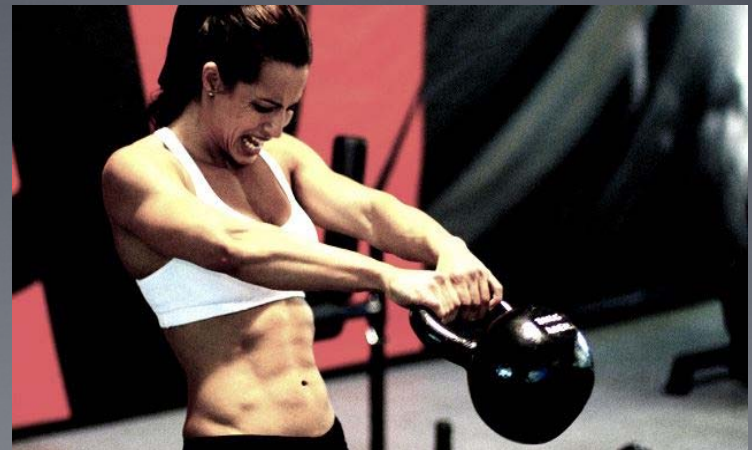
- The easiest part of starting an exercise program is making the decision to do it. You're motivated, you're excited and the fantasy of a new, slimmer you is enough to inspire you. The hard part is following through with your plans, a difficult task with so much confusion over how to get started.
- Whether you're someone who wants to lose extra pounds or a person who wants to get leaner while keeping muscle mass, **cardio must be in your workout routine**. It increases your endurance, helps you burn fat and prevents heart diseases.
- Some people prefer to do cardio in the morning, others just after work. There is no "best time" to do your cardio training. Whenever you feel fully energized, go for it!



CARDIO TRAINING: *Frequency and Duration*

We can define the cardio frequency and duration depending on your body type and your fitness goals. Provided below are two simple types of frequency and duration examples for your cardio sessions. However, these are just examples and should be modified depending on your goals:

- **OPTION #1:** Get Leaner But Don't Want To Lose Muscle Mass: You will get most benefits doing 1 to 3 cardio sessions per week with a duration of 20-35 mins at a moderate to high speed (70%-90% of your max heart rate).
- **OPTION #2:** Get Fit And Healthy: You can reach your goals while running 4-5 times a week for 45-70 mins at a low to moderate speed (50% to 70% of your max heart rate).



STEADY STATE CARDIO VS HIIT: What's More Effective?

- People always wonder what it's the most effective way to lose weight
 - **Low intensity steady state cardio or High intensity interval training?**
 - They both offer a great way to develop your cardiovascular system and they both have their place in a fitness program depending on your goals.
- **Difference Between Fat Loss And Weight Loss:**
 - Remember that good nutrition is key if you want to achieve your fitness goals. However, losing fat and losing weight are two different things:
 - **Losing fat:** Means that you've been able to burn the "extra" fat. This method is often used by people who want to burn fat while maintaining their muscle mass. It requires to have a very precise nutrition plan and cardio training that will allow you to only burn fat and not muscle.
 - **Losing weight:** Means losing weight can also occur when you've lost muscle tissue, or simply water. Muscle tissue loss happens when you're *burning more calories than you consume*, so your body uses muscle tissue as a source of energy. It's the worst nightmare for people who want to keep their muscle mass. However, it can be useful for someone who needs to take over 30 pounds of weight off for better health and joint integrity.

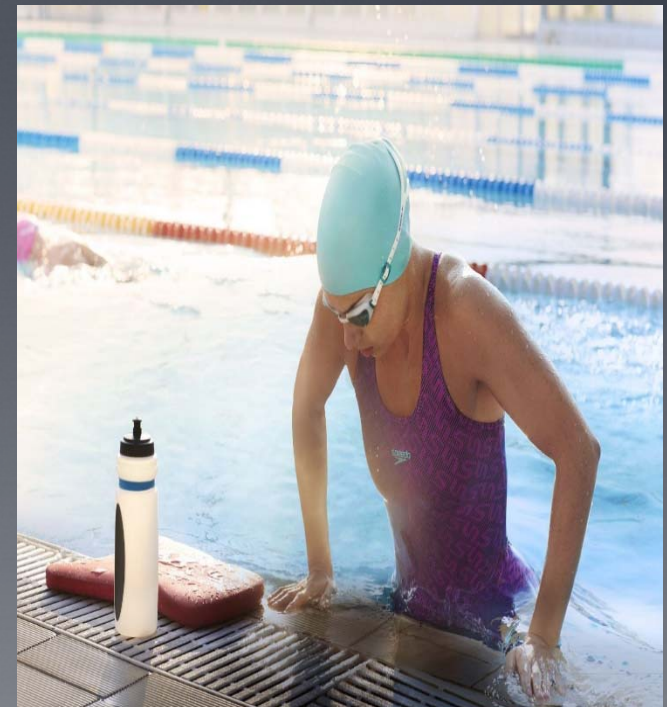
TYPES OF STEADY STATE CARDIO: Used in “Weight Loss”

- Type Of Exercises Considered As LISS (Low Intensity Steady State Cardio)
- Steady state cardio is an aerobic exercise that you perform at 50%-70% of your maximal capacity for over 30 minutes. The speed remains the same during the whole exercise. Here are some activities you can do as a steady state cardio:
- Walking
- Jogging
- Cycling
- Elliptical
- Swimming



STEADY STATE CARDIO: Pros & Cons

- For a long time, **steady state cardio** has proven to be very efficient with weight loss. It's recommended to run between 45 minutes - 90 minutes in order to obtain great results.
- LISS is a simple way of burning calories for beginners who need to lose 30 pounds or more.
- **Pros:**
 - LISS Improves cardiovascular system
 - You recover faster
 - Great for beginners
 - Can be done daily
 - Helps with overall weight loss
- **Cons:**
 - It can be boring and repetitive
 - Can burn through vital muscle mass
 - May decrease strength and power outputs
 - Can lead to Catabolism (breakdown of muscle tissue)



TYPES OF HIIT CARDIO: Used in “Fat Loss”

- **Type Of Exercises Considered As HIIT (High Intensity Interval Training cardio)**
- HIIT workouts are a bit different. You must execute a certain exercise at 75% - 100% maximal capacity for a short period of time (often between :30 seconds up to 2 minutes). Generally your rest periods will match or double your interval period. HIIT cardio session may last from 5 minutes – 30 minutes max. Here are some activities you can do as a HIIT workout:
- Treadmill Interval Program
- Battle Rope
- Burpees
- Mountain Climbers
- Kettlebell swings
- Boxing
- Prowler Pushes



HIIT CARDIO: Pros & Cons

- HIIT allows you to burn a lot of calories in a shorter time than steady state cardio. Since it's using a variety of different muscle groups; you will build lean muscle mass. It's often used by intermediate to advanced fitness level individuals because HIIT exercises often require a general strength and mobility that beginners may not have developed as a beginner.
- **Pros:**
 - Burns more calories
 - Builds lean muscle mass
 - Shorter durations prevent boredom
 - Increases Metabolism
 - More bang for your buck
- **Cons:**
 - The risk of injury can increase
 - Routine must stay varied to avoid overuse



SAMPLE LISS CARDIO PROGRAM

Time	Intensity, Speed, Incline or Resistance	Perceived Exertion
5 min.	Warm up at an easy pace. You should feel comfortable and be able to talk easily. Allow your heart rate to rise gradually by slowly increasing your pace, resistance or incline throughout so that you end up at your "Baseline."	4
5 min.	Increase your speed, incline or resistance to perform 50%-60% of maximal capacity.	6
30 min.	Increase your speed, incline or resistance to perform 60%-65% of maximal capacity.	7
5 min.	Reduce your speed, incline or resistance and return to "Baseline" level for 2 minutes than reduce below baseline level for cool-down	4
Total:	45 minutes	

SAMPLE HIIT CARDIO PROGRAM

Time	Intensity, Speed, Incline or Resistance	Perceived Exertion
5 min.	Warm up at an easy-moderate pace. You should feel comfortable and be able to talk easily. Allow your heart rate to rise gradually by slowly increasing your pace, resistance or incline throughout so that you end up at your "Baseline."	5
3 min.	Increase your speed, incline or resistance to perform 75%-80% of maximal capacity.	7
4 min.	Reduce your speed, incline or resistance and return to "Baseline" level.	5
2 min.	Increase your speed, incline or resistance to perform 80%-85% of maximal capacity.	8
4 min.	Reduce your speed, incline or resistance and return to "Baseline" level.	5
2 min.	Increase your speed, incline or resistance to perform 85%-90% of maximal capacity.	9
5 mins	Reduce your speed, incline or resistance and return to "Baseline" level for 2 minutes then reduce below baseline level for cool-down.	4
Total:	25 minutes	

CARDIO TRAINING: *In Conclusion*



We are giving you tips and advice in order to help you reach your fitness goals. But we have all different genetics, different body types and divergent fitness goals.

- It's YOUR fitness journey, so you will have to learn a few things by practicing.
- Cardio is very important, even for those trying to build muscle.
- Do cardio whenever you feel fully energized. Morning, afternoon, or nighttime it doesn't make a difference.
- Don't do cardio on an empty stomach, it's not healthy.
- If you want to run before/after weightlifting, refuel your body accordingly.
- Cardio is like lifting, you need to have a plan.
- At the end of the day, it's up to you to choose what kind of cardio training you want to do. LISS and HIIT are effective depending on your fitness goals and they both have their pros and cons.

STRENGTH TRAINING BASICS FOR MEN & WOMEN

- Focus on a few, basic, compound exercises
- Use acceptable exercise alternatives, if necessary
- Learn and use proper form from the very beginning
- Focus on getting stronger
- Incorporate a variety of exercise for best results
- Do **not** be intimidated!
- Be consistent



STRENGTH TRAINING PROGRAM NOTES

THE BASICS FOR MEN & WOMEN

- Train three days per week on non-consecutive days (choose days you know are most convenient for you)
- Incorporate balance work and stability for joint integrity and health
- Incorporate compound exercises on each strength training day.
 - Squats
 - Deadlifts
 - Lunges
 - Push-ups
 - Pull-ups
 - Military Press
- Your work weight should be challenging, but you should maintain proper form on every rep
- Strive to improve your performance each training session by performing more reps or increasing the weight (depending on your goals)
- Decrease rest between sets as your conditioning improves
- Incorporate a HIIT exercise for :15 - :30 to increase intensity after each set

STRENGTH TRAINING

The Best Starter Exercises

- Listed below are the barbell/ dumbbell/ bodyweight variation for each movement:
 - Squat- barbell squat to a box/DB goblet squat/air squat
 - Deadlift- Stiff leg BB deadlift /DB Single leg/glute bridges
 - Vertical push- standing BB overhead press/DB see-saw press/handstand push-ups or decline push-ups
 - Vertical pull- Lat pull downs/pull-ups
 - Horizontal push- BB bench press/DB alternating bench press/push-up)
 - Horizontal pull- bent over BB row/bent over single arm DB row/TRX inverted row)



STRENGTH TRAINING

Most Common Starter Mistakes

- Over analyzing everything: Don't waste time and energy focusing on minute details that won't have much of an impact on your results.
- Training for soreness and fatigue: soreness and utter exhaustion *is not* an indicator of a successful workout. Train for improved performance because *that* is the indicator of a successful training session.
- Thinking more is better: Don't make the mistake of training 7 days a week for a month straight at full intensity without taking proper rest for recovery. This will lead to overuse injuries and burnout.
- Not Changing your eating habits: Thinking you will gain results without changing the way you eat will lead you to frustration and eventually make you give-up on your fitness goals. Make the changes that reflect your fitness goals.

STRENGTH TRAINING

Sample Starter Program

The following is a sample starter training program. It consists of bodyweight, dumbbell and barbell exercises. Please consult with your physician before starting any exercise program.

Training Day 1

- Squat to a box with BB 3 x 12-15 reps
- Push-ups 3 x 12-15 reps
- Inverted rows on TRX 3 x 12-15 reps
- Bench dips 3 x 12-15 reps
- Back extensions or Supermans 3 x 12-15 reps
- 2 minutes on rower
- Rest 1 minute then repeat

Training Day 2

- DB Deadlifts 3 x 12 – 15 reps
- Standing BB overhead press 3 x 12-15 reps
- Chin-ups or lat pull downs 3 x 12-15 reps
- DB bicep hammer curls 3 x 12-15 reps
- Plank Hold :20 - :30 seconds
- 2 minutes on treadmill
- Rest 1 minute then repeat

PEAK PERFORMANCE

HOW TO EAT BEFORE & AFTER WORKOUTS

- Most important rule- drink lots of H₂O before, during and after your workouts
- Electrolyte and Branch Chain Amino Acid Replacement Drinks such as Advocare's Rehydrate and Biocharge, should be consumed when performing HIIT workouts and/or any workout session consisting of longer than 45 minutes.
- Electrolyte/BCAA drinks help with:
 - Keeping the body hydrated during physical activity
 - Include amino acids to help feed your muscles
 - Fuels your body with carbohydrates for energy production and sustained muscle endurance
 - Aids in pushing the extra distance to achieve goals faster
 - Helps prevent cramping during and after exercise
- When proper food is not an option protein shakes such as Muscle Gain from AdvoCare can help feed your muscles the amino acids and other components that are essential for protein synthesis and muscle building.
- Post-Workout Recovery shakes can support your muscle's metabolic processes in recovery and aid in reducing occasional soreness after working out.
- Amino Acid supplements such as Catalyst helps repair and protect muscle, and provides the essential amino acids needed to maintain and promote lean body mass, endurance and strength.
- Good quality fish oils play a key role in cardiovascular activity by supporting normal blood flow and healthy blood pressure. Consumption of omega-3 fatty acids such as those in OmegaPlex by AdvoCare aids in weight management by supporting healthy metabolism

PEAK PERFORMANCE

HOW TO EAT BEFORE & AFTER WORKOUTS

WHAT SHOULD I EAT?

PRE-WORKOUT

Good Carbs



PROVIDE ENERGY

THINGS LIKE:

- *Oatmeal with blueberries
- *Whole grain toast with nut butter and a banana
- *Greek Yogurt and nuts

POST-WORKOUT

Protein



REPAIRS MUSCLES

THINGS LIKE:

- *Salmon & sweet potato
- *Omelet with veggies & Avocado
- *Grilled chicken & veggies

SUMMARY

Now You Are Ready For Action

- BE REALISTIC WITH WHAT YOU WANT OUT OF YOUR FITNESS GOALS AND STAY CONSISTENT & COMMITTED TO THEM
- IT'S A LIFESTYLE CHANGE, CONTINUE TO IMPROVE AND PROGRESS EVERYDAY
- DEVELOP A PLAN TO REACH YOUR FITNESS AND/OR PERFORMANCE GOALS
- THE BODY ADAPTS TO A SCHEDULE SO STICK TO IT
- USE SOUND EATING HABITS AND SUPPLEMENTATION FOR GREATER RESULTS
- IT'S YOUR FITNESS JOURNEY SO FIND WHAT WORKS FOR YOU
- KEEP IT FUN AND INTERESTING BY INCORPORATING A VARIETY OF EXERCISES (BB, DB or BW) AND CARDIO (LISS VS. HIIT)
- INCORPORATE BOTH STRENGTH AND CARDIO TRAINING INTO YOUR EXERCISE PROGRAM FOR MAXIMUM RESULTS
- YOU MUST FUEL YOUR BODY WITH PROPER NUTRITION AND SUPPLEMENTATION FOR OPTIMAL RESULTS
- THE BEST INVESTMENT TO MAKE IS IN YOURSELF SO START TRAINING!