

WORKOUT GUIDELINES

Talk to your doctor before beginning any exercise program.

Balance your workouts so that you have a great mix of **intensity** and **active recovery** based on your levels of stress, quality of sleep and diet. BOTH PUSH! and REST are super important to getting the results you want! Don't cheat yourself by staying comfy all the time and not getting down and dirty but at the same time chronic fatigue is a setback that can stop you from seeing the results you're after. So... here we go!

Step 1: Determine your level - you may have progressed during the course of this challenge.

Step 2: Pick your Studio Training days and BOOK your workouts!

Step 3: Pick your Cardio/Interval Days (see OPTIMIZE YOUR WORKOUT) for interval ideas

Step 4: Schedule your Easier, Steady State or Active Recovery Days.

Level 1 Relatively new to fitness, or it's been a while. Let's get started!	Level 2 You've been consistently working out 3-4 X per week for the past 2-3 months.
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oga Videos: www.ascendfitnesslifestyle.com/yoga

Home Workouts: In this binder OR at www.ascendfitnesslifestyle.com/workouts

CARDIO EXPLAINED

WHAT IS STEADY STATE CARDIO?

Increase your pace so you can talk, but you cannot sing for 10-30 minutes.
Warm down + stretch! Ease into it if you're new to exercise!

INTERVAL WORKOUT 1

1 min on, 1 min off for 30 minutes. Too easy? Up the pace! Sprint for 1 minute, and run really easy for 1 minute. Finish with 10 minutes of balance work and stretching. Not a runner? Do the same interval on a bike, rower, etc.

INTERVAL WORKOUT 2

Warm up, then go 3 minutes HARD! 1 minute easy. 2 minutes HARD! 1 minute easy. 1 minute HARD! 2 minutes easy and repeat for 2-3 rounds. Warm down + stretch!

INTERVAL WORKOUT 3

Works best on a treadmill. Warm up, then go 1 minute run/ power walk at 2% incline, next minute at 4% incline, and next minute at 6% incline. Take 2 minutes to recover and repeat for 3-4 rounds! Warm down + stretch!

INTERVAL WORKOUT 4

10 min easy jog then Sprints! Sprint or run hard for 30/Rest 30-1 min. Repeat 5-10x. Week 4 goal is to decrease rest to 30 seconds and up repetitions each week. So week 5 you do 10-15 reps etc. Not a runner? You can bike, swim, etc.

INTERVAL WORKOUT 5

Tabata training: pick a cardio activity (such as sprints, burpees, rowing, skipping, etc.). Set your timer for 20 seconds on, 10 seconds off for 8 rounds. Go HARD for 20 seconds, Take 10 seconds to recover and repeat for the 8 rounds. Take 2 minutes rest and repeat with another type of cardio activity. If you're short on time, one round of tabata training will do the trick! Be sure to warm up and warm down.

SAMPLE WORKOUT PLAN- INTERMEDIATE/ ADVANCED

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Active rest	Strength @ Ascend + 15 min cardio intervals	Run 5K	Strength @ Ascend + 20 min cardio intervals	Yoga + walk	Strength @ Ascend + 20 min cardio intervals	Metabolic interval Workout

SAMPLE WORKOUT PLAN- BEGINNER

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Active rest	Strength @ Ascend + 20 min moderate cardio	30-45 min moderate cardio	Strength @ Ascend + 20 min moderate cardio	Active rest	Strength @ Ascend + 10 moderate cardio	Yoga + walk



MY WORKOUT PLAN

WEEK 1

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 2

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 3

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 4

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 5

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 6

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 7

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 8

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 9

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 10

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 11

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEK 12

Sun	Mon	Tues	Wed	Thurs	Fri	Sat








HOME WORKOUTS LEVEL 1

Perform exercises in a circuit format. Focus on proper form: **NEVER** sacrifice 'doing more' for doing your exercises correctly!

Level 1: 1 round. 30 seconds on/15 seconds off

Level 2: 2 rounds. 30 seconds on/10 seconds off

Level 3: 3 rounds. 30 seconds on/10 seconds off.

Exercise	Notes	Picture
Push-ups	Place hands slightly wider than shoulder width apart. Keep abdominals engaged as you lower your body toward the floor. Think about pressing chest forward toward the floor. Exhale, and push back to starting position. Easier: Hands on wall, or countertop. Harder: Hands on floor. Knees or toes.	
Squats	Keep weight on heel, shoulders back. Knees should track in line with toes. Harder: Add weight.	
Row	Attach band at chest height. With arms straight, there should be no slack in the band. Pull handles back, squeezing shoulder blades together. Ensure that shoulders do not elevate.*Alternative exercise is the bent over row. Harder: Hold a squat position.	
Lunges	Take a large step forward. Bend back knee to initiate lunge. Ensure that front knee stays in line with, and behind, your toes. Keep upper body upright - shoulders back, abs in! Push back to start position and switch sides. Harder: Add weights.	
Plank	Elbows under shoulders. Maintain a neutral spine throughout the exercise- keep abdominals engaged! Retract shoulder blades- upper back should not round. Keep head in line with body (don't drop it toward the floor!) Easier: go on your knees.	
High knees	Engage core as you lift alternating legs. March or run for high knees.	
Bridging	Start with a pelvic tilt, squeeze buttocks and lift hips up. Dig heels into floor. Do not arch back- keep abdominals engaged. This is a great exercise to end with. Harder: Lift one leg up (this is MUCH harder to do correctly...)	










HOME WORKOUTS LEVEL 2

Level 1: 1 round. 30 seconds on/15 seconds off

Level 2: 2 rounds. 30 seconds on/10 seconds off

Level 3: 3 rounds. 30 seconds on/10 seconds off.

****This is a more advanced workout. Modify by making the workout non-impact or stick with week 1's workout.**










Exercise	Notes	Picture
Push-ups	Progress by doing more, or making it more difficult.	
Squat Jumps	Start standing tall with feet together. Jump and land into a squat position. Jump back to starting position. Easier: Regular Squats	
Row	Attach band at chest height. With arms straight, there should be no slack in the band. Pull handles back, squeezing shoulder blades together. Ensure that shoulders do not elevate.	
Squat, lunge back, squat, lunge back, squat,	Squat, and then lunge back with left leg. Step back to start position then squat again, and then lunge back with right leg. Repeat. Harder: Carry a weight.	
Mountain Climbers	High plank position. Drive knee to elbow, then switch sides and repeat. Harder: Run it out! Easier: Slow it down.	
Triceps push ups	Hands are close together, under shoulders. Elbows point back toward thighs. Knees or toes.	
Burpees	Keep your core tight!!!	
Squat Press	Keep weights at shoulder height during the squat. Body weight should be on your heels during the squat. Think about sitting back into a chair. Stand tall, and then press the weights up overhead. Palms are forward.	
Plank up and down	Start in low plank position. Place your hand 'where your elbow was' and push up to high plank position. Return back to low plank and repeat.	

End: 2-3 minutes of the bridge

HOME WORKOUT LEVEL 3

Level 1: 1 round. 30 seconds on/15 seconds off
 Level 2: 2 rounds. 30 seconds on/10 seconds off
 Level 3: 3 rounds. 30 seconds on/10 seconds off.

**This is a more advanced workout. Modify by making the workout non-impact or stick with week 1's workout. Do not compromise form for more reps!

Exercise	Notes	Picture
Push-ups + Tuck Jump	Perform one push-up, then jump feet in to hands. Jump back out to push-ups position for one rep. Repeat.	
Squat Jumps	Go hard! Land light with soft knees. Focus on getting down low- even if you do less reps. You'll feel it on your butt tomorrow!!	
Row	Attach band at chest height. With arms straight, there should be no slack in the band. Pull handles back, squeezing shoulder blades together. Ensure that shoulders do not elevate. Increase speed.	
Lunges JUMPS	Jump to switch legs (or step quickly). Repeat.	
Oblique Plank	High plank position. Drive knee to OPPOSITE elbow, then switch sides. Allow your body to rotate. Focus on keeping your shoulders right on top of your hands.	
Triceps push ups	Hands are close together, under shoulders. Elbows point back toward thighs. Knees or toes. Aim for more reps than last week.	
Travelling burpee	Like a regular burpee, except jump forward this time.	
Squat & 1 arm press	Do 30 seconds with one arm, and then switch sides. You will likely be able to lift a heavier weight.	
Plank up and down	Challenge: Elevate feet (on BOSU, couch, etc.)	

End: 2-3 minutes of the bridge