

Workout Prep

General Total Health Components

1. ***Spiritual health.*** (Knowing Jesus, Reading and Studying the Bible, Prayer, Fellowship, Church, Worship, Work, Self-Image)
2. ***Mental Health.*** (No addictions, Mental Image, and self-talk, Diet, The pursuit of knowledge, Prayer, God's word, keep from isolation, work toward goals)
3. ***Emotional Health.*** (Connect with God, Connect with People, Watch out for the Spirit of Depression, Positive Affirmations, Forgive, Love God and Love others, Put others first, Serve People, goal setting, and achievement)
4. ***Physical Health.*** (Diet.. you are what you eat, Sleep... not too much, not too little, Exercise)

Sit down and itemize what your goals are in each area, then write what it takes to achieve those goals, then reduce each into **small attainable steps**. Next work out a budget and a weekly schedule including the steps that you just made. If a step doesn't fit then make smaller steps. As long as you don't quit you will attain your goals.

Components of Physical Fitness

1. Standard Intake (Diet) not Dieting.
2. Cardiovascular Endurance
3. Muscular Endurance /Strength
4. Body Composition
5. Flexibility

FITTE Factors – guidelines for safe & effective exercise program

F = Frequency

3-5 days to maintain

5-7 days to see a difference

I = Intensity

60-90% of HR Max target HR zone

T = Type

Aerobic vs. Anaerobic workouts. Both are excellent. Do a combination for variety.

T = Time

20-60 minutes in Target HR Zone

E = Enjoyment

You must enjoy the exercise to continue it

Heart Rate =

Your heart rate is a means of regulating your workout to attain your goal. Go through the steps to find out how. First, find your max heart rate.

Max Heart rate = 220-your age.

More Exact form

193-(resting heart rate)=X (resting heart rate is taken before you get out of bed, without activity)

$X * .7 = Y$ (low end of aerobic zone)

$Y + RHR = \text{Target Heart Rate.}$

My example simple

$220 - 27(\text{my age}) = 193 = \text{Max Heart Rate.}$

$193 * .7 = 135$ Min for Aerobic. 70%

$193 * .8 = 154$ Max for Aerobic Zone 80%

Target Heart Rate is 135-154.

My example more exact.

$193 - 66(\text{my resting HR}) = 127$

$127 * .7$ (Low end of the aerobic zone) = 88.9 This give a much broader range but is more accurate to your physiology.

$88.9 + 66$ (adding back in RHR) o THR 154.9

Target Heart Range is 89-154

Heart Rate Ranges

60-70% of HR Max – almost wasting your time zone but burns fat (can still talk without impairment, Oxygen and fat for fuel, unlimited reps)

70-80% of HR Max – the “results zone”, you get results here Aerobic Zone/Anaerobic Zone (Sweating and breathing, breathing interrupts talking. Fat and Oxygen for energy, prolonged activity more than 10 reps)

80-90% of HR Max – for trained individuals; hard to maintain Anaerobic Zone. (Lactic Acid for Energy, Feel the Burn Zone. Toning Sculpting max is 6 to 10 reps, unable to keep for prolonged periods)

90-100% Max Professionals, Body Building, ATP system.

Since I want to lose weight and gain muscle mass, I will work a Hybrid system using mostly going from 60%-80%.

BMI (Body Mass Index) Weight in lbs *703 / Height in inches *Height in inches

Wolpitiql Op626	BWI 40 ol 8169t6t
Op626	BWI 30 ol 8169t6t
Ql6t1w6i8t6t	BWI 52 to 54.8
Normal W6i8t6t	BWI 18.2 to 24.8
Unq6t1w6i8t6t	BWI 622 t6t6n 18.2

If I way 255 lbs

And am 5'10"

$12 * 5 = 60$

70" Height in inches

$(255 * 703) / (70 * 70) = 36.58$

I'm obese... oops

Body fat can be done several ways. All but this method can't be done without tools. Or just go to one of the many sites online. All of them seem a bit embarrassing.

Body Fat Formula for Women

Factor 1 (Total body weight x 0.732) + 8.987
 Factor 2 Wrist measurement (at fullest point) / 3.140
 Factor 3 Waist measurement (at naval) x 0.157
 Factor 4 Hip measurement (at fullest point) x 0.249
 Factor 5 Forearm measurement (at fullest point) x 0.434
 Lean Body Mass Factor 1 + Factor 2 - Factor 3 - Factor 4 + Factor 5
 Body Fat Weight Total bodyweight - Lean Body Mass
 Body Fat Percentage (Body Fat Weight x 100) / total bodyweight

Body Fat Formula for Men

Factor 1 (Total body weight x 1.082) + 94.42
 Factor 2 Waist measurement x 4.15
 Lean Body Mass Factor 1 - Factor 2
 Body Fat Weight Total bodyweight - Lean Body Mass
 Body Fat Percentage (Body Fat Weight x 100) / total bodyweight

Finding Max Weights for working out though the Simple Epley formula

1 rep max = weight lifted *(1 + (reps/30))

So my max if I can lift 80lbs 10 times is

$80 * (1 + (10/30)) = 106\text{lbs}$

This is important because most lifting is done on a sliding % of your RMW (rep max weight)

General sites that will help

Track diet <https://www.myfitnesspal.com/>

Track your P90X or other Beachbody workout. <http://www.teambeachbody.com/>

Track your runs or cycling route <http://www.mapmyfitness.com/>

Each of these are great sites.

Please friend me here we will help each other.

Working out musts.

- Always warm up before you workout to avoid injuries.
- Always stretch after warmup and before a workout.
- It's good to stretch after a workout also, but be careful don't push hear just keep loose.
It is very easy to tear something before warmup and after working out.
- Set attainable goals, both short term, and long term.
- Don't schedule things that you hate or know you won't do.
- Don't cut out foods you love, just limit them.
- Keep in mind your end results when you are hurting.

What is your Spiritual Health Goal: _____ how will I attain it _____

What is your Mental Health Goal: _____ how will I attain it _____

What is your Emotional Health Goal: _____ how will I attain it _____

What is Your Physical Health Goal: Diet _____ BodyFat _____ Weight _____

RestingPulse _____ BloodPressure _____ BMI _____ SelfImage _____