

# Appendix B: Sample Workout

This is a general cardiovascular and strength workout. Feel free to substitute or add exercises according to the guidelines described in Chapters 5 and 7. Use [Worksheet B-1](#) and [B-2](#) to design your workouts and chart your training progress. Seek help from the health promotion staff (CFC) if needed.

**Table B-1. Sample Workout**

Sequence	Activity	Frequency	Intensity	Time
<b>Warm-up</b>		Before workout	50% maxHR	5 min.
<b>Aerobic</b>	Walk, Run, Swim, etc.	3 to 7 days/week	60 to 75% maxHR	30 to 60 min.
<b>Cool-down</b>		After workout	100 bpm	5 min.
<b>Strength</b>		3 days/week (Mon, Wed, Fri or Tues, Thurs, Sat)	2 sets of 12 repetitions	20 to 45min
Legs	Squats			
	Leg Curl			
Chest	Chest Press			
Back	Seated Row			
Shoulder	Lateral Raise			
Triceps	Triceps Extension			
Biceps	Biceps Curl			
Lower Back	Back Extension			
Abdominals	Ab Crunch			
	Side Crunch			
<b>Stretch</b>		3 to 7 days/week	30 seconds X 2	10 min.
	Quadriceps			
	Hamstring			
	Pretzel			
	Butterfly			
	Chest			
	Upper Back			
	Rock-n-roll			
	Lizard			

Note that the duration of this workout is dependent on the number of exercises that are performed and the length of the aerobic exercise. Perform the number and duration of exercises that are appropriate for your fitness level and adjust the routine as your fitness improves.

## Worksheet B-1. Aerobic Exercise Log

<b>Date:</b>							
<b>Type</b>							
<b>Heart Rate</b>							
<b>Time</b>							
<b>Comments</b>							
<b>Date</b>							
<b>Type</b>							
<b>Heart Rate</b>							
<b>Time</b>							
<b>Comments</b>							
<b>Date</b>							
<b>Type</b>							
<b>Heart Rate</b>							
<b>Time</b>							
<b>Comments</b>							
<b>Date</b>							
<b>Type</b>							
<b>Heart Rate</b>							
<b>Time</b>							
<b>Comments</b>							

Under "Type", list the workout you performed (i.e., running, walking). Under "Comments" note how you felt during exercise, your perceived exertion (6-20 on the Borg scale), or any other measure that you use to track your progress.

## Worksheet B-2. Strength Exercise Log

Exercises:	Date: _____ set x rep / wgt							
<b>Chest</b>	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
<b>Back</b>	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
<b>Shoulders &amp; Arms</b>	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
<b>Legs</b>	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
<b>Lower Back &amp; Abs</b>	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/

Remember to stretch!

See [Chapter 7](#) for strength training guidelines. Rep = repetition; Set = the number of reps performed without resting; wgt = weight lifted; Abs = abdominals