



Fit to Play...Live to Play!

Quick Start

TRAINING PROGRAM

**Cardio Conditioning
Strength Training
Nutrition Basics
Flexibility
Balance
Core**

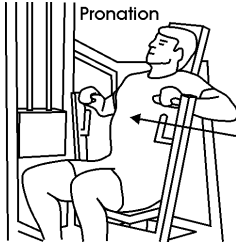


Fernie, BC

Strength Training

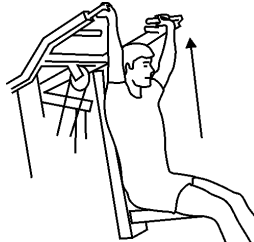
- ✓ For each exercise perform 3 sets of 12 repetitions (reps), 3 times/week
- ✓ Rest 30 seconds to 1 minute between reps
- ✓ Weight should be significantly heavy that the reps are challenging to complete
- ✓ Slow, controlled motion (3 seconds in, 3 seconds out)
- ✓ No pain on any exercise!

Chest Press



Chest Press Machine, Dumbbell
or Olympic Bench

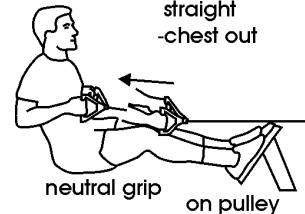
Seated Shoulder Press



Shoulder Press Machine
or Dumbbell

Low Row

-keep back
straight
-chest out



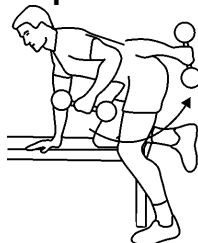
Low Row Machine

Lat Pulldown



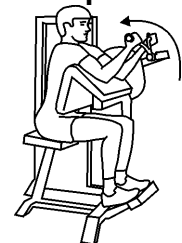
Lat Pulldown Machine

Tricep Extension



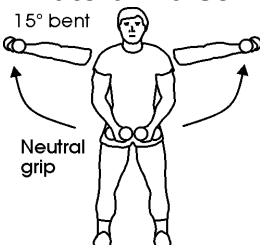
Dumbbell

Bicep Curl



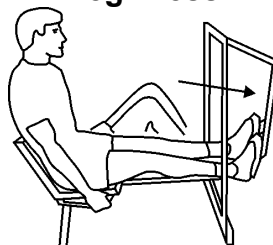
Bicep Curl Machine, Dumbbell
Or Barbell

Lateral Raise



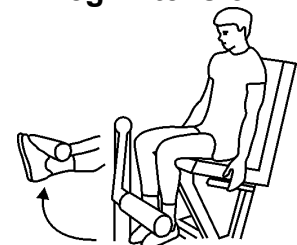
Dumbbells

Leg Press



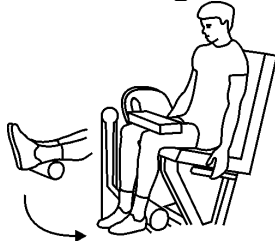
Leg Press Machine

Leg Extension



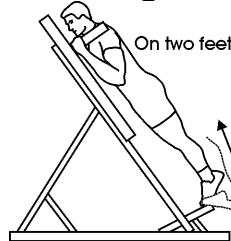
Leg Extension Machine

Seated Leg Curl



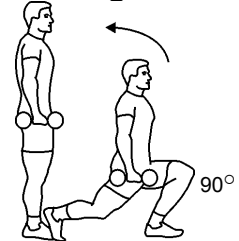
Leg Curl Machine

Standing Calf



Power Squat Machine

Lunges



Dumbbell

Cardio Conditioning

If your goal is to look and feel your best then a combination of strength training and cardiovascular conditioning is ideal.

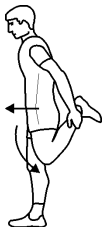
- ✓ **Which Exercise?** Simple...any exercise that you enjoy! No ONE exercise is better than any other. Choose an exercise that you are actually going to do! Change it up frequently though to stay entertained and to work different muscle groups.
- ✓ **How Often?** As a minimum...perform cardio at least 3 times per week.
- ✓ **How Long?** This depends on your fitness level, intensity and dedication to exercise. 30 minutes is better than 20 but not if it makes exercise inconvenient! Start with at least 20 minutes, with 30-45 minutes being a reasonable goal.
- ✓ **How hard?** A good guideline is the *Talk Test*: you should be able to talk while exercising but not sing. If you can NOT carry a conversation you are exercising too hard...if you can carry a tune you are not exercising hard enough!
 - ✓ An accurate measure is your **Heart Rate**: maintain at least 65% maximum:
Maximum HR = $220 - \text{age}$ (example - 32 years old: Max HR = $220 - 32 = 188$, 65% = 122)
- ✓ Always start and finish your cardio training with a 5-10 minute **warm-up** and **cool-down**
- ✓ Try a SPIN class, they are a fun and motivating way to get a good cardiovascular workout!

Flexibility

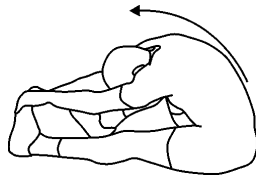
A stretching program will assist in a good range of motion in your joints and enable your body to handle unexpected movements or sudden grabs of your board or arms.

- ✓ Try a YOGA class! It will dramatically improve flexibility and reduce muscle tension.

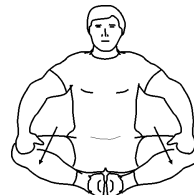
Quadriceps



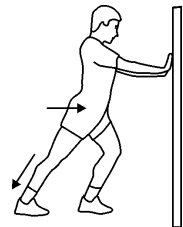
Hamstrings



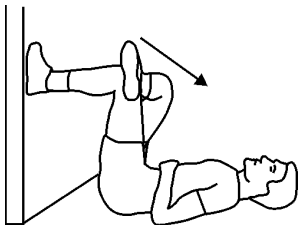
Hips & Adductors



Calves



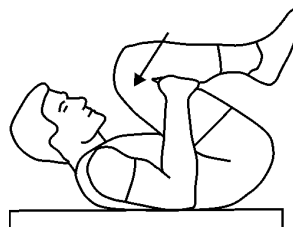
Hips & Gluteals



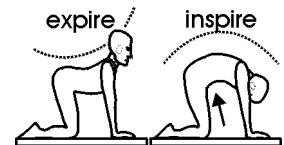
Hips & Lower Torso



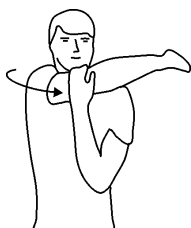
Lower Torso



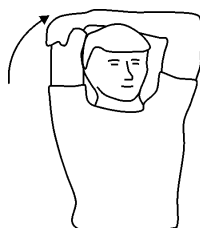
Back



Shoulders



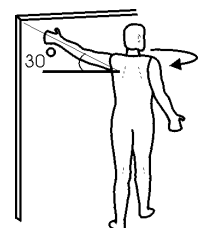
Arms & Wrists



Neck



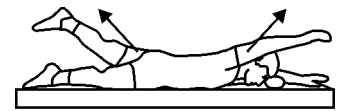
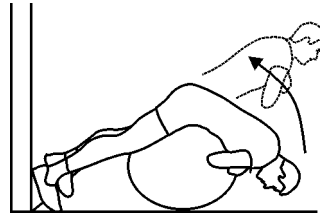
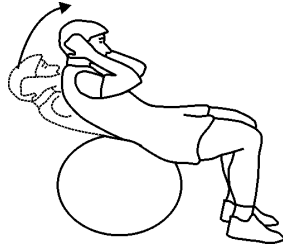
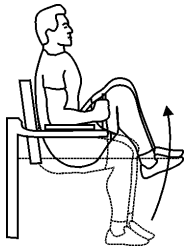
Pectorals



Balance & Core

The core is truly the foundation of your body; a strong core means a strong foundation!
Balance conditioning trains the crucial and often overlooked small stabilizer muscles.

- ✓ Aim to perform 2 sets of 10-15 repetitions in a slow, controlled motion



Right arm and left leg

Top Nutrition Tips

You do NOT need the latest diet fad or extreme measures to manage weight. Here are 10 simple nutrition tips to help you develop a lasting, healthy lifestyle change:

1. **Water** – Carry a water bottle and sip frequently throughout the day (1-2 litres a day!)
2. **Whole Grains** – Opt for whole grain rather than the over-processed, nutrient-void white flour products. Experiment with different grains such as kamut, brown rice, spelt, etc.
3. **Greens** – Eat vegetables dark and rich in colour, As much as you want but at least 5 – 10 servings of fruits and vegetables daily.
4. **Lean Protein** – Choose leaner cuts of meat. One portion size should be the size of your palm, _” thick. Try going veggie for at least one day of the week.
5. **Eat Naturally** – Eat closest to nature and avoid processed foods. When at the supermarket, the processed foods are always in the middle aisles, shop the perimeter of the store for freshness!
6. **Moderation** – Limit caffeine and alcohol intake to one a day. Skip the pop and sugary drinks.
7. **Healthy Snacking** – Eat healthy snacks throughout day but avoid late-night/mindless snacking.
8. **Breakfast** – A good breakfast energizes your day and boosts your metabolism!
9. **Hunger** – Eat frequently and smaller portions. Don’t wait till you are “starving” to eat and don’t eat till you are “stuffed”.
10. **How you Cook** – Grill, steam, bake or broil. Fried foods are loaded with fat and less nutrients.

When to see a Trainer...

- ✓ The *Quick Start* program is designed for individuals in good physical shape, if you have any **chronic pain or previous injury** you should consult a personal trainer for an customized program
- ✓ If you have never had a regular exercise routine or are **new to fitness training** it is best to consult a personal fitness trainer to accommodate any special concerns or limitations.
- ✓ The *Quick Start* program is a **starting point**, once you have become familiar and comfortable with these basic exercises you may want to consult a personal trainer for more challenging and advanced exercises specifically suited to your needs and fitness level.