



SheADVantage

Home Program - Part 1 for 3 weeks



	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3
Warm-Up	All	Stairs, Jumping Jacks, Squats, Walking, Stationary Bike	NA	5-10 min.	Keep track of your colored bands and time on cardio. First week is to get your body adjusted to working out. Go slow, moving in full range of motion.	Keep track of your colored bands and cardio time. The last couple of reps should be fairly hard to finish with good form.	Last week for Part 1. Check your resistance, increase as needed. For cardio, check your HR, make sure you are in the "zone!"
Strengthening	Back & Chest	Seated Rows	3 x 12	30-40 Min.			
		Chest Press	3 x 12				
	Shoulders, Abs, Lower Back	Over Head Presses	3 x 12				
		Trunk Curl-up & Twists	3 x 12				
		Low Back Extensions	3 x 12				
	Biceps & Triceps	Elbow Flexion	3 x 12				
		Elbow Extension	3 x 12				
	Legs, Adductors & Abductors	Squats	3 x 12				
		Hip Adduction	3 x 12				
		Hip Abduction	3 x 12				
	Forearms & Calves	Wrist Flexion	3 x 12				
		Wrist Extension	3 x 12				
Ankle Plantarflexion		3 x 12					
Endurance	Cardio	Power Walking	Choose one or mix it up.	20-30 Min. At least 65% of Max Heart Rate			
		Jogging					
		Stair Climbing					
		Snow Shoeing					
		Aerobic Workout w/CD					
		Jump Roping					
Flexibility	Full Body	Quadriceps	Minimum Hold Times - 30 sec	10-15 Min.	Benefits of Stretching: Stretching improves flexibility and increases your range of motion. It assists in correct posture by lengthening tight muscles. Stretching increases blood and nutrient supply to muscles, thereby reducing muscle soreness. It can decrease injury by preparing muscles for work before activities. Stretching helps your mind! Even 10-15 minutes of stretching calms the mind and gives your body a chance to recharge. Classes like yoga or Pilates offer you a chance to spend time releasing physical and mental tension and should be considered at least once a week.		
		Hamstrings					
		Psoas					
		Calves					
		Lower Back					
		Chest					
		Arms					

Note: In Part I of the SheADVantage program you will be doing circuit training, working 2-3 muscle groups together with 3 sets of 12 reps per muscle group. Use a band or weight that will allow you to perform 12 reps, with the final reps fairly hard to perform but still in good form. As it gets easier, stay with that band or weight and increase your reps to 15. As 15 reps get easy, change to a harder band or increase your weight and bring reps back to 12. It's extremely important to always have good form. Use slow and controlled motions, never fast.

The exercises are set up as such: Back & Chest are worked together in one circuit. You will perform 1 set of Seated Rows, followed immediately by 1 set of Chest Presses. You will repeat this circuit until you have completed 3 sets of each exercise. At this point, you rest for 1-2 minutes to allow your muscles time to recover before continuing onto the Shoulders, Abs, & Lower Back circuit. And so on.