

• TWEAK 4 •

CROSSTRAIN

Each week will introduce an important focus in your workout routine. As you go, incorporate these new exercises until you've got a weekly routine where you aim to complete the following:

- At least one aerobic workout
- At least one flexibility workout
- At least one strength workout
- One active rest day

[Print this handout](#) to track your workout routines.

Bonus: Check out GatorCare's [free weekly workout classes!](#)



WEEK 1

AEROBICS

WEEK 2

FLEXIBILITY

WEEK 3

STRENGTH

WEEK 4

ACTIVE REST

• CROSSTRAIN •

WEEK 1: AEROBICS

Aerobic exercises, also known as cardio, are exercises you do over a sustained period of time and increase your breathing and heart rate. This increase allows more oxygen to circulate through your body which is important for maintaining lung and heart health. This week will be about incorporating aerobic exercises and finding an exercise you enjoy. Aim to do this at least once per week!

DURATION GOAL: 30-60 MINUTES

If you cannot complete 30 uninterrupted minutes, breaking up aerobic exercises into smaller intervals is just as effective!

IDEAS FOR EXERCISES

- Power walking
- Cycling
- Swimming
- Hiking
- Stair climbing
- Dancing
- Running
- Elliptical



EXERCISE VIDEOS

- [30-Minute Low Impact Dance Workout](#)
- [36-Minute Beginner Kickboxing Workout](#)
- [30-Minute Cardio Workout](#)

RESOURCES

- [Walking Challenge](#)
- [Couch to 5K](#)
- [GatorCare's Free Weekly Workout Classes](#)

REMEMBER...

- Don't force yourself to do exercises you don't enjoy
- If you come out of an exercise feeling bored or unmotivated to continue, perhaps that exercise is not the one for you!
- Keep trying different exercises and routines to find what you enjoy

• CROSSTRAIN •

WEEK 2: FLEXIBILITY

Being flexible is incredibly important in the maintenance and progression of your exercise journey. Flexibility exercises are helpful in preventing injuries and pain as they stretch muscles, giving you better range of motion and form in your movements. Aim to do this at least once per week.

DURATION GOAL: STRETCH EVERY MAJOR MUSCLE GROUP FOR 30-60 MINUTES

Stretching after exercising will give your body time to get back into a natural state of rest. Examples include stretching on your own, yoga, Pilates, or tai chi.

EXERCISE VIDEOS

- [Yoga for Beginners: the Basics](#)
- [Yoga for Back Pain](#)
- [Stretching, Flexibility Routine](#)
- [Morning Yoga](#)
- [PNF Stretching](#) (can be modified to do individually)
- [15-Minute Beginner Flexibility Routine](#)
- [GatorCare's Free Weekly Workout Classes](#)
- [GatorCare Yoga Workouts](#)



REMEMBER...

- Don't be discouraged if your flexibility is not where you'd like it to be!
- Stretching every day will show you results over time
- Stretching will feel a bit resistant -- especially starting out -- but if you feel pain, stop
- Don't feel like you need to push yourself immediately, let yourself get more flexible slowly and over time
- Try to stretch when your muscles have been warmed up (such as after aerobic exercises) as it's when your muscles are less stiff and more pliable

• CROSSTRAIN •

WEEK 3: STRENGTH

Strength exercises are great to help you work and tone your muscles and build your strength. This week's focus will be about incorporating strength exercises and finding an exercise you enjoy. Aim to do this at least once per week!

DURATION GOAL: 20-60 MINUTES

Try to perform two or three sets of 8 to 12 repetitions for each strength exercise, and rest for 30 to 90 seconds in between sets.

IDEAS FOR EXERCISES

- Lifting weights
- Body weight exercises
- Resistance band movements
- Lifting objects like water jugs or canned goods

EXERCISE VIDEOS

- [Full Body Beginner Strength Workout](#)
- [Full Body Pilates Strength Workout with Resistance Bands](#)
- [Low Impact Workout for Beginners](#)
- [GatorCare Strength Workouts](#)

EXERCISE DESCRIPTIONS FOR ADDITIONAL STRENGTH TRAINING

- [Squat](#)
- [Step-Up](#)
- [Bent Over Row with Resistance Band](#)
- [Lateral Raise with Resistance Band](#)
- [Supine Heel Taps](#)
- [Bird-Dog](#)

REMEMBER...

- Don't over-exert yourself!
- Start off with lighter weights and work your way up to heavier weights
- If you are working with lighter weights, try doing more repetitions to feel that slight burn
- A slight burn or feeling of resistance is good but if you feel pain, stop - don't continue a movement if you are in pain!
- Stretch after your workout



• CROSSTRAIN •

WEEK 4: ACTIVE REST

Active rest is performing a physical activity at a much lighter volume than a normal workout in order to stimulate the recovery process without excessive stress on the body. You can focus on activities that give you a break and keep you from being sedentary.

IDEAS FOR ACTIVE REST

- Walking your dog
- Mowing your lawn
- Going for a casual walk
- Cleaning the house
- Going to the mall
- Yard work or gardening
- Swimming for fun
- Playing with your kids or family
- Yoga, Pilates, or tai chi
- Cycling
- Hiking

