

New *Years* Fitness

REVOLUTION 2024

9-WEEK

EXERCISE PROGRAM

HOME FITNESS HAS NEVER BEEN EASIER!

YOU'LL NEED:



DUMBBELLS



CHERYL LOUISE
FITNESS

Introduction

In a world where life's demands can sometimes feel overwhelming, finding time for yourself can often seem like a challenging feat. Between work, family, and social commitments, it's easy for women to prioritize the needs of others before their own. However, it's crucial to remember that your well-being is just as important as anyone else's. This is where fitness comes into play – not as an obligation, but as an empowering choice.

Fitness matters for women for a multitude of reasons, and it goes far beyond just the physical aspect. In this chapter, we'll explore the significant role that fitness plays in a woman's life and how it can positively impact your health, self-esteem, and overall quality of life. We'll also discuss the importance of setting realistic goals that are tailored to your unique journey.



Cheryl Louise

I'm Cheryl Louise, your chief motivator, occasional jokester, and always a firm believer in the power of a good workout. My Philosophy at Cheryl Louise Fitness, I mix a spoonful of fun with a cup of hard work and a pinch of encouragement. It's about finding joy in the journey and strength in every step. So, whether you're lacing up your trainers for the first time in years or you're a seasoned pro, I'm here to cheer you on, make you laugh, and maybe even make you love burpees (okay, that might be a stretch). Let's get fit, have a giggle, and show the world what fabulous looks like after 40!

“

Every step you take, every rep you lift, and every drop of sweat you shed brings you one step closer to the healthier, stronger, and more vibrant you.

”



Understanding Women's Bodies

Body Composition

Understanding your body composition is the foundation of effective fitness planning. It refers to the relative proportions of fat and non-fat mass in your body. For women, body composition is of particular significance, as it differs from that of men in several ways

➤ Fat Distribution

Women tend to store fat differently than men. While men often accumulate fat around the abdomen (android or apple-shaped), women tend to store fat in the hips, thighs, and buttocks (gynoid or pear-shaped). This distinction is largely influenced by hormonal factors.





➤ Hormonal Impact

Hormones, especially estrogen, play a pivotal role in body composition. Estrogen encourages fat storage in the lower body, which is why women typically have a higher percentage of body fat than men. While this may appear as a disadvantage, it's important to recognize that these fat stores serve essential reproductive functions.

➤ Muscle Mass

Women generally have less muscle mass than men due to differences in hormones, such as testosterone. Muscle mass contributes to a higher metabolic rate, making it easier to burn calories. Therefore, women may need to focus on strength training to build and maintain lean muscle.

Understanding your unique body composition can help you set realistic fitness goals and recognize that a healthy body isn't solely defined by a number on the scale. It's about achieving a balance that suits your body type and supports your overall health.



Menopause

Menopause is a natural phase in a woman's life that typically occurs in her late 40s or early 50s and marks the end of her reproductive years. This transition is characterized by a significant decline in estrogen levels and can have various effects on a woman's body, including changes in metabolism, body composition, and hormonal balance. As a result, menopause can impact diet and exercise in several ways:

Diet During Menopause

- **Metabolism Changes:** With the decline in estrogen levels, some women may experience a slowdown in metabolism, making it easier to gain weight, particularly around the abdomen. It's essential to adapt dietary choices to accommodate these metabolic changes.
- **Weight Management:** To manage weight during menopause, it's important to focus on portion control and the quality of the foods consumed. Emphasize a balanced diet that includes plenty of fruits, vegetables, lean proteins, whole grains, and healthy fats.
- **Calcium and Vitamin D:** Menopause increases the risk of bone loss, so it's crucial to maintain adequate calcium and vitamin D intake to support bone health. Dairy products, fortified foods, leafy greens, and supplements may be necessary.
- **Plant-Based Foods:** Many women find that increasing the consumption of plant-based foods, such as fruits, vegetables, whole grains, and legumes, can help with weight management and reduce the risk of chronic diseases.
- **Hydration:** Staying well-hydrated is always important, but it becomes even more critical during menopause. Adequate hydration can help with symptom management and overall health.
- **Phytoestrogens:** Some women may include phytoestrogen-rich foods in their diet, such as soy products, flaxseeds, and whole grains. These foods contain compounds that can mimic estrogen's effects in the body and may help alleviate certain menopausal symptoms.

Exercise During Menopause

- **Weight-Bearing Exercise:** Weight-bearing exercises, such as walking, jogging, and strength training, help maintain bone density, which is particularly important during menopause when the risk of osteoporosis increases.
- **Cardiovascular Exercise:** Cardiovascular activities, such as brisk walking, cycling, or swimming, can help manage weight, reduce the risk of heart disease, and improve overall fitness.
- **Flexibility and Balance:** As women age, flexibility and balance become increasingly important to prevent falls and maintain mobility. Yoga, Pilates, and tai chi can be excellent choices to work on these aspects of fitness.
- **Strength Training:** Muscle mass tends to decrease with age, which can affect metabolism. Strength training exercises can help build and maintain muscle, which in turn supports a healthy metabolism.
- **Core and Pelvic Floor Exercises:** Strengthening the core and pelvic floor muscles can help alleviate issues like incontinence and back pain that some women may experience during menopause.
- **Moderation:** Exercise should be approached with moderation and tailored to individual fitness levels and needs. It's important to listen to the body and avoid overexertion, especially if experiencing hot flashes or other menopausal symptoms.



Yoga and Pilates

Yoga and Pilates combine stretching with balance and strength exercises. They improve flexibility, core strength, and body awareness. These practices also promote relaxation and mental well-being.

Yoga combines physical postures, breathing techniques, and meditation to enhance flexibility, balance, and strength. It can help reduce stress, improve posture, and increase body awareness.



Pilates focuses on core strength, stability, and flexibility. It involves controlled movements and emphasizes precise alignment and breathing. Pilates can enhance overall body strength, posture, and muscle tone.

Both yoga and Pilates offer a range of styles and classes, making it easy to find one that suits your fitness level and goals. Incorporating these practices into your routine can provide holistic benefits, including improved flexibility and mobility, mental well-being, and enhanced body awareness.

Nutrition for Women



Lets explore the importance of nutrition for women's fitness. A balanced diet, thoughtful meal planning, and strategic nutrient timing are essential components of a successful fitness journey. By understanding how to nourish your body effectively, you can optimize your workouts, support your overall health, and reach your fitness goals.

Balanced Diet

A balanced diet is the cornerstone of any successful fitness regimen. It provides the body with the necessary nutrients, energy, and building blocks for optimal performance and recovery. For women, a balanced diet typically includes the following components:

01 Macronutrients:

Carbohydrates

These are the body's primary energy source. Choose complex carbohydrates like whole grains, fruits, and vegetables to provide sustained energy for your workouts.

Proteins

Proteins are essential for muscle repair and growth. Opt for lean sources like poultry, fish, lean meats, beans, and tofu.

Fats

Healthy fats support various bodily functions. Include sources like avocados, nuts, seeds, and olive oil in your diet.



02 Micronutrients:

Vitamins:

A variety of fruits and vegetables can help you obtain essential vitamins, such as vitamin C, vitamin A, and B vitamins.

Minerals:

Minerals like calcium and iron are important for bone health and oxygen transport. Dairy products, leafy greens, and lean meats are good sources.

03 Fiber:

Fiber:

Fiber aids digestion and helps with weight management. Whole grains, legumes, and vegetables are excellent sources.

04 Hydration:

Hydration

Staying well-hydrated is crucial for overall health and exercise performance. Water is essential for numerous bodily functions, so aim to drink enough throughout the day.



Meal Planning

Meal planning is the process of determining what you'll eat for a set period, usually a week or more, and then preparing and organizing your meals accordingly. It involves deciding on recipes, creating a shopping list, and preparing ingredients or meals in advance. Meal planning can offer several benefits for individuals looking to maintain a balanced diet, save time, and support their health and fitness goals:

Achieving a balanced diet is essential for maintaining overall health, supporting fitness goals, and ensuring that your body receives the necessary nutrients. There are two primary approaches to achieve a balanced diet: tracking calories and macronutrients and using portion control. Let's explore both options in detail:

01 Calculating Calories and Macronutrients

This approach involves meticulously measuring and monitoring the number of calories and macronutrients (carbohydrates, proteins, and fats) you consume. It allows for precise control over your nutrient intake. Here's how it works:

A. Tracking Calories

You calculate your daily calorie needs based on factors like your age, gender, activity level, and goals (e.g., weight loss, maintenance, or muscle gain).

[Calorie and Macronutrient Calculator](#)

Using apps or food diaries, you record the calorie content of everything you eat and drink throughout the day.



[Download APP from Apple Store](#)



[Download APP from Play Store](#)

You aim to stay within your daily calorie target to manage your weight and ensure that you're neither overeating nor undereating. Using MyFitnessPal will help you to both calculate and track calories and macronutrients.

Benefits

- **Precision:** This method provides precise control over your calorie and nutrient intake.
- **Customization:** You can tailor your diet to your specific fitness and health goals.
- **Awareness:** Tracking calories and macronutrients helps you become more mindful of what you're eating.

Considerations

- **Time-Consuming:** Counting calories and macronutrients can be time-consuming and may not be sustainable for everyone.
- **Obsession:** It can lead to an unhealthy fixation on numbers and food, potentially resulting in disordered eating habits.











02

Portion Control

Portion control is a more straightforward approach to achieving a balanced diet. Instead of meticulously tracking calories and macronutrients, you focus on controlling the size of your servings. Here's how it works:

- You use visual cues, measuring tools, or your hand (e.g., palm for protein, fist for vegetables, thumb for fats) to estimate portion sizes.
- You aim to fill your plate with a balanced combination of foods, including fruits, vegetables, lean proteins, and whole grains.
- You listen to your body's hunger and fullness cues, stopping when you're satisfied rather than overeating.

On the next page, you'll see exactly how portion sizing can be used. It's just a matter of using your fingers and hands to measure out your meals.

FOODS	HAND PORTION	EQUIVALENT MEASUREMENTS	HOW MUCH SHOULD I EAT?
Vegetables		1 cup 136g 5oz	Eat at least 1 serving of vegetables with each meal.
Fruits		1 cup 136g 5oz	Eat 1-2 servings per day.
Meat, Fish and Poultry		½ cup 68g 3oz	Eat 1-2 servings per meal.
Eggs		2 eggs	Eat 1-2 eggs per day.
Rice, noodles, pasta		½ cup 68g 3oz	Eat 1-2 servings of carbs per meal.
Beans, lentils and pulses		½ cup 68g 3oz	Eat 1 serving of pulses per day.
Cheese		⅓ cup 28g 1oz	Eat 2-3 servings of cheese per day.
Nuts, Seeds and Olives		⅓ cup 28g 1oz	Eat 1-2 servings per meal.
Oils, Coconut butter, Nut butters, Ghee		⅓ cup 28g 1oz or 1-2 Tbsps.	Eat 1-2 servings per meal.
Spices		⅓ cup 28g 1oz or 1-2 Tbsps.	No requirements.

Benefits

- **Simplicity:** Portion control is easy to implement and doesn't require detailed tracking.
- **Sustainable:** It's a more sustainable approach for many people and promotes a healthier relationship with food.
- **Flexible:** Portion control allows for more flexibility and adaptability in different situations.

Considerations

- **Approximation:** Portion control may not provide the same level of precision as tracking calories and macronutrients, which can be a drawback for individuals with specific fitness or health goals

Ultimately, the choice between these two approaches depends on your individual preferences, lifestyle, and goals. Some individuals may find that meticulously tracking calories and macronutrients is necessary to achieve their fitness objectives, while others may prefer the simplicity and flexibility of portion control. The key is to find a method that suits your needs and promotes a balanced, healthy diet that you can maintain in the long term.



Going Back to Meal Planning

How to incorporate calories and macronutrients into meal planning?

Including calorie and macronutrient considerations when meal planning is a strategic approach to achieving specific dietary and fitness goals. Whether you're aiming to lose weight, build muscle, or maintain your current weight, here are steps to help you incorporate calorie and macronutrient calculations into your meal planning:

▶▶ Determine Your Calorie Needs:

Step 1: Calculate Your BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

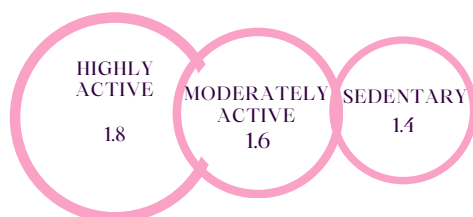
WOMEN

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$$

This is the number of calories that your body requires in order to survive.

Step 2: Calculate Your TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight. To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



Step 3 Calculate Your Calories

The amount of calories that you need to consume depends on your goal. Since this fitness eBook is specifically designed to optimize your weight loss, we will be calculating calories for fat loss. Therefore, all you need to do is deduct a number of calories from the outcome you got in step 2. For best results deduct 200–300 calories from outcome in step 2. Don't deduct more than that as you'll end up getting hungry and binge eating.

Determine Your Macronutrients:

Once you have calculated the number of calories you need to consume per day, you need to divide these calories between each macronutrient. The term 'macronutrients' refers to three main nutrients namely proteins, carbohydrates, and fats.

The body requires each nutrient to provide different vitamins and minerals. Therefore, we need a balance of macronutrients to obtain various vitamins and minerals for our health and overall well-being.

50%

CARBOHYDRATES

50% of your total daily calories should come from carbohydrates. This means that you just need to divide your total daily calories (that you calculated in the earlier chapter) by 2. Then to get the number of grams, you simply divide the carbohydrate calories by 4.

20%

PROTEIN

20% of your total daily calories should come from proteins. This means that you multiply the total daily calories by 0.20. This will give you the calories that should come from proteins. To get the number of grams, simply divide those calories by 4.

30%

HEALTHY FATS

30% of your total daily calories should come from healthy sources of fat. Simply deduct the calories you calculated for carbs and protein from the total daily calories, and the outcome are calories for fats. Divide these calories by 9 to get the grams.

Pre & Post Meal Ideas

Consuming the right number of calories and a balance of macronutrients is very important. However, if you exercise regularly, you also need to consume a high-quality pre and post-workout snacks or meals. These are important because they help to boost your energy for the workout and help you recover after a workout. Below, you'll find a list of high-quality pre and post-workout meals and snacks.

Pre-workout Meals

- Bananas
- Baked potato -easy to prepare and can include fillings like tuna, beans, chicken, coleslaw and yoghurt dressing
- Porridge and oatmeal
- Fruit smoothies
- Apples with peanut butter
- Pizza with lots of fresh vegetables, fruits, grains and beans.
- Whole wheat pasta with tomato sauce with vegetables served with a side salad
- Casseroles with lean meat and variety of vegetables served with couscous or rice
- Grilled fish with vegetables and noodles
- Fruit crumbles, bread puddings or simple bananas.

Post-Workout Meals

- Chia seed pudding
- Rice cakes with jam
- Sweet potatoes with chicken
- Fruit smoothies
- Chicken sandwich on white bread
- Fresh fruit smoothie made with yogurt and milk
- Cereal bar
- Slice of malt loaf
- Tuna and low fat
- Tuna and sweetcorn sandwich
- Protein shake with high carbohydrate content



12-Week Workout Program

I've covered a lot of information so far, but now it's finally time for the FUN part! This home-based fitness program has been specifically designed to help you shed fat and tone your body in ways you've never been challenged before. We're going to target your body from various angles. This includes your metabolism, your muscles, and your fat percentage. By the end of this program, you're going to feel REVOLUTIONIZED! Are you ready? Here's some important information that you should know about.

Firstly, this is a home-based fitness program that will run for 9 weeks. It is split into 3-week blocks. This means that you need to perform each week 3 times before you move onto the following three weeks. Each week consists of 3 days worth of workouts; three days of resistance training (weight training) and low-intensity cardio.

In addition to the workouts in this program, I want you to aim for a minimum of 10'000 steps per day and at least 1 Yoga or Pilates class.

The workouts have been designed in an easy-to-follow way. So, on the left side, you'll find a video illustration of the exercise, and below, you'll find sets and reps for that particular exercise.



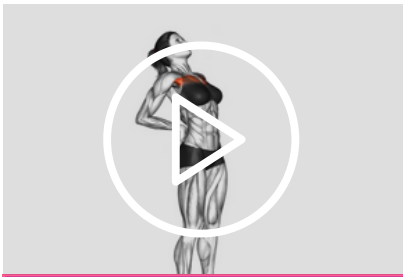
A "rep," short for "repetition," is a single execution of an exercise. One pushup is one rep, and 10 pushups are 10 reps. A "set" is a collection of reps. If your goal is to complete 20 pushups, you might break your workout up into two sets of 10 reps. This can help you effectively pace yourself.

When you click on the image or play icon of the given exercise, you'll be taken to YouTube where you can watch a 5-10 second videos showing step by step on how to perform a given exercise. Please bare in mind that each video shows only one rep. This means that you'll need to perform an exercise for a number of reps specified in the workout program, and not on the YouTube video.

Before you begin any workout, please be sure to stretch and warm up. On the next page, i've provided a sample warm-up and stretch routine that you can use to get you started. It should take you approximately 3-5 minutes.

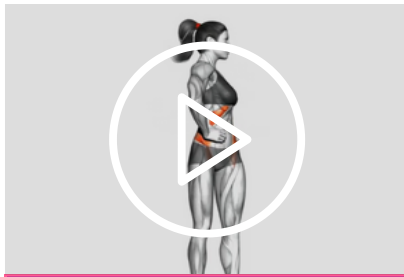
Warm-up and Stretch

Middle Back Stretch



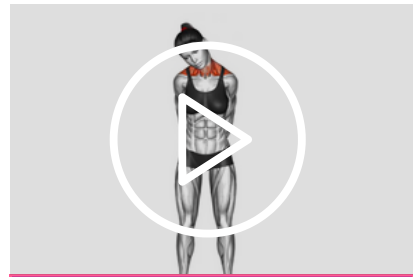
Sets x reps:

Back Stretch



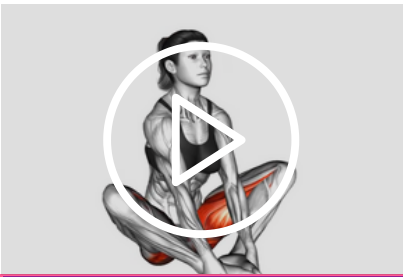
Hold: 15 Secs

Neck Stretch



Hold: 15 Secs

Butterfly Stretch



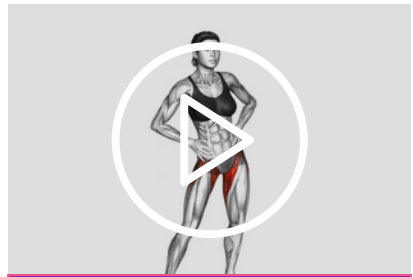
Hold: 15 secs (pulsing)

Quadriceps Stretch



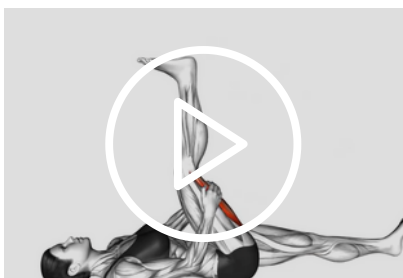
Hold: 15 Secs (pulsing)

Hip Circles



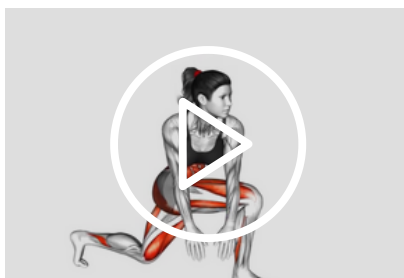
Hold: 15 Secs

Hamstring Stretch



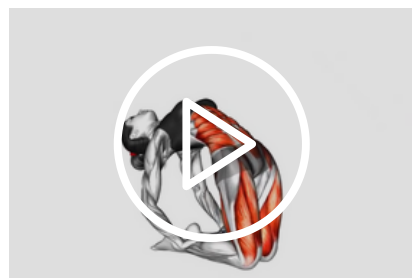
Hold: 15 secs (pulsing)

Full Body Crossover



Hold: 15 Secs

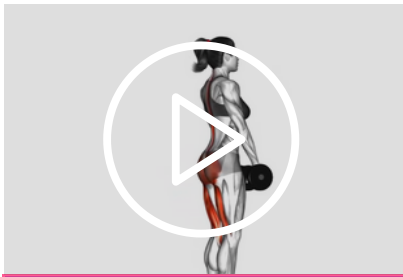
Hip Circles



Hold: 15 Secs

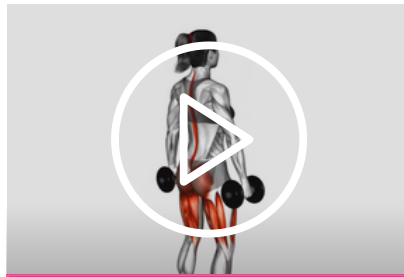
Week 1-3: Day 1

Dumbbell Deadlifts



Sets x Reps: 2 x 15

Deep Deadlifts



Sets x Reps: 2 x 16

Woodchoppers



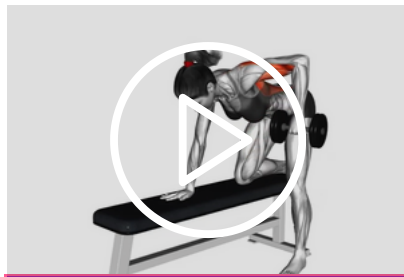
Sets x Reps: 1 x 30

Circle Squats



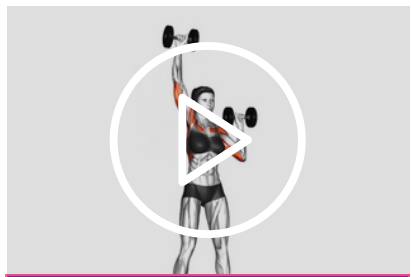
Sets x Reps: 2 x 20

Rear Delt Row



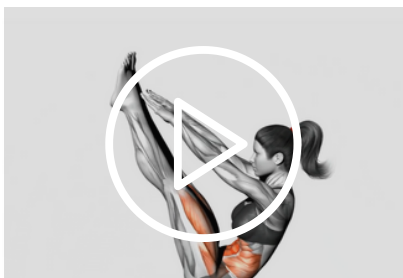
Sets x Reps: 2 x 15 (each)

Alternating Press



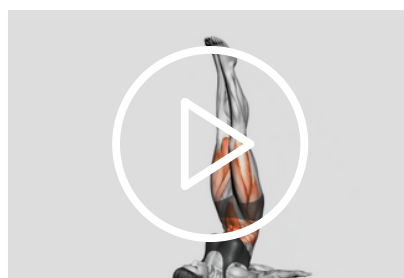
Sets x Reps: 2 x 16 (each)

V Ups



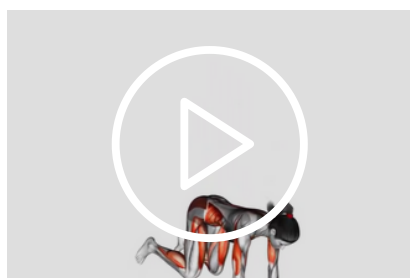
Sets x Reps: 2 x 15

Leg Raises



Sets x Reps: 2 x 15

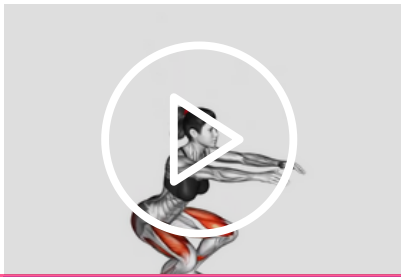
Burpees



Sets x Reps: 2 x 10

Week 1-3: Day 2

Squats



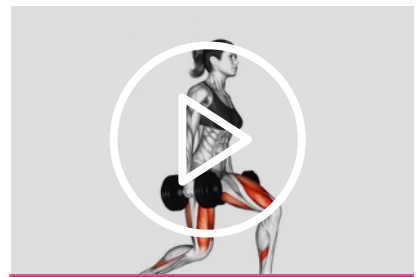
Sets x Reps: 2 x 30

Bridges



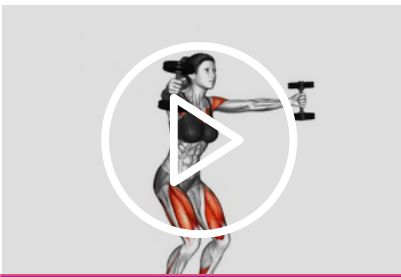
Sets x Reps: 2 x 20

Lunges



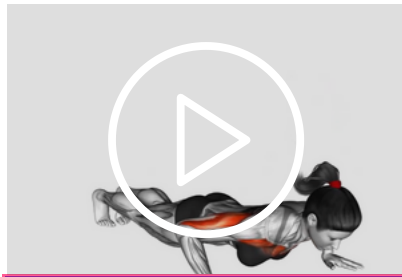
Sets x Reps: 2 x 16

Iron Cross



Sets x Reps: 2 x 15

Push Ups



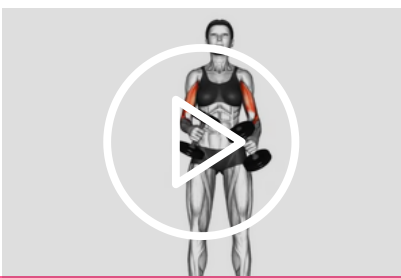
Sets x Reps: 2 x 15

Lying Leg Raises



Sets x Reps: 2 x 20

Cross Hammer Curls



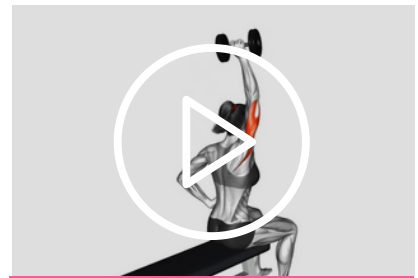
Sets x Reps: 2 x 16

Arnold Press



Sets x Reps: 2 x 15

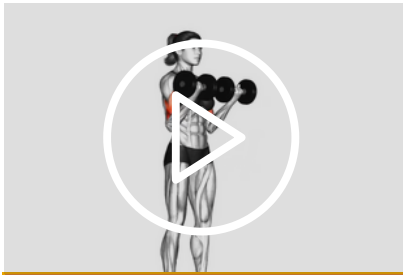
Triceps Extensions



Sets x Reps: 2 x 15

Week 1-3: Day 3

Barbell Bicep Curls



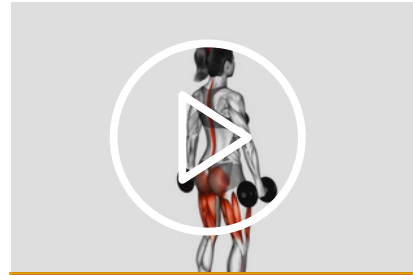
Sets x Reps: 2 x 15

Cross Body Curls



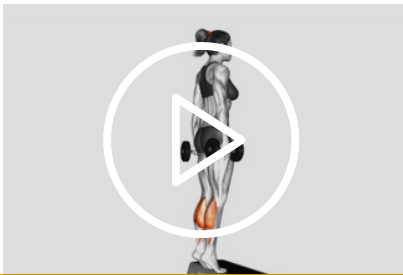
Sets x Reps: 2 x 15

Dumbbell Deadlift



Sets x Reps: 2 x 15

Calf Raises



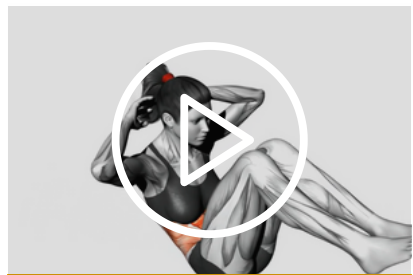
Sets x Reps: 2 x 25

Push Ups



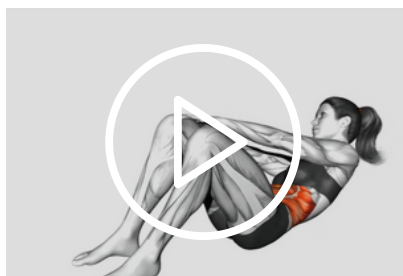
Sets x Reps: 2 x 15

Sit Ups



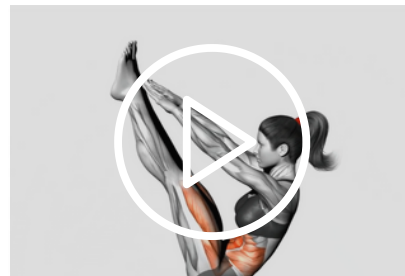
Sets x Reps: 1 x 15

Twisting Crunch



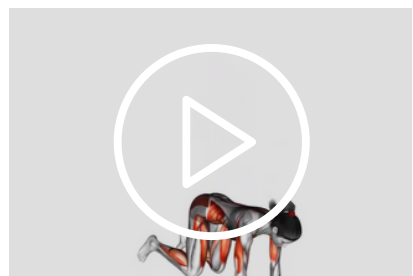
Sets x Reps: 1 x 16

V Ups



Sets x Reps: 1 x 15

Burpees



Sets x Reps: 2 x 10

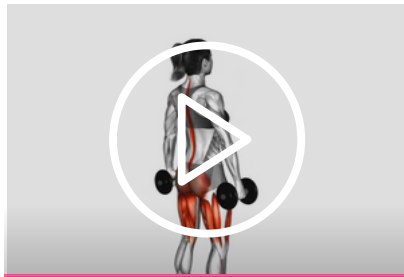
Week 4-6: Day 1

Squat



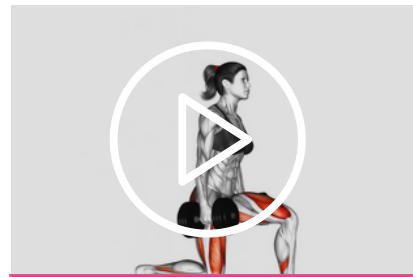
Sets x Reps: 2 x 40

Deadlift



Sets x Reps: 2 x 20

Lunges



Sets x Reps: 2 x 20

Rear Lateral Raise



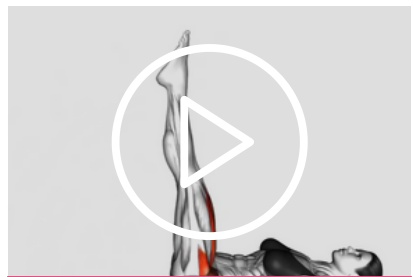
Sets x Reps: 2 x 20

Iron Cross



Sets x Reps: 2 x 20

Straight Leg Raises



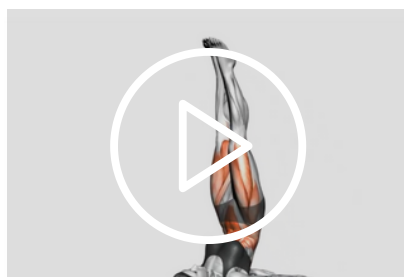
Sets x Reps: 2 x 20

Side Plank Raises



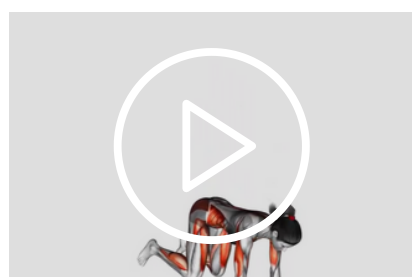
Sets x Reps: 2 x 20 (each)

Deep Floor Raises



Sets x Reps: 2 x 20

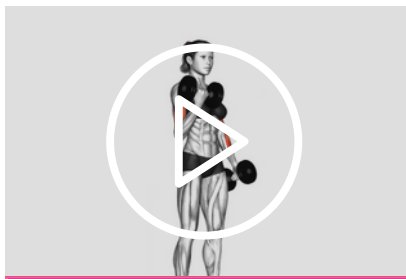
Burpees



Sets x Reps: 2 x 15

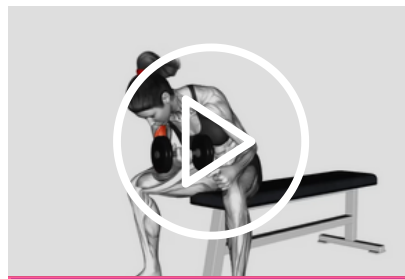
Week 4-6: Day 2

Alternating Bicep Curls



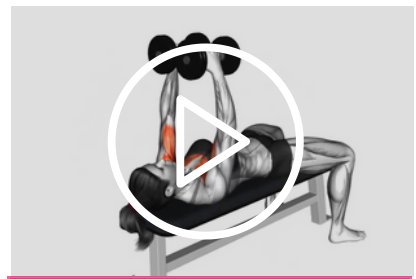
Sets x Reps: 2 x 20

Concentration Curls



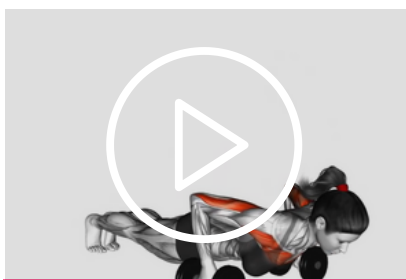
Sets x Reps: 2 x 20

Chest Dips



Sets x Reps: 2 x 20

Deep Push Ups



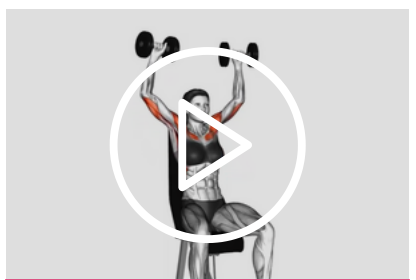
Sets x Reps: 2 x 20

Rear Delt Rows



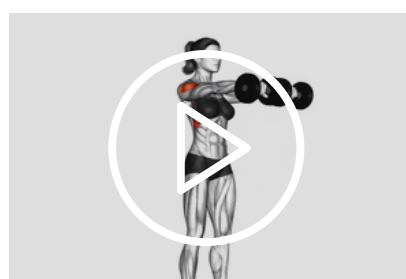
Sets x Reps: 2 x 20 (each)

Arnold Press



Sets x Reps: 2 x 12

Front Raises



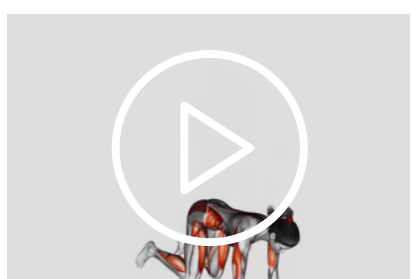
Sets x Reps: 2 x 15

Lateral Raises



Sets x Reps: 2 x 20

Burpees



Sets x Reps: 2 x 15



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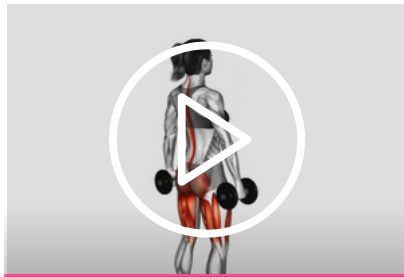
Week 4-6: Day 3

Squat



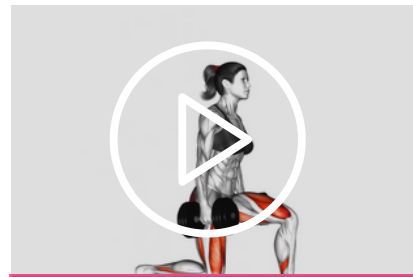
Sets x Reps: 2 x 40

Deadlift



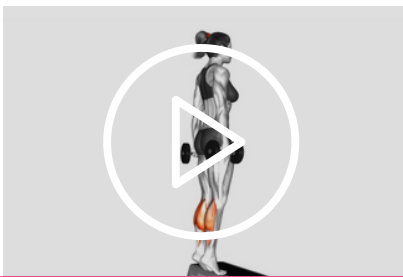
Sets x Reps: 2 x 20

Lunges



Sets x Reps: 2 x 20

Calf Raises



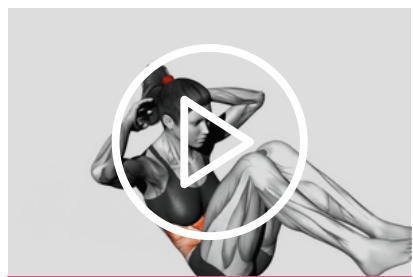
Sets x Reps: 2 x 25

Push Ups



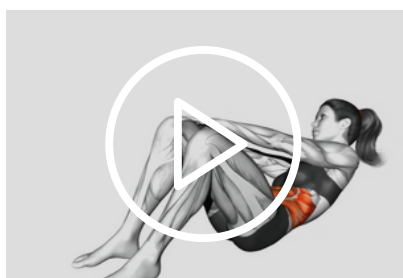
Sets x Reps: 2 x 20

Sit Ups



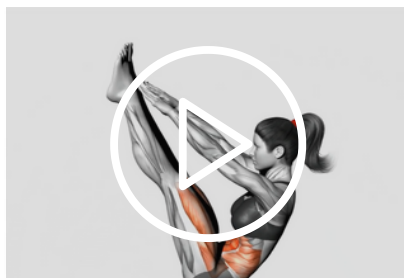
Sets x Reps: 1 x 20

Twisting Crunch



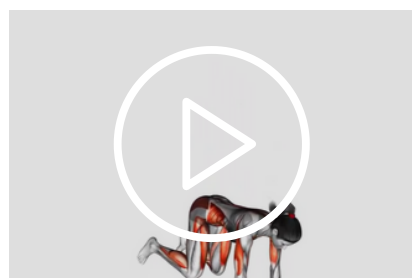
Sets x Reps: 1 x 22

V Ups



Sets x Reps: 1 x 20

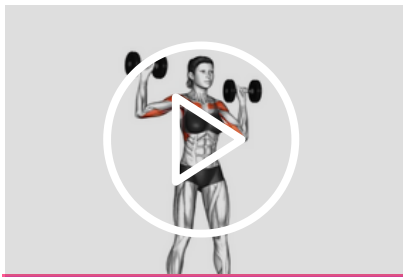
Burpees



Sets x Reps: 2 x 15

Week 7-9: Day 1

Alternating Press



Sets x Reps: 2 x 20 (each)

Arnold Press



Sets x Reps: 2 x 15 (each)

Front Raises



Sets x Reps: 2 x 15

Lateral Raises



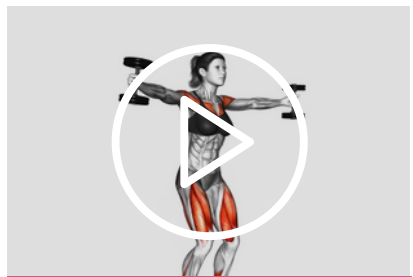
Sets x Reps: 2 x 15

Rear Delt Rows



Sets x Reps: 2 x 20 (each)

Iron Cross



Sets x Reps: 2 x 20

Hamstring Stretch



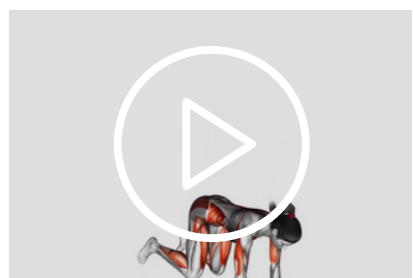
Sets x Reps: 2 x 20

Close Grip Press



Sets x Reps: 2 x 20

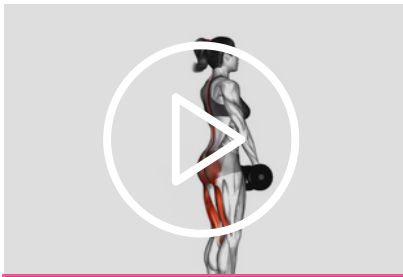
Burpees



Sets x Reps: 2 x 20

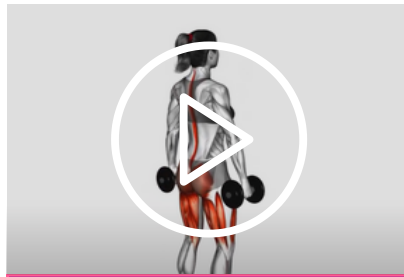
Week 7-9: Day 2

Dumbbell Deadlifts



Sets x Reps: 2 x 20

Deep Deadlifts



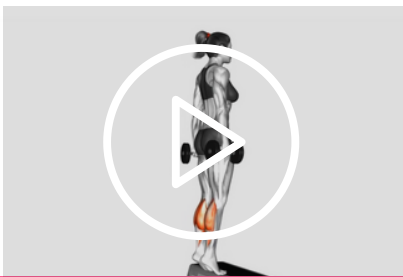
Sets x Reps: 2 x 25

Woodchoppers



Sets x Reps: 1 x 50

Calf Raises



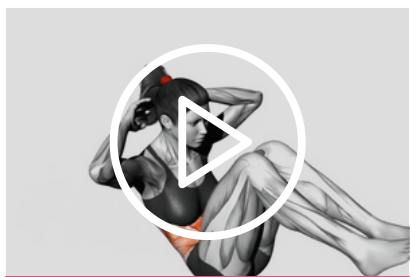
Sets x Reps: 2 x 40

Push Ups



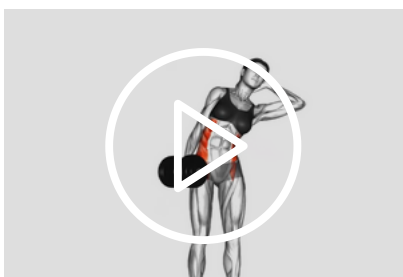
Sets x Reps: 2 x 20

Sit Ups



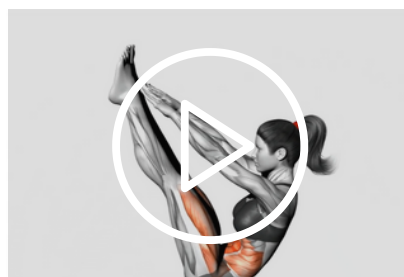
Sets x Reps: 1 x 24

Side Bends



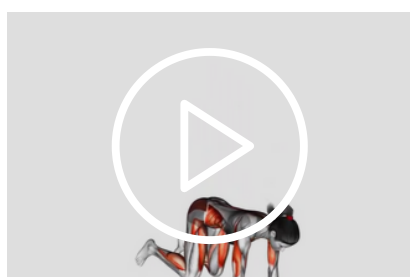
Sets x Reps: 1 x 16 (each)

V Ups



Sets x Reps: 1 x 22

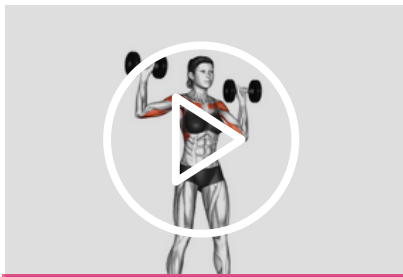
Burpees



Sets x Reps: 2 x 20

Week 7-9: Day 3

Alternating Press



Sets x Reps: 2 x 20 (each)

Arnold Press



Sets x Reps: 2 x 15 (each)

Front Raises



Sets x Reps: 2 x 15

Lateral Raises



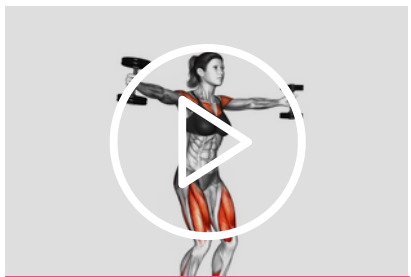
Sets x Reps: 2 x 15

Rear Delt Rows



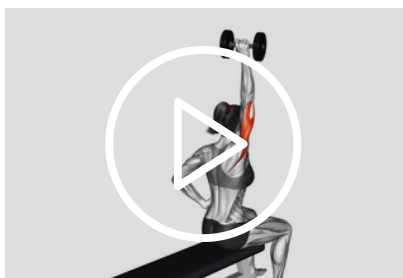
Sets x Reps: 2 x 20 (each)

Iron Cross



Sets x Reps: 2 x 20

Triceps Extensions



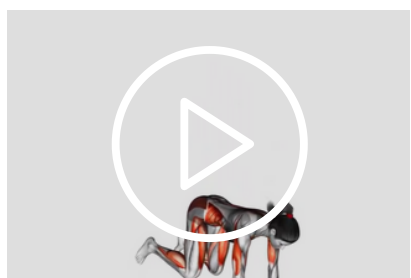
Sets x Reps: 1 x 16 (each)

Close Grip Press



Sets x Reps: 2 x 20

Burpees



Sets x Reps: 2 x 20

Injury Prevention Strategies

Warm-Up and Cool Down: Always warm up with dynamic stretches and cool down with static stretches to prepare your muscles for exercise and help them recover afterward.

Proper Technique: Ensure you use proper form and technique for all exercises. If you're unsure, consider working with a fitness professional.

Gradual Progression: Avoid pushing your limits too quickly. Gradually increase the intensity, duration, and frequency of your workouts to allow your body to adapt.

Rest and Recovery: Give your body ample time to rest and recover between workouts. Listen to your body and prioritize sleep and nutrition for recovery.

Immediate Response to Injury

01

R.I.C.E.: The R.I.C.E. protocol stands for Rest, Ice, Compression, and Elevation. These steps can help reduce swelling and minimize damage in the initial stages of an injury.

02

Professional Evaluation: For more severe injuries, consult a healthcare professional for an accurate diagnosis and treatment plan.

