



**Getting Ready for Your Workout**  
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**Student Notebook & Exercise Guide**

Prototype Version: 2006-Dec-03  
For Internal Review Only

# **Welcome and congratulations on your decision to work toward better health and fitness!**

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## **Before Beginning**

Consult your physician before beginning any exercise program.

- Discuss which exercise program would be most beneficial for you.
- Determine your reason for beginning an exercise program i.e. weight lose, general good health, beginner training for a sport, cardiopulmonary health promotion.
- Determine the best time of day for you to exercise.

## **There are three parts to every workout**

This material will be dealing only with warm-up stretching exercises. You will be receiving additional materials on the other two parts – your chosen exercise routine and the cool down phase.

### **I. Warm Up**

It is important to warm-up before each exercise session. Why is it so important?

1. Performing the stretching exercises correctly increases your flexibility.
2. Stretching before exercise reduces your chances of injuries.

### **II. Exercise Routine**

It is important to choose the proper exercise routine to fit your personal fitness goals. Your assigned consultant will work with you on setting goals and choosing the right exercise plan for you.

### **III. Cool Down**

The cool down phase is essential to reduce muscle soreness, light headedness and it helps to relax your body and mind. In addition, it helps to decrease your heart rate as your body slowly returns to its state prior to exercise.

## Exercise Guidelines

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- Wear proper fitting shoes and comfortable clothes.
- Wait at least one hour after a meal before exercising.
- Exercise on level surfaces.
- Use a mat or towel where necessary.
- Keep a record of your sessions.

**If any of the following occur – stop exercising and notify a staff member if you are at a gym; if you are at home phone your physician or call 911!**

- Irregular pulse
- Unusual shortness of breath
- Lightheadedness
- Excessive Fatigue
- Unusual joint, muscle or ligament pain
- Nausea or vomiting
- Chest, neck, arm or jaw discomfort
  - If nitroglycerine has been prescribed by your physician and the discomfort continues or intensifies after taking the nitroglycerine call 911 immediately.

Be sure to report any unusual discomfort to the staff. They are trained to help you.

Any questions you may have during the three phases of work out should be directed to one of the trained members of the staff. Although your friend may be a great exercise buddy the staff is trained to help you with all exercise and injury assessments. Please use their expertise.

## Let's Get Started

### Warm-up Stretching Exercises

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**Never** stretch before warming your muscles. If your muscles are cold, stretching the micro fibers in your muscles could possibly tear and lead to injury. Gradually increase your heart rate and warm your muscles by walking for two minutes before beginning to stretch.

**All** stretches should be held without movement. Do not bounce; this can force the muscle to overstretch and lead to injury.

**Keep** the stretch within a comfortable range. You should feel your muscles stretch but there should not be any significant discomfort, pulling or pain. By pushing the muscle beyond the natural stretching range you can force an automatic myotatic reflex which causes the muscle to withdrawn in an effort to protect itself from tearing.

**Always** perform each stretch slowly and deliberately.

**Remember** it is not a competition to see who can stretch the furthest. Stay within your healthy, injury free range of movement. You will become more flexible over time.

**If** you feel stretching or pulling in areas other than those indicated to you by the instructor, stop - examine your form and ask the instructor for help. You might be performing the stretch incorrectly.

**Watch** yourself perform the stretches. If there is a mirror available watch yourself as you perform the stretches the first few times. You may be able to spot flaws in your execution of the exercises.

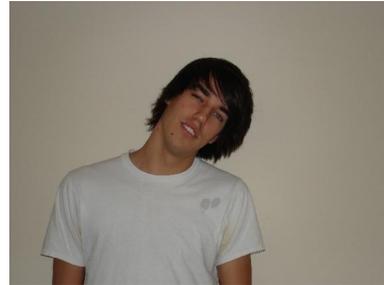
**Notes** – a notes section is included at the end of each exercise description for you to writes special instructions or self reminders.

## Neck Stretch

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**This exercise is done once in each direction**

- Tilt head so that ear goes toward shoulder.
  - Hold to count of 10.
  - Feel stretch in side of neck and upper shoulder.
    - If you do not feel the stretch then tilt head a little further
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor



- Turn head so that chin goes toward shoulder.
  - Hold to count of 10.
  - Feel stretch in front and side of neck and upper shoulder.
    - If you do not feel the stretch then turn head a little further
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor



- Repeat in opposite direction.

**Notes:**

## Arm Circles

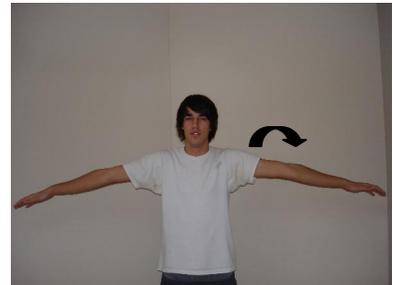
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**Repeat this exercise 5 times each forward and backward**

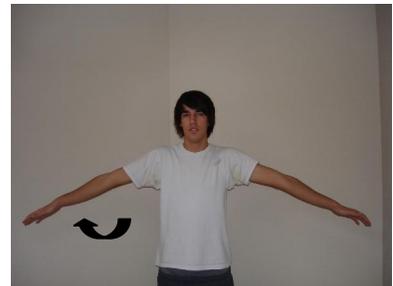
- Begin by raising your arms straight out from your sides and shoulder height.



- Drop your arms slightly.



- Move arms in circles in a forward motion.
  - Feel stretch in shoulders and upper back and chest.
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor



- Move arms in circles in a backward motion.
  - Feel stretch in shoulders and upper back and chest.
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor

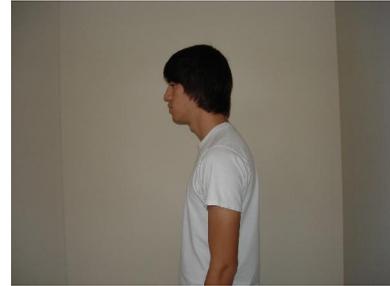
**Notes:**

## Shoulder Rolls

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**Repeat this exercise 5 times in each direction**

- Begin with arms straight down to sides.



- Shrug shoulders straight up.



- Roll shoulders back and down – making a circle.
  - Feel stretch in shoulders and upper back and chest.
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor



- Then roll shoulders in the opposite direction, forward and up – making a circle.
  - Feel stretch in shoulders and upper back and chest.
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor

**Notes:**

## Lower Body Twist

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**This exercise is done once in each direction**

- Lie on back with knees bent and feet flat on the floor.
- Keep knees and feet together.



- Keeping shoulders flat on the floor, allow knees to go toward the floor.
- Only your lower body should turn.
  - Hold to count of 10.
  - Feel stretch in hips, thighs and torso
    - If you do not feel the stretch then drop your knees a little further toward the floor
    - If you feel significant pain or discomfort stop the exercise and seek advice from instructor
- Repeat in opposite direction



**Notes:**

## Sumo Squat and Stretch

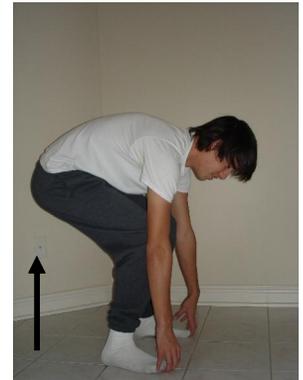
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**This exercise is done once, slowly and carefully.  
Do not hold your breath.**

- Stand with legs more than shoulder width apart.
- Squat down on your haunches.
- Grab toes with your fingers.



- Stand up slowly, keeping your hands on your toes.

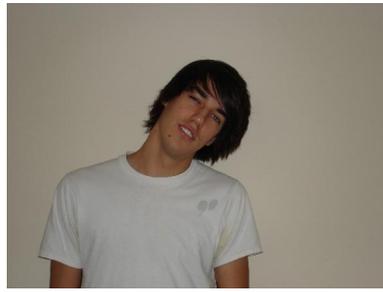


- Raise your hips as far as you can while keeping your hands on your toes.
  - Feel stretch in your lower back, thighs and hamstrings.
    - Only go as far as you are comfortable feeling the stretch
  - If you feel significant pain or discomfort stop the exercise and seek advice from instructor

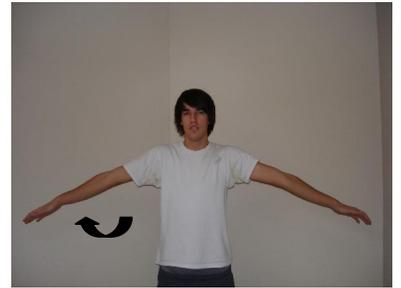
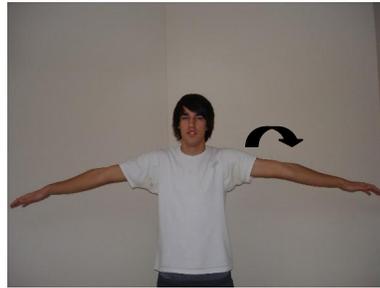
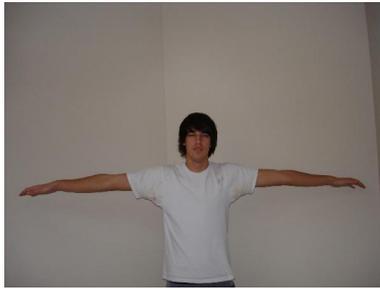


**Notes:**

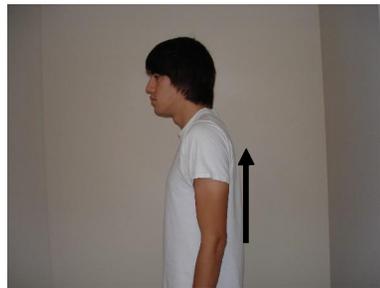
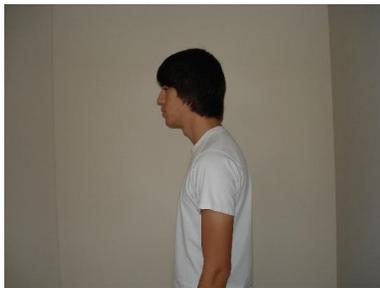
**Neck Stretch**



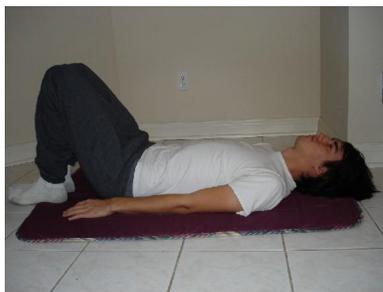
**Arm Circles**



**Shoulder Rolls**



**Lower Body Twist**



**Sumo Squat and Stretch**

