



Active Exec Weekly Supplemental Workout

FOCUS: The focus for the supplemental workout is to build strength and endurance applicable to Friday group sessions. This particular workout is for members not engaged in cardio/strength training regimen prior to Active Exec participation.

Weekly workout:

- **Dynamic warm-up** (after jumping jacks completed during a slight jog). Complete twice:
 - 10 jumping jacks
 - Skip for 10 seconds
 - Skip with arm raises for 10 seconds
 - Karaoke (alternate sides for 10 seconds)
 - Butt kickers (heel to buttocks of each leg)
 - Soldier walk (alternate sides for 10 seconds)
 - Knees to chest for 10 seconds
 - Knee in's to out's for 10 seconds
 - Knee out's to in's for 10 seconds (over the fence)
 - Arm rotations (10 seconds each side – forward, back, and side)
- **Main routine:**
 - 30 seconds jump rope (real rope or imagined)
 - 10 seconds push up (if just beginning to get back into shape use a kitchen counter or similar – place hands just a bit wider than shoulder width on counter, take a couple steps backward, and lower your chest to counter. Push back up and repeat. As you get stronger play with hand width and depth)
 - 10 seconds body weight squat (be patient with creaky knee's...let them warm up a bit...don't go beyond 90 degree bend)
 - 10 second leg raise (hands supporting lower back – legs 6 inches off floor then raised to 90 degrees and back down)
 - 15 second plank (either on forearms or in full push up position)

Complete main routine 1-3 times depending on your current fitness level. As you get stronger increase the amount of time with each exercise.

- **Cool Down:**
 - Repeat the dynamic warm up one time
 - Find a quiet spot, set a timer for 10 minutes, and begin mental strengthening by taking in a deep breath 1-2-3, hold 1-2-3, and exhale 1-2-3. Focus on your breath, allow thoughts to rise up and just float away, return focus to your breath