



# FIT FOR LIFE



PUTTING 'FUN!' INTO FITNESS

## LIFE IS MOTION

Our bodies are genetically programmed to move and work, in fact, we have to move to survive. Our many modern conveniences have made life too easy. The result is that we don't physically challenge our bodies on a regular basis. 'Use it or lose it!' could not be more of an appropriate saying...and boy, are we losing it!!!



## Home Workouts

### PLYO CIRCUIT

- Squat jumps
- Star jumps
- Push ups
- Jumping lunges
- Side lunge with single leg hop

**Easy**

**30 seconds per exercise**  
**Repeat 2 times**  
**1 minute rest**

**Medium**

**45 seconds per exercise**  
**Repeat 2 times**  
**1 minute rest**

**Hard**

**1 minute per exercise**  
**Repeat 2 times**  
**30 seconds rest**

### LEG CIRCUIT

- Squats
- Reverse lunge
- Side lunge
- Forward lunge
- Star jumps



Exercise goes far beyond improving the way we look. The benefits include increased metabolism, increased cardiovascular strength, increased mental performance, improved sleep, decreased depression, increased energy and decreased risk of most common degenerative diseases.... the list is endless!

In other words...

Exercise is a must if you want to live a long healthy life!

Exercise is about increasing your body's ability to function well day in and day out.

## GET TO THE CORE

Kneeling push-ups  
Plank on hands  
Mountain Climbers  
Floor to ceiling squat  
Front Plank

## HIGH HEART RATE

Plank Jacks  
Floor to ceiling squat jumps  
Mountain Climbers  
Burpees  
Plank Rotation

Easy

30 seconds per exercise

Repeat 2 times

1 minute rest

Medium

45 seconds per exercise

Repeat 2 times

1 minute rest

Hard

1 minute per exercise

Repeat 2 times

30 seconds rest

# Exercise Myths...

**'You must keep your heart rate at a steady pace to achieve maximum results'**

Nope – wrong! By fluctuating your heart rate up and down you will get maximum results. This is called interval training, a great way to enable your body to burn fat and build muscle and increase your metabolism rate. High intensity interval training or HIIT requires less time, never any longer than 30 minutes, and the goal is to progressively elevate your heart rate to 80-90% of your maximal heart rate, three to 4 times within a session

**'I'm a woman, resistance training will make me bulky!'**

Definitely not. What you will get though, is lean. It is not hormonally impossible for a woman to gain muscle mass out of proportion to her body shape because they lack the level of hormones, such as testosterone, that allows this to happen.

**'The best way to get lean is to do lots of repetitions with light weight'**

Wrong again! The only way to change your body composition is to challenge your body. In physics, the term entropy is the natural order of something to break down, and our bodies will follow this law unless we apply a counterforce – the counterforce being the weight that creates stress and demand on the muscle.

JOIN US at our Wednesday workshop

## PARK FIT

Dispelling exercise myths and introducing functional fitness in your life!

Don't miss out and get yourself booked in!

Wednesday 26th June @ 7pm

