OUTDOOR GYM WORKOUT LOG

Info@DrPenny.ca

EXERCISE STATION	Physical Rehabilitation	Conditioning
Tricep Strength & Torso Stability	Triceps Back & Abdominals Shoulders	**Anaerobic:** Muscle Strength Standing or Seated Recommendation: 4 Sets of 8 Reps
Upper Body Cycling	Arms/Shoulders Back/Core Cardiovascular	**Aerobic:** Cardio/Fat Burning Standing, feet width at the hips Cycle up to 60 seconds – rest – repeat - X 4 Sets
Body Rotation	Core – oblique's Shoulders Back	**Anaerobic**: Muscle Strength Standing, arms secure and rotate hips only, for up to 16 rotations x 4 sets with rest in-between sets
Health Walker Cardiovascular	Core Hips/Butt Quads/Hamstrings Posture	**Aerobic:** Fat Burning & Toning Walk – move your legs with soft knees and good posture for balance. Breath at a workable comfortable pace for a min of 20 min.
Posture – Shoulder slide	Back of the Shoulders Front of the Shoulders	**Anaerobic:** Muscle Strength & Posture. Stand with good alignment. Move handles along the track to a full range of motion for both anterior and posterior deltoids. Relax shoulders!
Recumbent Bike Cardiovascular	Legs and Core *There are no intensity adjustments at this station. Pick up the pace and speed for a min 30 minutes for fat burning results, 4 X a Week.*	**Aerobic:** Fat Burning & Toning Seated with legs elongated. Hips to the back of the seat, hand holding handles, begin peddling.
Core Strength & Pelvic Conditioning	Abdominals Low Back Strength Posture & Balance Pelvic Floor Muscle Toning Stretching and Relaxation	**Anaerobic:** Core & Pelvic Toning Standing, seated or lying down. Deep Breathing is required. *Recommended for: urinary incontinence, bowel & bladder prolapse, improve orgasm & sexual functions, pre & post pregnancy*
Power Stepping Cardiovascular	Legs & Core DO NOT GET OUT OF BREATH STEP AT A PACE THAT IS CONFORTABLE FOR YOUR BREATHING, AIM FOR A MIN OF 8 REPS FOR EACH LEG x 4 SETS	**Aerobic & Anaerobic** Continuous stepping at a moderate pace is aerobic conditioning & requires a greater demand for oxygen. Jumps, Squats, & Lunges are slower and controlled for an anaerobic strength training effect.
Agility Step & Calf Raises	Aerobic Stepping (Cardiovascular) Balance & Core Calves – Strength/Tone Training	**Aerobic and Anaerobic** The step can be used for the continuous flowing of movements for an aerobic effect. Squat, Leaps, Lunges, Jumping Jacks are frequently used here for increasing the intensity for an anaerobic effect.
Stabilizing & Balance Disc	Total Body Conditioning Balance, Core Conditioning Squats – legs & Butt Can you stand or squat on the disc for a min of 45 sec?	**Anaerobic**. Very effective for CORE Can you Balance on the Disc? Use your hands to help, eventually your core will be strong enough that you won't need to hang on, but hang in there, it's worth the effort.
Low Body Cycling **Intensity adjustments**	Legs Core	**Aerobic** – cardiovascular Adjust tension for a comfortable workload for a min of 20 min 4 x weekly. Keep knees soft and back up against the seat with a tight core.

Date:	Calories	Grams of Carbs	Grams of Protein	Grams of Fat	Totals
Breakfast					
Lunch					
Dinner					
Caloric Intake TOTAL					
Hours of Sleep	----------	----------	----------	----------	
Cups of Water	----------	----------	----------	----------	

Your Daily Outdoor Workout (calculate caloric expenditure)

Station #

Station #

Station #

Station #

Note: RECORD
Length of time at each station
Intensity used for muscle resistance
Number of Sets and Repetitions in each set.
Always follow the F.I.T.T Principle for the best fat burning, toning, and strength results.

Know your FATS!

Fats and Oils

Are mostly made of different types of **FATTY ACIDS** such as:

- unsaturated fatty acids (polyunsaturated and monounsaturated)
- And saturated fatty acids (saturated fats).

It's important to include an equal mixture of polyunsaturated, monounsaturated and saturated fatty acids in your diet daily, while keeping a close watch on you total fat intake.

Unsaturated fatty acids or unsaturates are easy to identify because they are liquid at room temperature. Eating a moderate amount of unsaturates tends to lower your blood cholesterol level and this may help prevent heart health. Such as:

- **Polyunsaturates:** source s include vegetable oils like soybean, corn, and sunflower or flax seed oil, some fish oils, and many nuts and seeds. .Some specific polyunsaturates are called essential fatty acids because they are as important to your health as a vitamins and minerals.
- **Monounsaturates**: source includes vegetable oils such as olive, canola, safflower or peanut oils, pistachios, avocados, salmon and eggs. Studies in recent years have shown that you can benefit from having a moderate amount of monounsaturates in your daily diet.

Saturated fatty acids or saturates are easily identified because these fats are solid at room temperature. Saturates are found naturally in meat, dairy products, and some vegetable oils like coconut, palm, and palm kernel oils, also called **tropical oils.** Since saturates tend to increase blood cholesterol levels, you should try to reduce the amount that you eat, namely by choosing leaner cuts of meat and lower-fat dairy produces.

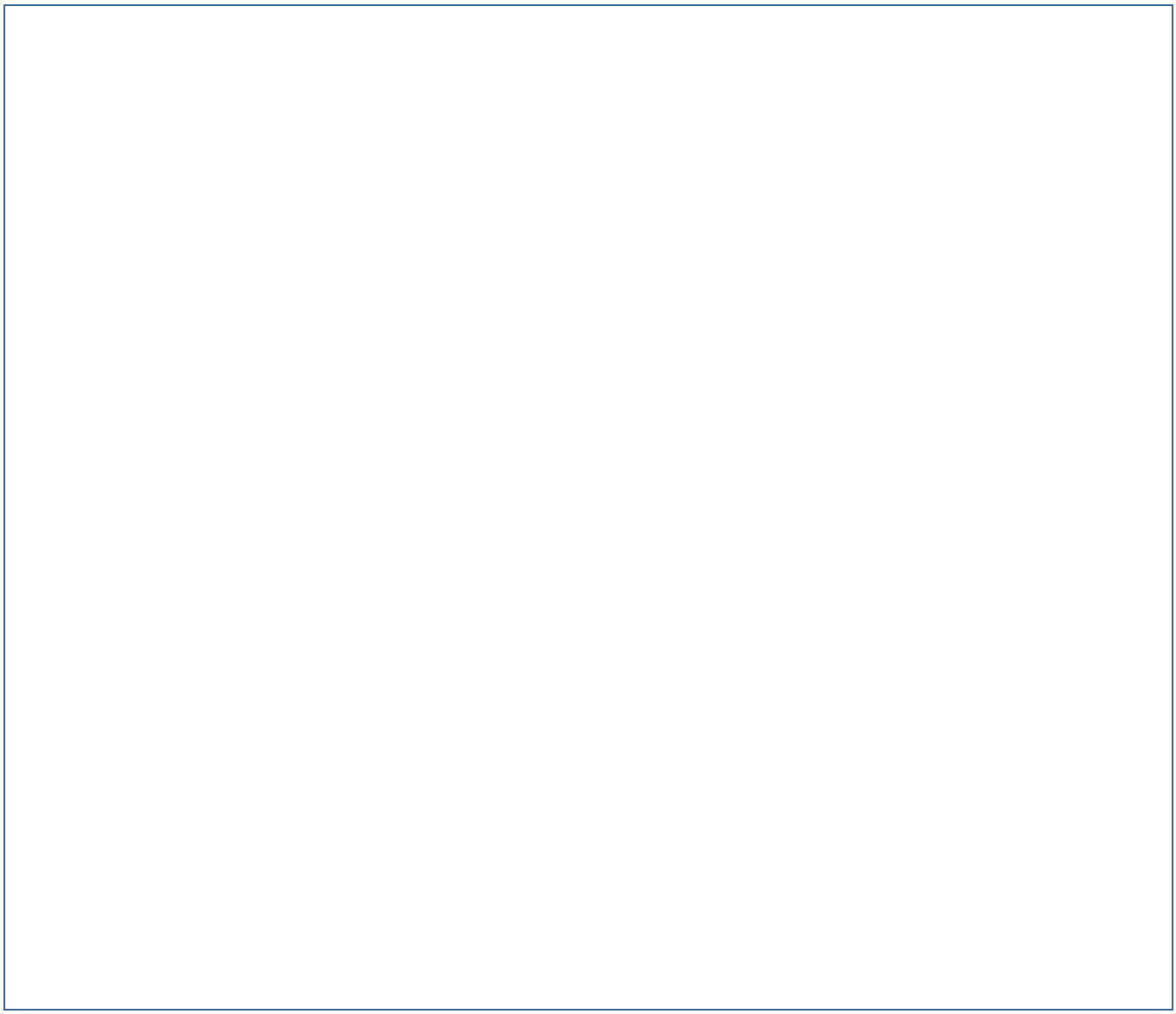
-Through a process called hydrogenation, it is possible to change unsaturates into saturates to obtain a more solid fat. Many margarines, shortenings, commercial baked goods and fried foods contain **hydrogenated fats.**

- Hydrogenation also causes some of the unsaturates to turn into **trans-fatty acids,** which seem to have a greater effect on your blood cholesterol level than saturates.

Therefore, you should also try to limit your intake of foods containing **hydrogenated fats.**

Dietary cholesterol: a distinct type of fat, it is found in a great variety of foods of animal origin like meat, liver, milk products, egg yolk, and seafood. Dietary cholesterol should not be confused with blood cholesterol.

Blood cholesterol: produced in part by the human body, it is essential to life. Blood cholesterol is mainly influenced by total fat intake, especially saturated fat, and not by dietary cholesterol.



Enter Notes/Additional Items