

Week 3
Meeting : Cardio Room
Created By: Alexis Broderick

-Start with a warm-up/ intro to cardio machines (5 min)

-Hand out Routine

Exercise	Reps	Lbs.
Db squat and press	3x10	
Db split squats L	2x10	
Db split squats R	2x10	
Db sumo squats	3x10	
Resistance bands: rear shoulder squeeze	2x10	
Upright rows	2x10	
Bicep curls	2x10	

-Stretch and nutrition 5min

Fitness Goal of the Week:

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Nutrition Lesson 3 / 8:

Created By: Alexis Broderick



Recovery Nutrition: Snack Ideas

Protein 15-20g	Protein 20-25g	Carbohydrates 15-30g	Carbohydrates 45-60g
-3/4 c. cottage cheese	-1 1/2 c. cottage cheese	-1 piece or cup fresh fruit	-2-3 pieces or cups fresh fruit
-2 string or slices of cheese	-1 1/4 c. firm tofu	-1/4-1/2 c. dried fruit	-3/4-1 c. dried fruit
-1 c. firm tofu	-3-4 cooked eggs	-1 c. fruit juice	-2 c. fruit juice
-2-3 cooked eggs	-3-4 oz. deli meat	-1 c. chocolate milk	-2 c. chocolate milk*
-2-3 oz. deli meat	-2-2 1/2 oz. jerky	-1/2 c. oatmeal	-1-1 1/2 c. oatmeal
-1 1/2 oz. jerky	-3/4-1 c. nuts or seeds*	-1-2 slices sandwich bread	-1 bagel
-2-3 oz. fish, chicken, beef, pork	-1 c. edamame	-1 English muffin	-2 English muffins
-1/2 c. nuts or seeds*	-1-1 1/2 c. beans or lentils*	-1 granola or cereal bar	-2 x 8" tortillas or wraps
-4 tbsp. nut butter**	-1 serving protein powder	-1 x 8" tortilla or wrap	-1-1 1/2 c. rice or farro
-1/2-3/4 c. edamame	-2/3 c. roasted edamame	-1/2-3/4 c. rice or farro	-1 1/2-2 c. quinoa, beans, lentils*
-1 c. beans*	-1 1/2 c. Greek yogurt*	-1/2-1 c. quinoa, beans, lentils*	-1 1/2 c. cooked pasta
-2 c. milk (cow's, soy)*	-3-4 oz. fish, chicken, beef, pork	-3/4 c. cooked pasta	
-1/2-3/4 c. plain Greek yogurt*		-1/2 c. applesauce	

Key:

*Protein source contains as least 15g of carbs, carb source contains at least 10g protein

**High calorie protein source due to high fat content

Recovery is Continuous...

While the body may be most responsive to nutrients in the **1-2 hours after exercise**, continuing to **deliver the right nutrients for the next 24-48 hr fully enhances the training response as well and prepares you appropriately for upcoming training sessions**. Continue to repeat the ingestion of all of these nutrients in well-balanced meals and snacks every few hours in order to achieve your total daily nutrient needs.

Week 4

Meeting : Strength Room

Created By: Alexis Broderick

- Start with a warm up on choice of treadmill, bike, row, elliptical 5 min
- Hand out routine

Exercise	Reps	Lbs.
Squat Rack	3x10	
Bulgarian Split Squat L	2x10	
Bulgarian Split Squat R	2x10	
One arm row using bench L	2x10	
One arm row using bench R	2x10	
Bench press using Db	3x10	
**Optional BIA Testing		

- Stretch and nutrition 5 min

Fitness Goal of the Week:

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Nutrition Lesson 4 / 8:

Created By: Alexis Broderick

Pre-Workout Nutrition :

It is important to eat something and this can start as early as 2 hours before exercise and as late as 15 minutes before. The idea is to top off glycogen stores and provide adequate glucose (fuel) for your muscles for the demands of your workout.



The type of food you eat depends on the amount of time before the workout

15-30 min out : semi-solid or liquid options tend to work a little bit better for digestion and quick nutrient delivery

45-60 min out : high carb and potentially low fiber, protein

60-90 min out : can add a small amount of protein, but keep low fat

15-30 min.	45-60 min.	60-90 min.
<ul style="list-style-type: none"> -8 oz sports drink with piece of fruit -8 oz of fruit juice -1/2 naked smoothie -Energy chomps or gels 	<ul style="list-style-type: none"> -1 banana -8 oz of sports drink with piece of fruit -1 applesauce pouch -1/2 naked smoothie -Nature valley fig bar -2 mini Clif bars -RxBar 	<ul style="list-style-type: none"> -Peanut butter & jelly toast (1 slice whole wheat bread + 1 Tbsp jelly + 0.5 Tbsp peanut butter) -8 oz of Chocolate milk, low fat + piece of fruit -Pretzels (~23) + 2 oz Hummus -10 Triscuits + 1 tbsp peanut butter or 1 slice of mozzarella cheese -2 cups of popcorn + 1/2 cup goldfish + 1 cheese stick