

Week 5

Meeting : Strength Room

Created By: Alexis Broderick

- Start with a warm-up of choice on cardio machines (5 min.)
- Hand out routine

Exercise	Reps	Lbs.
Bench press using racks	3x10	
Bicep curls	3x10	
Db squat and press	3x10	
Db step ups L	2x10	
Db step ups R	2x10	
Renegade row	2x10	

- Stretch and Nutrition 5 min
- Option to stay later & learn more about machines in strength room and how to use them

Fitness Goal of the Week:

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Nutrition Lesson 5 / 8:

Created By: Alexis Broderick

Supplement Knowledge : Traffic Light Approach

Turmeric	Consider discontinuing... It is not absorbed well in pill form. There is always the option to cook with it.
Zinc	Zinc has been tested in people with colds, may reduce the length and severity of cold but does not prevent you from getting sick. Consider taking when you feel like you are getting sick.
Magnesium	Does play a role in the bone building process. Most balanced diets contain adequate magnesium. Be sure to check that the supplement is third-party tested...the brand Nature Made is third party tested.
VitaFusion	Multivitamin not usually necessary if eating adequately
Golgi apple cider vinegar chews	Not a lot of research out there to support use for immune support.
Elderberry	Research has been inconclusive on use for immune support



Red: Inconclusive/ Not necessary

Yellow: Not necessarily needed around the clock, but can be helpful

Green: Proven benefits/ Tested

More than half of all Americans take one or more dietary supplements daily or on occasion. Supplements are available without a prescription and usually come in pill, powder or liquid form. Common supplements include vitamins, minerals and herbal products, also known as botanicals. People take these supplements to make sure they get enough essential nutrients and to maintain or improve their health. But not everyone needs to take supplements. “It’s possible to get all of the nutrients you need by eating a variety of healthy foods, so you don’t have to take one,” says Carol Haggans, a registered dietitian and consultant to NIH. “But supplements can be useful for filling in gaps in your diet.” Some supplements may have side effects, especially if taken before surgery or with other medicines. Supplements can also cause problems if you have certain health conditions. And the effects of many supplements haven’t been tested in children, pregnant women and other groups. So talk with your health care provider if you’re thinking about taking dietary supplements. “You should discuss with your doctor what supplements you’re taking so your care can be integrated and managed,” advises Dr. Craig Hopp, an expert in botanicals research at

NIH. <https://newsinhealth.nih.gov/2013/08/should-you-take-dietary-supplements#:~:text=But%20not%20everyone%20needs%20to,in%20gaps%20in%20your%20diet.%E2%80%9D>

Week 6
 Lower Body Interval Workout:
 Equipment- resistance band, 2 Db, Kb, mat
 X2

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Warm up/ Demo	Bike	N/A	5 min
#1	Squat Jumps	Kb optional	60 sec
#2	Pulse Hold Squats	Kb optional	30 sec hold
#3	Rest	N/A	30 sec
#4	Donkey Kicks Left	Resistance band	60 sec
#5	Fire Hydrant Left	Resistance band	60 sec
#6	Rest	N/A	30 sec
#7	Donkey Kicks Right	Resistance band	60 sec
#8	Fire Hydrant Right	Resistance band	60 sec
#9	Rest	N/A	30 sec
#10	Traveling squats	Resistance band	60 sec
#11	Pulse Resistance Squats	Resistance band	30 sec
#12	Rest	N/A	30 sec
#13	Lunges Left	Db optional	30 sec
#14	Lunges Right	Db optional	30 sec
#15	Rest	N/A	30 sec
#16	Glute Bridge	Db optional	60 sec
#17	Glute Bridge Knee ins and outs	Db optional	60 sec
#18	Rest	N/A	30 sec

-5 min stretch and nutrition

Fitness Goal of the Week:

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Nutrition Lesson 6 / 8:

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Fuel is IMPORTANT!

Prep, Plan, Perform.



Creating a Schedule to Fuel:

Example Schedule: (Edits in bold come from a nutritionist's standpoint) - This schedule comes from a 16 year old male who is a wrestler, maintaining weight yet still fueling the body correctly.

6:00 am: wake up

6:25 am: 3 egg cups, water or OJ, **add carbohydrate:** cereal OR english muffin OR toast

7:15 am: school starts

8:30-9 am: Rx Bar

11:30 am: lunch: water bottle, cucumber, sandwich (turkey, lettuce, cheese and mayo), yogurt -
This looks good!

2:30 pm: school out

2:15 pm: pre workout - stinger gel

2:30-4 pm: lifting at school

4 pm: fruit

6:15 pm: Rx bar and applesauce

Switch your 4pm and 6:15 pm snack - the Rx bar and applesauce would be better post workout and the fruit would be better as a snack later

6:30-7pm: rehab exercises

7:30 pm: dinner: 2 turkey tacos, whole wheat wrap, lettuce cheese, pico, ketchup, sometimes salad or rice

9:30 pm: bedtime

Creating your own schedule can help to stay organized and fueled for the day. Following previous nutrition lessons, we can gain meal ideas and snack ideas and lay them out to have an idea of what needs to be prepped for the day in order to sufficiently fuel our bodies to the best ability.

