

Week 1
Introduction of the class
Created By: Alexis Broderick

Meeting : Cardio Room

-Intro to the class

****Pre Class Assessment**

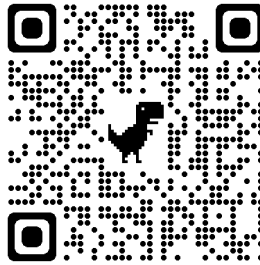
-Goal/rep sheets & where to find them

-Room orientations

-Nutrition

-End with an Amway energy drink

****Pre Class Assessment:**



https://docs.google.com/forms/d/1elCqnBW4FdqD4KhB_JovEAGDvqrCIIq62ijrcg4AZQw/edit

Fitness Goal of the Week:

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Nutrition Lesson 1 / 8:

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The importance of Fiber:

- Aids in stabilization of blood sugar
- Reduces cholesterol absorption
- Helps us feel fuller longer
- Keeps our digestive system healthy



Where you can find it: Fruits, Vegetables, Grains, Legumes, Nuts and Seeds

The importance of Protein:

- Helps with muscle building and tissue repair
- Fuels metabolic reactions
- Maintains fluid balance
- Coordinates bodily functions
- We are made up of and maintained by 10,000 proteins, so replenishment is important



Where you can find it: Meat and Poultry, Seafood, Beans and Legumes, Eggs, Nuts and Seeds, Dairy Products, Some Plant-based Options Like Tofu and Quinoa

The importance of Fats:

- Provides your body with critical energy that aids in cell growth
- Protects your organs
- Keeps your body warm
- Aids in the absorption of nutrients
- Produces important hormones
- Delays gastric emptying, helping you feel fuller longer



Where you can find it: Nuts and seeds and their butters (unsaturated), Avocados (unsaturated), Olive, Peanut, and Canola oils (unsaturated), Butter and dairy products (saturated)**aim for unsaturated items

The importance of Fun:

- Crucial to establishing a healthy relationship with food
- Allows you to remove guilt from food
- Decreases likelihood to overeating these foods

Where you can find it: Anywhere! It is ok to treat yourself every once in a while, whether it's a chocolate chip cookie or a bag of chips, do not restrain yourself from these "fun" foods!

Week 2
Meeting : Cardio Room
Created By: Alexis Broderick

-Start with a warm up on treadmill/how to use treadmill (5 min)

-Hand out Routine

Exercise	Reps	Lbs.
Db Squats	3x10	
Db punches	3x10	
Resistance bands: travel across the room	2x20	
Donkey kicks L	2x10	
Fire hydrants L	2x10	
Donkey kicks R	2x10	
Fire hydrants R	2x10	
Push ups (wall or floor)	3x10	
Mountain climbers (wall or floor)	30 sec 2x	

-Stretch and nutrition 5 min

Fitness Goal of the Week:

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Nutrition Lesson 2 / 8:

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What is Recovery Nutrition?

Recovery nutrition encompasses fluid, macro, and micronutrient replacement following a training session. A sound recovery nutrition protocol will allow individuals to optimize training adaptations and perform at their body's full potential in the next training session, the next training block, and year after year.

The Four R's of Recovery

Replenish muscle glycogen (carbohydrate stored in muscle) following a training session. Aim for 30-60g carbohydrates.

Repair and regenerate skeletal muscle with high quality protein sources and key amino acids (e.g. leucine). Aim for 15-30g protein

Reinforce muscle cells, immune function, and central nervous system function with colorful and antioxidant rich foods.

★ **Rehydrate** with fluid and electrolytes according to individual sweat lost during training.

