

Help. I'm new to this whole exercising thing. I've never lifted weights before – where do I begin?

1. Get clearance from your physician to begin exercising.
2. Make an appointment at the front desk to have an exercise specialist show you how to use the cardio equipment and weights. This is a free appointment and you can bring a friend (neither of you have to be members!).
3. Have a body composition test done to see how much body fat you have now; do this again in two or three months to assess your progress. Test is free for members (limit one free test per year).
4. If you need to lose more than 40 pounds, make an appointment with a nutrition specialist to discuss healthy eating and the appropriate amount of weight to lose each week.

Sample Basic Beginners exercise program:

Monday, Wednesday, Friday of Week One

1. Warm up by using the recumbent bike for 10 minutes.
2. Stretch. Follow the directions on the charts on the wall.
3. Begin your Circuit Weight program. Using the machines, start at either the leg press and follow the lower body machines, or start at the arm lift and follow the upper body machines. Lift as much weight as you comfortably can ten times. This is called one set. The last time should be hard but NOT so hard that you feel exhausted. Go through all machines one time on Monday and Wednesday, two times on Friday. Do not increase the weights this week. Concentrate on your breathing and lifting form.
4. Stretch again. Record your progress on the blue exercise card.

Monday, Wednesday, Friday of Week Two

1. Warm up by using the treadmill for 10 minutes
2. Stretch.
3. Begin circuit weight program, same as last week. This week, do TWO sets. You can either loop through the machines twice, or pause between sets and do two sets on each machine. Again, lift as much weight as you comfortably can ten times. The last time should be hard but NOT so hard that you feel exhausted. You should also be breathing hard and fast – the circuit program can be cardio as well as weight.
4. Stretch again. Record your progress on the blue exercise card.

Monday, Wednesday, Friday of Week Three

1. Warm up by using the arc trainer for 10 minutes.
2. Stretch.
3. Begin circuit weight program, same as last week: TWO sets. This week, increase the weights slightly (no more than 10%). Again, lift as much weight as you comfortably can ten times. The last time should be hard but so hard that you feel exhausted. You should also be breathing hard and fast – the circuit program is cardio as well as weight.
4. Try 10 minutes of cardio on the rowing machine or an elliptical.
5. Stretch again. Record your progress on the blue exercise card.

Before beginning week four: Time to make another appointment with the exercise specialist! They will help you assess how far you have come. Also, you're likely feeling less excited than you were at the beginning of your program; maybe it's time to add free weights, the exercise ball, aerobics classes, or water training?

OK. I've been doing this three weeks and I'm not seeing any results.

1. It takes 4 weeks to FEEL results and 6 to 8 weeks to SEE them. Hang in there!
2. If you haven't reviewed your progress with an exercise specialist in the last month, make a free appointment now!
3. If your goal is to lose excess body fat, you must exercise five to six days per week. On your non-weight days, do cardio. You want to work up 45-60 minutes of cardio.

Sample Intermediate Beginners exercise program:

Monday, Wednesday, Friday of Week Four

1. Are you exercising with a buddy? Having a friend along makes exercise fun and keeps you accountable.
2. Warm up by using the treadmill for 15 minutes. Walk two minutes and jog 1, repeat.
3. Stretch. Follow the directions on the charts on the wall.
4. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Also, use the free weights and exercise ball for crunches, curls, etc.
5. Do 15 minutes of cardio. Try the Stairmaster, a very demanding machine!
6. Stretch again. Record your progress on the blue exercise card.
7. At home every morning or evening: do 10 crunches, 10 push-ups, and 5 minutes of stretching.

Monday, Wednesday, Friday of Week Five

1. Warm up by using an elliptical machine for 20 minutes. Program it so that the intensity varies; begin slowly.
2. Stretch.
3. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used. Also, use the free weights and exercise ball for crunches, curls, etc.
4. Do 15 minutes of cardio. Try the rowing machine.
5. Stretch again. Record your progress on the blue exercise card.
6. At home every morning or evening: do 12 crunches, 12 push-ups, and 7 minutes of stretching.

Monday, Wednesday, Friday of Week Six

1. Warm up by using the rowing machine for 20 minutes.
2. Stretch.
3. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used. Also, use the free weights and exercise ball for crunches, curls, etc.
4. Do 15 minutes of cardio.
5. Stretch again. Record your progress on the blue exercise card.
6. At home every morning or evening: do 15 crunches, 15 push-ups, and 10 minutes of stretching.

Before beginning week seven: Time to shake things up! Separate out your cardio days from your weight training days. Think of activities you like to do that will count as cardio, such as walking, skiing, racquetball.

WOW. Six weeks now and I'm still going strong.

1. You should be SEEING results as well as feeling them.
2. Check in with your nutritionist. Go over your healthy eating plan and tweak it – maybe you can't stand to eat another carrot ever again! Come up with new strategies.
3. Shake things up now! Don't let your body get lazy!
4. If your goal is to lose excess body fat, you must exercise five to six days per week.

Sample Advanced Beginners exercise program:

Week SEVEN

@ Cardio Days (at least three, no more than four)

1. Warm up by using the recumbent stepper for 10 minutes.
2. Stretch.
3. Using the treadmill, begin a routine of walking two minutes and running two minutes. Run for 20 minutes. Or, consider swimming or water aerobics classes as an excellent alternative cardio workout.
4. Do 10 minutes of another type of cardio.
5. Stretch again. Record your progress on the blue exercise card.

@ Weight Days (at least two, no more than three, preferably not on the same day as cardio)

7. Warm up by using the arc-trainer for 10 minutes.
8. Stretch.
9. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used. Also, use the free weights and exercise ball for crunches, curls, etc.
10. Stretch again. Record your progress on the blue exercise card.
11. At home every morning or evening: do 12 crunches, 12 push-ups, and 10 minutes of stretching.

Week EIGHT

@ Cardio Days (at least three, no more than four)

1. Consider taking a land aerobics or water aerobics class. That can take the place of one day of cardio.
2. Consider your favorite physical activity: gardening, roller-skating, long walks with your spouse. Keep the energy level high for 30+ minutes and you can count that as your cardio for the day.
3. Warm up by using a bike for 10 minutes.
4. Stretch.
5. Using the treadmill, begin a routine of walking two minutes and running two minutes. Run for 25 minutes
6. Do 10 minutes of another type of cardio.
7. Stretch again. Record your progress on the blue exercise card.

@ Weight Days (at least two, no more than three, preferably not on the same day as cardio)

8. Warm up by using an elliptical for 10 minutes.
9. Stretch.
10. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used. Also, use the free weights and exercise ball for crunches, curls, squats, etc.
11. Stretch again. Record your progress on the blue exercise card
12. At home every morning or evening: do 15 crunches, 15 push-ups, and 10 minutes of stretching.

Before beginning week nine: meet with an exercise specialist. Choose new weights to use, including Magnum, cable, and free weights. Choose new toning exercises. Assess your flexibility and begin working on that as

well as weights and fitness. Think about what type of outside exercise you want to do on a regular basis, such as biking, running, hiking, canoeing, golf.

Weeks 9 through 16 – LIFETIME FITNESS

Have you EVER felt this good in your life? **Good heart health means cardio workouts. Even if you're not trying to lose weight, you need to get your heart pumping for extended periods. Lifetime fitness is now your new goal.**

Weeks NINE -- SIXTEEN

@ Cardio Days (at least four, no more than six)

1. Warm up by using a bike for 10 minutes, stretch.
2. Aerobics class. That can take the place of one day of cardio.
3. A favorite physical activity: gardening, roller-skating, canoeing, long walks with your spouse. Keep the energy level high for 40+ minutes and you can count that as your cardio for the day.
4. Using the treadmill, begin a routine of walking one minute and running three minutes. Run for 30 minutes
5. Do 10 minutes of another type of cardio.
6. Stretch again. Record your progress on the blue exercise card.

@ Weight Days (at least two, no more than three)

7. Warm up by using an elliptical for 10 minutes.
8. Stretch.
9. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used. Also, use the free weights and exercise ball for crunches, curls, squats, etc.
10. Stretch again. Record your progress on the blue exercise card
11. At home every morning or evening: do 20 crunches, 20 push-ups, and 10 minutes of stretching.

Weeks SEVENTEEN -- TWENTY

Cardio workouts of one hour per day are ideal for every age. Weight workouts 2 to 3 times per week are just as necessary. Don't consider it a chore; make it fun by including friends, changing routines every 2 or 3 days, developing as many physical hobbies as you can. The outdoors can be a terrific motivator so find every reason you can to be outside.

@ Cardio Days (at least five, no more than six)

1. Warm up for 10 minutes (maybe walking up and down your stairs?), stretch.
2. Aerobics class.
3. Physical activity: gardening, roller-skating, bicycling, long walks. Keep the energy level high for 45+ minutes.
4. Using the treadmill, begin a routine of walking one minute and running five minutes. Run for 35 minutes
5. Do 15 minutes of another type of cardio.
6. Stretch again. Record your progress.

@ Weight Days (at least two, no more than three)

7. Warm up by using an elliptical for 10 minutes, stretch.
8. Begin your Magnum Weight program. Use the machines that you and the exercise specialist selected for your training program. Increase the weight used every two weeks. Also, use the free weights and exercise ball for crunches, curls, squats, etc.

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9. Stretch again. Record your progress.

10. At home every morning or evening: do 25 crunches, 25 push-ups, and 10 minutes of stretching.