

LIFESTYLE NUTRITION 800-699-8106

Aerobic Recommendations

| | | | |
|---|----|-----------------------------------|-------------|
| Days of Exercise: | 3 | Total Weekly Caloric Expenditure: | 666 cals |
| Total Minutes/Week: | 90 | Average Caloric Expenditure: | 95 cals/day |
| Aerobic Heart Rate Training Zone: 128-146 bpm | | | |

Workout Schedule:

- Monday**
Walking: 30 min. (222 cals)
- Wednesday**
Walking: 30 min. (222 cals)
- Friday**
Walking: 30 min. (222 cals)

Aerobic Exercise:

Aerobic Exercise will help optimize your body composition and maintain or improve your overall level of fitness. You should always warm-up and stretch prior to each exercise session. **If you feel faint or weak you should stop exercising and adjust your program accordingly.**

The Caloric Burn/Exercise Chart below is based on your **Lean Body Mass**. The list of exercises can be used to substitute daily Aerobic Exercise choices or to adjust the time of any workout session.

Remember to monitor your heart rate and stay within your Aerobic Training Zone. Exceeding your target zone can lead to potential injury and also cause your body to burn **Lean Mass** instead of **Fat**.

The workout schedule is individualized for the days of the week, the exercise & duration you desire.

Caloric Burn/Exercise Chart:

| <u>Exercise</u> | <u>Minutes</u> | | | | | |
|----------------------|----------------|-----------|-----------|-----------|-----------|-----------|
| | <u>10</u> | <u>20</u> | <u>30</u> | <u>40</u> | <u>50</u> | <u>60</u> |
| Aerobics | 169 | 338 | 506 | 675 | 844 | 1013 |
| Cross-Country Skiing | 152 | 305 | 457 | 609 | 761 | 914 |
| Cycling | 82 | 165 | 247 | 329 | 412 | 494 |
| Jogging | 154 | 309 | 463 | 617 | 772 | 926 |
| Racquetball | 167 | 333 | 500 | 667 | 833 | 1000 |
| Rowing | 150 | 300 | 451 | 601 | 751 | 901 |
| Running | 196 | 391 | 587 | 782 | 978 | 1173 |
| Stair Master | 175 | 350 | 525 | 700 | 875 | 1050 |
| Swimming | 175 | 350 | 525 | 700 | 875 | 1050 |
| Walking | 74 | 148 | 222 | 296 | 370 | 445 |

The Caloric Burn Chart automatically appears so you can see the caloric burn for aerobic exercise based on their amount of lean mass an Aerobic Heart Rate zone, based on your sex & lean body mass.