

WELL ON YOUR WAY TO WELLNESS

EXERCISE WHEN YOU'RE ON THE GO

THE EXERCISES

PUSH UP, BODY WEIGHT SQUAT, SHOULDER PRESS, ROW, TRX ROW

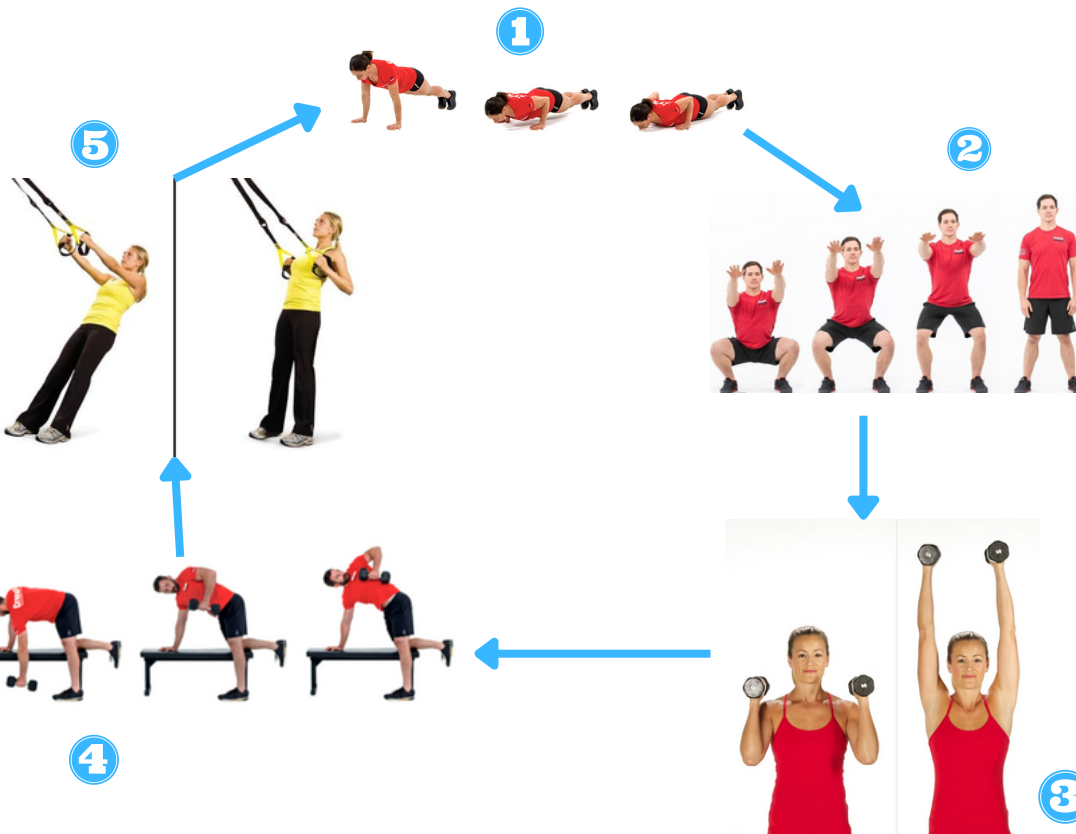
- DO EACH EXERCISE FOR 2 MINUTES, DO AS MANY AS YOU CAN WITHOUT COMPROMISING FORM
- REST ONE MINUTE IN-BETWEEN EACH EXERCISE
- ONCE YOU FINISH THE TRX ROW, START AGAIN AT PUSH UPS, ONE MORE TIME THROUGH
- TOTAL OF 30 MINS

THE ROUTINE

1. PUSH UP
2. AIR SQUAT
3. SHOULDER PRESS
4. ROW
5. BAND ROW

HOW TO MODIFY

- SQUAT: START WITH STANDING AND SITTING FROM CHAIR > PROGRESS TO BODY WEIGHT
- PUSH UP: START PUSHING UP ON INCLINED SURFACE (WALL > CHAIR > ON KNEES > ON TOES)
- SHOULDER PRESS: CAN USE MILK JUGS AND FILL WITH WATER FOR WEIGHT, CAN START SMALL (QUART > GALLON)
- ROW: CAN USE MILK JUGS AND FILL WITH WATER FOR WEIGHT, CAN START SMALL (QUART > GALLON)
- TRX ROW: USE BED SHEETS/ROPE AND SECURE TO DOOR FRAME



The Findings

- ✓ moderate-intensity physical activity between 150-250 mins/week is effective [3]
- ✓ high intensity interval training (at least once weekly) improved cardiorespiratory fitness, body composition, and blood pressure in overweight/obese adults [1]
- ✓ high intensity interval training and sprint interval training can be as enjoyable and preferable to moderate-intensity continuous training [2]
- ✓ Resistance training may increase fat-free mass, fat loss, and is associated with reduction in health risk [3]
- ✓ Endurance or resistance activity without weight loss, still improves health risk [3]

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- JUSTIN ESTEBAN
LARNER COLLEGE OF MEDICINE AT THE UNIVERSITY OF VERMONT
CENTRAL MAINE MEDICAL CENTER