

# **“Step Into The Otto Zone”**

How To Train Safe And Smart

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First of all I would like to commend and thank you for taking the first step on making a positive change to make you a priority in your own life. Please enjoy the commitment you have made to yourself on a life long journey to a healthy lifestyle.

Now that you have your new lifestyle, you can feel at ease knowing there are no longer any time limits for you to work towards your health goals, no need to beat yourself up about diets that don't work, or the newest work out fad that promises superhuman results in a ridiculously short amount of time. Why, you ask, because of your new life style. Meaning you are overall consistently making healthy choices in regards to your nutrition and living an active lifestyle full of physical activities you enjoy such as swimming, walking, biking, playing recreational sports, or working out at your favorite local fitness authority Dynabody!

So now you have chosen to have one of your activities for the day at Dynabody, great, well let's make it a safe and smart work out session by following a simple routine. First thing you need to do when you begin your work out is warm up, second is to stretch, next on the list is resistance training, and last but not least cardio.

Listed below is your routine laid out in greater detail to assist you with your work out. If you have any further questions, please do not hesitate to ask myself or any other qualified staff members to help you with your inquiry.

## **Warm Up**

Why do you need to warm up before you exercise? Warming up helps prevent injury, loosens up the body, and increases your bodies' temperature for the pending workout.

How long should you warm up? You should warm up 5 – 10 minutes. 5 minutes minimum, 10 minutes preferably, before starting your workout.

How intensely should you warm up? Your warm up should be at a moderate intensity level. One quick way to check your intensity is by having a conversation while warming up; you should not become winded and should be able to hold a normal conversation. If no one else is around to converse with recite your ABC's aloud to check your intensity level.

Once you are all warmed up it is time to move onto the next segment of your routine, stretching.

## **Stretching**

Stretching is unfortunately too often overlooked in most individuals' fitness regimens. However, when done properly and consistently stretching will add so many positive attributes to your health.

Why do you need to stretch before your workout? It helps to prevent injury and wakes up the neurotransmitters to the muscles alerting them that activity is about to take place.

How long should you perform a warm up stretch? You should hold a warm up stretch for approximately ten seconds.

Also take note, there are various types of stretching, to insure your safety, please take care to heed the following guidance.

First take in a deep breath, and then exhale as you put yourself into the position of the stretch. Once you are feeling a comfortable stretch free from strain, maintain the stretch (no bouncing), resume normal breathing for a ten count.

If you desire more flexibility and range of motion perform your same warm up stretches, but instead of a ten-count hold each stretch for at least one minute. A good time to perform these flexibility stretches is after working out or prior to bedtime. I do not recommend performing these types of stretches prior to rigorous activity.

## **Resistance Training**

How many days a week should you practice resistance training? If just beginning, three days a week will be a great start.

Beginners should do two to three different exercises per muscle group. Each exercise should consist of two to three sets. Each set should be performed between 8-12 repetitions. Continue with this format for a minimum of two to three weeks, allowing your bodies' connective tissues of ligaments and tendons to adjust to this new form of stressor you are placing upon it.

How much weight should you be working out with? When starting out you should have a resistance of 60%-70% of your

maximum for one repetition. As you progress and become stronger you can increase to 70%- 80% of your maximum. To simplify this for you, if you get to your final repetition of a set of 10 and could have done 20 more, it is safe to assume you can add a little bit of resistance. If you were straining to get to 6 repetitions, it would be in your best interest to lessen the resistance to keep yourself safe and free from injury. Basically it should require an effort to achieve the desired number of repetitions in each set without straining yourself.

The exercises should be done in order of difficulty, beginning with the most difficult.

Each repetition should take approximately six seconds to complete. Exhaling on the positive or the exertion should take two seconds. Inhaling on the negative or the control should take four seconds.

Rest periods between sets should be approximately 1-2 minutes. As your cardio respiratory fitness, muscular endurance, and strength improve lessen the rest period to under a minute. Shortening the rest periods between sets will also help increase the intensity of your work out.

It is very important not to over train your muscles'. To help prevent falling victim to this common occurrence make sure you get ample amounts of rest between each work out, before training the same muscle groups again. The rule of the thumb is 48 to 72 hours or two to three days. Remember to be in tune with your body a listen to it, if you have rested the typical amount of time and are still not properly recovered, take heed and postpone that muscle groups work out till you have recovered fully.

## Cardio

How often should cardio fitness be performed? Ideally cardio should be performed on a daily basis at a moderate intensity level. It is common for individuals to get bored when doing cardio, so I suggest keeping a varied routine to keep your interests high and to continue to challenge your body at something new. Remember variety is the spice of life, so add a different flavor to your cardio routine on a regular basis to keep it exciting.

The breakdown of your cardio session should be as follows; begin with a 10-minute warm up, then 20-40 minutes of activity at the desired target heart rate, concluded with a 10 minute cool down.

The purpose of a cool down is to help the body remove toxins from your work out, and gradually reduces the heart rate as not to cause unnecessary stress to your pulmonary system.

To achieve your cardio respiratory fitness (CRF) goals work out between 50%-85% of your maximum heart rate. The optimal range for CRF is 60%-80%. For unfit individuals the range is 40%-49%.

To calculate your target heart rate, use the following formula:

$$220 - \text{AGE} - \text{RESTING HEART RATE} \times \text{THE DESIRED \%} + \text{RESTING HEART RATE} =$$

ex: 30 year old resting heart rate of 60 beats per minute

$$220 - 30 - 60 \times .70 + 60 = 151$$

This means 151 beats per minute is your target heart rate at 70% of its maximum.

## Sample Exercise Routine

### **Monday** **Chest, Back, Abs**

Bench press  
Incline press  
Pullovers  
Lat pull downs  
Cable rows  
Leg raises  
Crunches

### **Wednesday** **Shoulders, Arms, Abs**

Shoulder Presses  
Lateral deltoid raises  
Up right rows  
Barbell curls  
Dumbbell curls  
Dips  
Kickbacks  
Wrist curls  
Reverse wrist curls  
Leg raises  
Crunches

### **Friday** **Legs, Lower back, Abs**

Squats  
Lunges  
Leg curls  
Calf raises  
Hyperextensions  
Leg raises  
Crunches

This is an example of a sample workout only! For a specific regiment tailored to your individual needs; see the front desk at Dynabody for information on personal training services.

**Let us help you turn your fitness dreams, into a reality!**