

TIME-EFFICIENT, EFFECTIVE WORKOUTS

By
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One of the most common reasons for exercise “drop-outs” is that people cannot fit it into their busy schedules. The biggest problem I witness, as a fitness professional, is that clients are prescribed programs that require at least 1 ½ hours during each workout as well as up to five times per week for that workout. The misconception I hear most is that clients understand (or misunderstand) that, if they don’t do that training schedule, they won’t get anything out of it.

Now, let’s use our common sense. If you do a five-day-per-week workout for 1 1/2 hours each workout, you should get great results. The level of those results depends on what you do and how hard you do it. **HOWEVER**, do you really think that if you worked out three times per week for 30 minutes that you would not get any results?

Anything is better than nothing! Obviously, the more active you are the quicker you will get more fit and lose weight. However, if you cannot invest much time in an exercise routine, you have to get an optimal, time-efficient workout and stay with it! The key to achieving results is consistency. Over time, you will get results. It will just take a little longer.

So what’s the hurry? If you are trying to lose 50 pounds by June 15th (and June 15th is only three months away) to look super at your class reunion, you probably won’t make it. You’ll end up dropping out of your exercise regimen because its too difficult to maintain and you will go to the reunion and hope everyone else is fatter than you! But, if you get on a more doable, realistic routine, you could easily lose 15 – 20 pounds and look much better, as well as feel much better, than when you started out.

The following is a time-efficient, total body fitness routine that includes both “aerobic” endurance and a total-body weight training program. I advise anyone who has not worked out before or has not been trained in weight lifting techniques to hire a certified personal trainer to show you how to do this routine safely and correctly.

1. Pick three days a week on an every other day format, such as Monday, Wednesday and Friday.
2. Do a 5-minute warm up and stretching sequence to loosen up and prepare your body for your workout.
3. Directly after the warm up, do an “aerobic” workout as hard as you can go for 20 minutes. You can incorporate “intervals” into that workout to alternate between high-intensity and lower intensity bouts. For example (**AND THIS IS JUST AN**

EXAMPLE...your routine will depend on your physical ability and your trainer will help you determine what that is): If you do your aerobic workout on the treadmill, and your fastest walking pace is 4.0 m.p.h., then walk at that pace the whole 20 minutes and adjust the incline of the treadmill 1% every minute. Start on a flat surface and go up 1% every minute until you get to a 10% incline. Then start back down 1% each minute until you reach a flat surface again. If you need to hold on to the railing of the treadmill during the high incline segments, that's fine. Your heart rate will still stay up!

4. After your aerobic workout, go directly to the weight room and do two challenging sets of 10 repetitions on each of the following exercises:
 - a. SHOULDER PRESS
 - b. LEG PRESS
 - c. CHEST PRESS
 - d. LEG CURL
 - e. LAT PULLDOWN
 - f. LOWER BACK EXTENSION (Preferrably on the roman chair apparatus to recruit the gluteal muscles and upper hamstrings as well as the lower back)
 - g. SEATED ROWING
 - h. ABDOMINAL CRUNCHES. If you do not have an abdominal machine where you can load resistance, then do freestyle crunches laying down on a mat and do three sets of at least 15 repetitions per set. As you get stronger, do more reps.
5. Take five minutes and lay on the floor and cool down with total body stretching. To get the most benefit, hold each stretch for at least 10 seconds. If you have areas that are exceptionally tight, hold those stretches for 30 seconds. Don't bounce! Just hold and relax.

This routine is a basic "push" and "pull", functional weight training routine. You should be able to complete it in 30 minutes. Therefore, your entire routine should only take 60 minutes between the warm up, aerobic workout, weight training workout and cool down.