



A EXERCISE PLAN GENETICALLY DESIGNED JUST FOR YOU

Your exercise genotype suggests that you may benefit from the following exercise prescription. You can personalize your plan according to the facilities and equipment you have. Below are 5 examples of what your weekly workout plan might look like. These are simple examples based on your personalized exercise recommendation. Look at your synopsis in the top boxes and choose the type of workouts that best suit you to create a weekly plan. For example, if you work out at a health club or you have cardio machines at home, you can design a plan that looks like Gym – Cardio Machines. If you belong to a club that offers fitness classes (or if you have fitness DVDs at home), you can design your weekly workouts to look something like Gym – Fitness Classes. If you like to keep it simple by walking and using minimal equipment, use some dumbbells or exercising resistance bands and walk outside with a routine that looks like Home - Walk. If you want a higher intensity workout at home, try Home – Run+Bike. If you alternate your workouts between exercising at home and at the gym, format your workout week to look something like Mix – Home+Gym. The activities shown in each week are only suggestions. If Dance Fitness classes or Kickboxing classes are not for you, then substitute another cardio workout that you would enjoy. You can (and should) choose activities that you love to do and that are suited for your personal needs and preferences. But also, be adventurous and try new activities on occasion.

- These sample plans are based on attaining at least the minimum number of recommended minutes of exercise per week that is indicated in your personalized exercise prescription. If your prescription suggests that you need to get at least 150 minutes per week, one sample week may list workouts that total 150 cardio exercise minutes, another week may add up to 165 minutes. You can modify as needed - remember to build up to greater amounts of exercise slowly if you are new to exercise. For optimal results, this amount of exercise can (and should) be increased as you get fitter and when you have extra time to exercise. The more exercise minutes you perform, the greater your weight loss potential. To increase the number of exercise minutes you get in each week, add in extra sessions or make your sessions longer (or both!)
- Perform at the recommended intensity by adjusting your speed, incline, level of resistance, etc. If your prescription says to exercise at a moderate-to-vigorous intensity, for example, you might alternate effort levels within one workout (walk faster, then slower in one session), or you might have one moderate-intensity day where you workout at a moderate level on the elliptical trainer and then have a vigorous intensity workout on another session where you walk fast uphill or you take a spin class (indoor cycling tends to be intense.)
- The 2008 DHHS Physical Activity Guidelines recommend to perform moderate or high intensity muscle-strengthening moves that target all major muscle groups (shoulders, arms, chest, abdomen, back, rear end, thighs and calves) on 2 or more days a week. Use weights that are heavy enough to fatigue you by the end of each set. Perform the recommended number of reps and sets during your strength workouts. For example, when using dumbbells at home or weight machines at the gym, choose exercises that target your major muscles in your upper and lower body and do 2 to 3 sets of 8 to 15 reps.



CUSTOM EXERCISE PLAN

- Incorporate the special types of workouts indicated in your exercise recommendation. For example, you might be recommended to try HIIT (high-intensity interval training) or to use kettlebells or to follow a barbell-based muscle strength and endurance workout. HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.
- Fit in your strength workouts on the same day or different days as your cardio workouts. Although the minutes that you spend doing strength exercises do add up and can count towards total exercise minutes, strength workouts tend not to burn as many calories as a cardio workout. For optimal weight loss results, we have counted only cardio exercise minutes as minutes that meet your exercise prescription quota.
- At the gym, you may want to lift free weights, use weight machines or take a weights class. At home, you may want to use dumbbells or bands by following a fitness video.
- You can also try other forms of strength workouts at the gym or at home (kettlebells, barbell classes, circuit training, etc.). Your exercise recommendation may suggest some specific workout activities. If you have access to these (i.e., if you have the equipment at home or in a gym, or if you have access to the class types at a club or by DVD), try them. If you do not, substitute with a similar activity if you can.
- Your home workouts can be designed based on the equipment you have: treadmill, bike, elliptical trainer, dumbbells, bands, etc.



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 5 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

3 days per week

SETS & REPS

3 sets; 15-20 reps

DURATION

More than or equal to 300-400 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

GYM MACHINES

* description included

Day 1

Eliptical Trainer - 65 minutes

Day 2

Step Machine - 65 minutes

Weight Machines - 3 sets; 15-20 reps

Day 3

Step Machine - 65 minutes

Day 4

Bike - 65 minutes

Day 5

Treadmill Walk - 65 minutes

Weight Machines - 3 sets; 15-20 reps

Day 6

Day 7

* Eliptical Trainer HIIT - 65 minutes

Weight Machines - 3 sets; 15-20 reps



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 5 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

3 days per week

SETS & REPS

3 sets; 15-20 reps

DURATION

More than or equal to 300-400 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

GYM FITNESS CLASSES

* description included

Day 1

* Dance Fitness Class - 65 minutes

Weight Class - 3 sets; 15-20 reps

Day 2

Cardio Class - 65 minutes

Day 3

* Dance Fitness Class - 65 minutes

Weight Class - 3 sets; 15-20 reps

Day 4

Day 5

Spin Class - 65 minutes

Day 6

Spin Class - 65 minutes

Weight Class - 3 sets; 15-20 reps

Day 7

Cardio Kickboxing Class - 65 minutes



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 5 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

3 days per week

SETS & REPS

3 sets; 15-20 reps

DURATION

More than or equal to 300-400 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

HOME WALK

* description included

Day 1

Walk - 65 minutes

* Kettlebells - 3 sets; 15-20 reps

Day 2

* Walk HIIT - 65 minutes

Day 3

Day 4

Walk - 65 minutes

* Dumbbells - 3 sets; 15-20 reps

Day 5

* Walk HIIT - 65 minutes

Day 6

Walk - 65 minutes

* Dumbbells - 3 sets; 15-20 reps

Day 7



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 5 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

3 days per week

SETS & REPS

3 sets; 15-20 reps

DURATION

More than or equal to 300-400 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

HOME RUN + BIKE

* description included

Day 1

* Run HIIT - 65 minutes

* Dumbbells - 3 sets; 15-20 reps

Day 2

Run - 65 minutes

Day 3

Day 4

Bike - 65 minutes

* Kettlebells - 3 sets; 15-20 reps

Day 5

* Run HIIT - 65 minutes

Day 6

Bike - 65 minutes

* Kettlebells - 3 sets; 15-20 reps

Day 7

Run - 65 minutes



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 5 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

3 days per week

SETS & REPS

3 sets; 15-20 reps

DURATION

More than or equal to 300-400 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

MIX HOME + GYM

* description included

Day 1

Spin Class - 65 minutes

* Dumbbells - 3 sets; 15-20 reps

Day 2

* Walk HIIT - 65 minutes

Day 3

Run - 65 minutes

Day 4

Elliptical Trainer - 65 minutes

* Dumbbells - 3 sets; 15-20 reps

Day 5

Day 6

Run - 65 minutes

Day 7

* Walk HIIT - 65 minutes

* Kettlebells - 3 sets; 15-20 reps



DEFINITIONS

WHAT IS HIIT?

HIIT, or high intensity interval training, is a way to structure any cardio workout that involves alternating high and low intensity intervals of movement. After warming up, a high intensity interval is performed for 30 seconds or longer. This is followed by a recovery interval where the same activity is performed at an easier, low intensity for 30 seconds and up to 5 minutes or longer. This is in contrast to a steady-state cardio workout where an activity is performed at a similar effort level over a sustained period of time.

How long each high and low intensity interval lasts depends on fitness level. A trained person can perform longer high intensity intervals and may not need as much time to recover during lower intensity intervals. A person new to exercise should perform very short high intensity intervals (~30 seconds to 1 minute) followed by longer low intensity intervals. (~2 minutes or longer.) HIIT can be applied to any type of cardio workout including walking, running, cycling, etc. Any indoor cycling class such as 'Spinning' is usually formatted to alternate between higher and lower intensity intervals.

DANCE FITNESS CLASS

Dance fitness is a form of cardiovascular exercise that uses dance moves to increase the heart rate. Variations of intensity and heart rate elevation depends on dance moves involved, tempo, and personal expression of the moves. Classes are typically offered in many gyms under various names.

WHAT ARE KETTLEBELLS?

Kettlebell workouts are a form of resistance training. Kettlebells are rounded weights with handles. Kettlebell exercises originate from Russian sports training and include dynamic moves where the kettlebells are swung in a variety of planes with a controlled technique. Kettlebell workouts are now practiced by athletes and gym-goers worldwide. The technique needed to perform exercises is different than standard weight-lifting since momentum is involved. So seek the guidance of a certified personal trainer when you first start performing these moves. You can also follow guided kettlebell workouts with exercise DVDs.

WHAT ARE DUMBBELL / BARBELL CLASSES?

Barbell classes are resistance training classes that use barbells, as well as dumbbells. Typically, these classes use light weight and perform a high number of repetitions. One set of exercises lasts several



CUSTOM EXERCISE PLAN

minutes longer than traditional strength training approaches. So there is a greater focus on muscular endurance in these workouts. One branded class of this type is known as Body Pump, but many gyms offer similar workouts under different names.
