



# Dartmouth HEALTH CONNECT

A Dartmouth-Hitchcock/Iora Health **Primary Care Practice**

**Fitness plan:** Outlined is a fitness program, which can be adjusted to almost any fitness level. The ultimate goal will be to perform 3-4 rounds of the below exercises with minimal rest periods. Followed by some brisk activity.

Initially, performing the exercises with proper form (as outlined in the accompanied video) with the shortest rest periods possible will be the goal. The total amount of time spent doing the circuit should be about 15-20 minutes.

**5 minute warm up:** this can be any slow movement. Walking briskly, biking, hiking, jump rope, rowing, elliptical, Etc.

<b>Exercise</b>	<b>Reps</b>	Perform the exercise circuit 2-3 times per week; on the other days of the week you should accumulate a minimum of 30 minutes of brisk activity throughout each day. This can be walking to the parking lot, brisk yard work, playing with the kids etc.  Link to exercise video with detailed explanations of exercises to left.  <a href="http://youtu.be/R3gnj9sqSfw">http://youtu.be/R3gnj9sqSfw</a>
<b>Squats</b>	10	
<b>Biceps curl</b>	10	
<b>Burpees</b>	10	
<b>Lateral raises</b>	10	
<b>Plank</b>	30 Seconds	
<b>Bent over row</b>	10	
<b>Opposite knee to chest</b>	20	
<b>Lunge</b>	10	
<b>Laying bicycles</b>	20	

Complete as many rounds as possible in 20 minutes with rest periods as short as possible.

**Cardio:** After you complete the circuit is the best time to do the majority of your cardiovascular exercise. You will see benefit with 15-20 minutes of brisk activity, but if you can allow for more that will be best.

**Examples:** Brisk walking, hiking, biking, rowing, elliptical machines, stairs, ETC... are all good options.