



HealthyBodyHealthyLife  
with *Melissa Koerner*

# Module 5 - Part 6

## Baseline Exercise Plan



Copyright © 2020, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

[HealthyBodyHealthyLife.com](http://HealthyBodyHealthyLife.com)

#### Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



## Baseline Exercise Plan

If you were not able to perform some or all of the exercises from the DIY Fitness Assessment, you will need to practice either the assessment exercises or the other recommended modified exercises (which are outlined below) before moving on to more advanced exercises starting with the Phase 1 Exercise Plan.

The program outlined below is a “circuit,” which means the exercises are performed back-to-back. It’s important that you perform these exercises in the order in which they’re presented.

### Key:

- Rest: Amount of time need to recover between exercises. You’ll see arrows in the chart below which indicates that you’ll move directly to the next exercise without taking a break until the end when all exercises have been performed once
- Intensity: Measure of applied strength to your maximum strength. “-2” is a “safety rep range”. What this means is that once you perform the number of repetitions recommended you should feel like you can do an additional two reps, but you’ll only actually do the recommended reps. A safety rep range is in place because you don’t want to push yourself to the point of muscle exhaustion.
- Reps: Number of times the movement is performed. Here are suggested progressions for the reps: **Week 1: 5 reps, Week 2: 10 reps, Week 3: 15 reps, Week 4: 20 reps**
- Tempo: Pace at which an exercise is performed. Moderate is a “1-2” count and slow is a “1-2-3” count. Your movements should be performed at a natural pace—not too fast or too slow.
- Sets: Total number of rounds for the exercise circuit. Here are suggested progressions for the sets: **Week 1: 1 set, Week 2: 2 sets, Weeks 3 and 4: 3 sets**

**\*\*Note: The reps and sets are just suggestions. You may be able to do more, or you may need to do less. Listen to your body and do what feels comfortable for you.**



## Baseline Exercise Plan

Perform the following exercises **two to three days per week for a minimum of four weeks**. After four to six weeks perform the DIY Fitness Assessment *again* to determine if you're ready to move on to the Phase 1 Exercise Plan.

In addition to these exercises, it is important to stretch all tight muscles **daily**. Refer to the Stretch Test in your DIY Fitness Assessment to determine which stretches you need to perform. You will **only** stretch tight muscles (the ones you checked off.) You can perform all stretches back to back or break them up over the course of the week. Always stretch tight areas **before** exercise.

Exercise	Rest	Intensity	Reps	Tempo	Sets
Single-Arm Pull or Seated Band Pull	↓	-2 reps	5-20	Slow	1-3
Twist with Body Weight	↓	-2 reps	5-20	Slow	1-3
Static Lunge or Supported Lunge or Wall Lunge	↓	-2 reps	5-20	Slow	1-3
Genie Squat or Supported Squat or Stability Ball Wall Squat	↓	-2 reps	5-20	Slow	1-3
Wall Push-Up	↓	-2 reps	5-20	Slow	1-3
Static Bend	↓	N/A	N/A	Hold for 3 ½ minutes	1-3
Single-Leg Balance	↓	N/A	N/A	Hold each side for 20 seconds	1-3
4-Point Tummy Vacuum	↓	N/A	10	Hold for 10 seconds	1-3
Pelvic Tilt	1:00-3:00 minutes	N/A	10	Hold for 10 seconds	1-3



## Baseline Exercise Plan

Date: \_\_\_\_\_

**Directions:**

You'll use this form to track the number of reps and sets you're able to perform for each workout. You'll want to print enough copies of this form for at least two to three workouts per week for a minimum of four weeks. Write down the date you do the workout, and after you complete the form store it in a folder of binder so you can look back to see your progress.

<b>Exercise</b>	<b>Rest</b>	<b>Intensity</b>	<b>Reps</b>	<b>Tempo</b>	<b>Sets</b>
Single-Arm Pull or Seated Band Pull	↓	-2 reps		Slow	
Twist with Body Weight	↓	-2 reps		Slow	
Static Lunge or Supported Lunge or Wall Lunge	↓	-2 reps		Slow	
Genie Squat or Supported Squat or Stability Ball Wall Squat	↓	-2 reps		Slow	
Wall Push-Up	↓	-2 reps		Slow	
Static Bend	↓	N/A	N/A	Hold for 3 ½ minutes	
Single-Leg Balance	↓	N/A	N/A	Hold each side for 20 seconds	
4-Point Tummy Vacuum	↓	N/A		Hold for 10 seconds	
Pelvic Tilt	1:00- 3:00 minutes	N/A		Hold for 10 seconds	