



HealthyBodyHealthyLife  
with *Melissa Koerner*

# Module 5 - Part 7

## Phase 2 Exercise Program



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## Phase 2 Exercise Program Terminology and Equipment

To get the best results from your exercise plan and prevent injury, before performing the following exercises, it is very important that you're able to comfortably and easily perform the exercises from the Phase 1 Exercise Plan.

The program outlined on page 4 is a "circuit," which means the exercises are performed back-to-back without any rest until you get to the last exercise.

### Here's a Key to Understand the Terminology of Your Exercise Plan:

- **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. 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.
- **Reps:** Number of times the movement is performed.
- **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. Note: the number of sets does *not* include a warm-up round.

**\*NOTE: The reps and sets are suggestions. Listen to your body and do what feels comfortable for you.**

### Equipment Needed:

- Yoga mat
- Stability ball sized for your height (see size chart page 6)
- Two 1 to 5-pound dumbbells
- Two resistance bands (light and medium)

### **You can get these items at these links:**

Yoga Mat: <https://amzn.to/362fETa>

Stability Ball: <http://amzn.to/2kXGM1p>

Dumbbells: <http://amzn.to/2lbG2AS>

Resistance bands: <http://amzn.to/2lbE6IP>



## Phase 2 Exercise Program Overview

### Directions:

Perform the following exercises **two to three days per week for a minimum of four weeks**. When you're able to comfortably perform the exercises below, you can progress to the Phase 3 Exercise Plan. If after four weeks the exercises are still challenging, keep performing the Phase 2 exercises for another two to four weeks or until you're able to perform them with ease.

### NOTE:

1. In addition to performing these exercises, it's important to stretch all tight muscles **daily**. Always stretch tight muscles right **before exercise**. Refer to the Flexibility section of your DIY Fitness Assessment to determine which stretches you need to perform. You will **only stretch tight muscles**.
2. Make sure you **do a warmup round at 50% the intensity** you would for a regular round. For example, if you've worked your way up to 10 reps, do 5 reps for the warmup round. The recommended sets below do not include warmup.

Exercise	Rest	Intensity	Reps	Tempo	Sets
Walking Lunge	↓	-2 reps	5-10 each	Moderate	1-3
Same Side Band Pull	↓	-2 reps	10 each	Moderate	1-3
Overhead Squat	↓	-2 reps	5-10	Slow	1-3
Wood Chop w/Body Weight	↓	-2 reps	10 each	Moderate	1-3
Seated Cable/Band Push	↓	-2 reps	10 each	Slow	1-3
Seated Bend Pull	↓	-2 reps	10	Slow	1-3
Single Leg Balance and Reach	Rest 1:00-3:00 minutes between circuits		1-3 each	Hold for 2 seconds	1-3



## Phase 2 Exercise Program Tracking Sheet

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 or 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>
Walking Lunge	↓	-2 reps		Moderate	
Same Side Band Pull	↓	-2 reps		Moderate	
Overhead Squat	↓	-2 reps		Slow	
Wood Chop w/Body Weight	↓	-2 reps		Moderate	
Seated Cable/Band Push	↓	-2 reps		Slow	
Seated Bend Pull	↓	-2 reps		Slow	
Single Leg Balance and Reach	Rest 1:00-3:00 minutes between circuits			Hold for 2 seconds	



### Stability Ball Size Chart

<b>Application</b>	<b>Height</b>	<b>Ball Size</b>
Chair	5'2" & under	55 cm
Chair	5'2" & over	65 cm
Chair	6'0" & over	75 cm
Exercise	4'1" – 5'1"	45 cm
Exercise	5'2" – 5'8"	55 cm
Exercise	5'7" – 6'2"	65 cm
Exercise	6'3" & over	75 cm