



Getting Started: Exercise Toolkit



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Proper Form

Using proper form is not only important to avoid injury, but to achieve the desired result from your workouts. Follow these keys to proper form below to improve your exercise execution!

Core Bracing

Think about pulling your belly button to your spine” - core should be braced during any lift or run! It takes some practice to create the mind muscle connection. Practice bracing while lying and standing before bracing during a lift.

Posture

Posture is key to safe lifting. Be sure to keep you weight distributed evenly across your feet and a neutral spine at all times during exercise.

Breathing

Breathing is essential to a productive workout. Be sure to maintain deep belly breaths throughout, and avoid holding your breath, particularly when strength training.

Speed

Slow and steady wins the race during exercise. Do not rush your reps or use momentum to complete an exercise. Take you time and allow the muscles lengthen and contract slowly through every rep of each movement.

Range of Motion

When performing any exercise, be sure to take the joint through the full range of motion it is capable of. Avoid short, fast reps, as well as overextending at the knees or elbow.

**This is not a comprehensive list of exercise form cues. Always consult a certified personal trainer to be sure you are performing certain exercises properly.*



No Equipment Workout

No Gym? No Problem!

Workout Routine Considerations:

- Perform 2-3x per week as tolerable. Always wait at least 24-48 hours between sessions.
- Always perform a warm up prior to movements. This can be as simple as 5-10 minutes of walking/marching in place, or try the dynamic warm up on page 3.

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Equipment</u>	<u>Cues</u>	<u>Modifications</u>
<u>Squat</u>	3	10	N/A Chair or couch if modifying	-Feet shoulder width apart -Core tight -Chest up	-Perform a “box squat” using a couch or chair for stability
<u>Glute Bridge</u>	3	10	N/A	-Back flat -Core engaged -Feet planted	N/A
<u>Tricep Dip</u>	3	10	Chair/bench	-Elbows in -Slow and controlled	N/A
<u>Plank</u>	2	30 seconds	Mat or soft floor for hands or elbows	-Flat back -Avoid letting hips sag -Core tight	-Knees down in the plant position, work up to hold <u>Knee Plank</u> -Hold the plank for less time if needed, work up to a 30-second hold

A **repetition** (“rep”) refers to a single repetition of a specific movement. A **set** refers to the number of repetitions performed. **For example:** one squat = 1 rep. 10 squats performed consecutively is one set.



Warm-up and Cool-down

Perform a proper warm-up and cool down EVERY time you exercise!

Warm Up Sample: Complete Movements 1-5

1. [Leg swings](#) x10 each leg
2. [Hip circles](#) x10 each leg
3. [Bird dogs](#) x10 each side
4. [Chest opener](#) x10 each side
5. [Side shuffle](#) x30 seconds

*Add bodyweight/light versions of movements that mimic your workout to the warm up.

Ex. -About to go for a run? Walk for 5 mins first

Ex- About to do lower body strength training? Do some 10 bodyweight squats first.

Cool Down Sample: Complete Movements 1-5

1. [Downward dog to press up](#)
2. [Lying trunk twist](#)
3. [Pigeon stretch](#)
4. [Standing quad stretch](#)
5. [Wall calf stretch](#)

*Perform all the stretches breathing deeply in through the nose and out through the mouth.



Exercise Resources & Tools

Exercise Guidelines for Adults

American College of Sports Medicine

- [Recommendations](#)
- [Trending topics education](#)

Special Population Recommendations

- [Cardiovascular Disease](#)
- [Hypertension](#)
- [Older Adults](#)
- [Pregnancy](#)
- [Obesity](#)
- [Diabetes](#)

Exercise Tools

Workout Apps

For everyone

- [Apple Fitness](#)
- [Nike](#)
- [Strava](#)

For group fitness

- [Class Pass](#)

For women

- [Alive](#)
- [Obe](#)

PeopleOne Health

Tools, Articles & Courses

- [SparkCoach](#)
- [Fitness Game](#)
- [Goals](#)
- [Strength Training 101 course](#)
- [Stretching Skills Challenge course](#)
- [Easing into Exercise for Beginners course](#)
- [Spring into Shape Challenge course](#)
- [Are You Ready to Run Your First 5K course](#)
- [Exercise Safety Tips for Beginners](#)

