



Getting Started: Workout Toolkit



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Getting Started with Movement

Feel Better, Move Better: One Step at a Time

Whether you're brand new to exercise or returning after a break, this beginner-friendly guide will support you as you build strength, flexibility, and confidence—one step at a time.

Why Movement Matters

Regular movement can:

- Boost your energy and mood
- Support joint and heart health
- Improve balance, strength, and mobility
- Help manage stress and sleep better

Tips for Getting Started

Start Small & Stay Consistent

Aim for 5–10 minutes a day to begin with. Build gradually.

Listen to Your Body

Gentle soreness is normal. Sharp pain is not. Modify or pause when needed.

Create a Simple Routine

Link movement to your daily habits—stretch after brushing your teeth or take a walk after lunch.

Focus on Form Over Speed

Slow, controlled movements are safer and more effective than rushing.

Celebrate Small Wins

Every bit of movement counts. Track your progress and reward your effort.



*Starting small is still starting. Your journey is unique—go at your own pace.
Let's get moving—one step at a time.*



Beginner's Guide to Mobility & Flexibility

Stretch & Move: Loosen Up, Feel Strong, & Live Well

Mobility movements increase the range of motion of joints and blood flow to the muscles. They should be performed **before** exercising. Below is a full body mobility/warm-up routine to perform daily.

Movement	Duration	Cues
Hip Gate Openers	15 reps each leg	-chest upright, slow and controlled reps
Banded Monster Walk	10 steps each direction *repeat 3 times	-keep core tight, slow and controlled steps
Runners Lunge	3 sets of 20 seconds *each leg	-ease into this stretch, push knee out with elbow
Side Lying Chest Opener	20 reps each arm	-slow and controlled reps, keep eyes forward
Thread the Needle Stretch	3 sets of 12 reps *each movement, each arm	-movements can be done without a band

Flexibility movements lengthen and loosen the muscle is a passive state. They should be performed **after** exercising. Below is a full body flexibility/cool down routine to perform daily.

Movement	Duration	Cues
Standing Quad Stretch	3 sets of 30 seconds *each leg	-can hold on to a wall or machine for stability
Wall Calf Stretch	3 sets of 30 seconds *each leg	-think about keeping your lower leg stable and touching your chest to the wall (or chair)
Wall or Door Shoulder Stretch	3 sets of 30 seconds *each arm	-turn head in opposite direction of arm
Straddle Stretch	3 sets of 20-30 seconds	-hinge at your hips and lean as far forward until you feel a stretch in your inner thighs
Seated Pigeon Stretch	3 sets of 30 seconds *each leg	-push your knee down and lean forward until you feel a stretch in your hip



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.

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Equipment</u>	<u>Cues</u>	<u>Modifications</u>
Squat	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
Reverse Lunge	3	10	N/A	-weight in heel -chest up -hip, ankle, knee in line	-hold on to a chair or wall for support
Wall PushUp	3	10	Open wall or Chair/bench	-Elbows in -Slow and controlled	-the more vertical you stand the easier the movement. Progress or modify by changing the distance of your feet from the wall
Plank (front and each side)	3	30 seconds each type	Mat or soft floor for hands or elbows	-Flat back -Avoid letting hips sag -Core tight	-knees down in the plank position forward or side.

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.



Zone 2 vs High Intensity Interval Training

Know the Difference & Try Them Out

Zone 2 Training is steady-state aerobic exercise performed at roughly 60–70% of your maximum heart rate (Max HR $\approx$ 220 – age).

At this effort, you can comfortably hold a conversation but not sing. It primarily improves aerobic capacity, fat utilization, and mitochondrial efficiency, making it excellent for endurance, cardiovascular health, and recovery days. Zone 2 is low-intensity but requires sustained duration (usually 30–90 minutes) for maximum benefit.

HIIT (High-Intensity Interval Training)

alternates short bursts of near-maximal effort (80–95% max HR) with periods of rest or low-intensity recovery.

This style is time-efficient, burns high amounts of calories in a short session, and boosts anaerobic capacity, VO_2 max, and muscular endurance. HIIT workouts are typically 15–30 minutes long and are more taxing on the body, requiring more recovery time than Zone 2 training.

Key Differences: Zone 2 focuses on building a strong aerobic base through prolonged, low-intensity work, while HIIT develops high-end cardiovascular performance and metabolic conditioning through short, intense bouts. Zone 2 is sustainable and low-stress, making it suitable for frequent use, whereas HIIT should be done fewer times per week due to its higher recovery demands.

Sample Zone 2 Workout (40 min)

- Warm-Up: 5 min easy walk or cycle, gradually entering Zone 2.
- Main Set: 30 min brisk incline walk or steady bike ride at 60–70% max HR.
- Cool Down: 5 min easy pace, HR $<50\%$ max.

Sample HIIT Workout (20 min)

- Warm-Up: 5 min light jog or dynamic movements.
- Main Set: 8 rounds of 30 sec fast run/cycle (85–95% max HR) + 90 sec walk/recovery pace.
- Cool Down: 3–5 min light jog or walk, HR gradually returning to baseline.



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](#)

