



Create an Exercise Routine Based on Your Fitness Goals

General Health

Flexibility Training: 3 - 7 times per week

Myofascial Release

30 seconds for each muscle

Active-isolated Stretching

1 - 2 seconds, 5 - 10 reps for each muscle

Cardiorespiratory: 4 - 7 times per week

Target Heart Zone: Max HR (220 - age) X 65 - 75%

Core Stabilization Training: 2 - 4 times per week

Exercises: 1 - 4

Repetitions: 12 - 20

Sets: 1 - 4

Balance Training: 2 - 4 times per week

Exercises: 1 - 4

Repetitions: 12 - 20

Sets: 1 - 4

Resistance Training: 2 - 4 times per week

Alternate muscle groups, include rest days

Repetitions: 12 - 20

Sets: 1 - 3

Rest: 0 - 90 seconds

Weight Loss

Flexibility Training: 3 - 7 times per week

Myofascial Release

30 seconds for each muscle

Active-isolated Stretching

1 - 2 seconds, 5 - 10 reps for each muscle

Cardiorespiratory: 4 - 7 times per week

Target Heart Zone: Max HR (220 - age) X 65 - 75%

Core Strength Training: 2 - 4 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Balance Training: 2 - 4 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Resistance Training: 2 - 4 times per week

Alternate muscle groups, include rest days

Repetitions: 6 - 12

Sets: 3 - 5

Rest: 0 - 60 seconds

Increase Endurance

Flexibility training: 3 - 7 times per week

Myofascial Release

30 seconds for each muscle

Dynamic Stretching

10 reps for each

Cardiorespiratory: 4 - 7 times per week

Target Heart Zone: Max HR (220 - age) X 76 - 85%

Core Strength training: 2 - 4 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Balance training: 2 - 4 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Resistance training: 2 - 4 times per week

Alternate muscle groups, include rest days

Repetitions: 6 - 12

Sets: 3 - 5

Rest: 0 - 60 seconds

Muscle Gain

Flexibility training: 3 - 7 times per week

Myofascial Release

30 seconds for each muscle

Dynamic Stretching

10 reps for each

Cardiorespiratory: 2 - 3 times per week

Target Heart Zone: Max HR (220 - age) X 76 - 85%

Core Strength training: 3 - 6 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Balance training: 3 - 6 times per week

Exercises: 0 - 4

Repetitions: 8 - 12

Sets: 2 - 3

Resistance training: 3 - 6 times per week

Alternate muscle groups, include rest days

Repetitions: 6 - 12

Sets: 3 - 5

Rest: 0 - 60 seconds

Source: NASM Essentials for Personal Training

Contact your onsite Health Coach for more information:

Allison Knight, NBCHWC, NDTR, CPT

National Board Certified Health & Wellness Coach,

Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

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