

Recess

Aerobic Recommendations

Days of Exercise: 5	Total Weekly Caloric Expenditure: 800 cals	
Total Minutes/Week: 150	Average Caloric Expenditure: 114 cals/day	
Aerobic Heart Rate Training Zone: 132-151 bpm		

Workout Schedule:

Monday

Walking: 30 min. (160 cals)

Tuesday

Walking: 30 min. (160 cals)

Wednesday

Walking: 30 min. (160 cals)

Thursday

Walking: 30 min. (160 cals)

Friday

Walking: 30 min. (160 cals)

Aerobic Exercise:

Aerobic Exercise will help optimize your body composition and maintain or improve your overall level of fitness. You should always warm-up and stretch prior to each exercise session. **If you feel faint or weak you should stop exercising and adjust your program accordingly.**

The Caloric Burn/Exercise Chart below is based on your **Lean Body Mass**. The list of exercises can be used to substitute daily Aerobic Exercise choices or to adjust the time of any workout session.

Remember to monitor your heart rate and stay within your Aerobic Training Zone. Exceeding your target zone can lead to potential injury and also cause your body to burn Lean Mass instead of Fat.

Caloric Burn/Exercise Chart:

<u>Exercise</u>	<u>Minutes</u>					
	<u>10</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
Aerobics	122	243	365	487	609	730
Basketball	97	193	290	386	483	579
Circuit Training	82	163	245	327	408	490
Cross-Country Skiing	110	220	330	439	549	659
Cycling	59	119	178	238	297	356
Elliptical Trainer	111	223	334	445	557	668
Group Cycle/Spinning	119	238	356	475	594	713
Jogging	111	223	334	445	557	668
Racquetball	120	241	361	481	601	722
Rowing	108	217	325	434	542	650
Running	141	282	423	564	705	846
Stair Climber	126	252	379	505	631	757
Swimming	126	252	379	505	631	757
Walking	53	107	160	214	267	321