THE BUSY DAY

Stretch Lift Move 15 secs ■ Do anything that 3½ min 10 min each set of 4 exercises gets your heart rate p. 89 ■ Breathe. Here are 3 sets of exercises to do at different times of the day. Do not bounce. ■ These exercises require only your body weight or a set of dumbbells No pain!Feel the stretch. See Moving for resistance. Instructions, \blacksquare Set = a fixed number of repetitions Relax. pp. 64-84. See Stretching \blacksquare Rep = a repetition Instructions, Use enough weight so last rep of set is slightly difficult. pp. 85-92. Increase weight only when last rep is easy. ■ Never lift to failure. ■ See Lifting Instructions, pp. 93–116. 1 7 В C 5 secs 15 secs 2 times p. 89 1 1 1 p. 89 1 set 1 set 1 set 15-30 reps 15-30 reps 15-30 reps p. 94 each leg each leg p. 95 p. 96 Stationary bike 10 min 8 2 10 secs 5–8 secs each side each side p. 89 p. 92 2 1 set 2 2 10-12 reps 1 set p. 108 1 set 10-12 reps 8-15 reps p. 107 3 p. 105 10 secs 15 secs OR p. 89 each leg Brisk walk p. 87 10 min OR 3 3 3 1 set 1 set 1 set 10-12 reps 10-12 reps 10-12 reps each arm 4 p. 101 p. 102 10 p. 102 15 secs 10 sec p. 89 each leg p. 87 Cross-country ski 10 min 11 OR 4 10 sec 1 set 1 set 1 set each leg Climb stairs 10-15 reps 10-15 reps 15-30 reps p. 87 10 min p. 111 p. 111 p. 111 10 secs each side p. 90