

# AWESÔME TRAINING PLAN –

## Definition of Terms and Strength Workouts



### Before you begin

**Medical Check-up** - Before embarking on a fitness program, it is always wise to first seek the advice of a medical doctor. Feel free to share this program with your family doctor for input. You should be in good physical condition and be able to participate in the exercises.

**Start slowly and build** - It is better to start with what you CAN do and build into the workouts. If you can't do the entire strength workout during week 1 or if you can't do a certain exercise – that's okay. Just modify and move on. You are responsible for your health and fitness. If you feel a workout is too strenuous, back off. If you feel a workout isn't challenging, it's okay to reasonably push it. Remember, you won't be climbing alone, but you alone will climb that mountain!

**Safety Factor**- It is essential that all of the exercises be performed correctly and that basic safety procedures are followed at all times. It is furthermore always a good idea to invest in reading material on physical fitness and to consult your local fitness instructor about performing each exercise correctly. Awesome Climbs is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

**Warm Up** - It is highly recommended to always warm up the muscles before starting any exercise. The norm is doing a variety of stretching movements to warm up, strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is very important, as it is the best way to prepare for an injury-free workout.

### Definition of Terms

**Cardio of Choice** – Any cardio exercise that increases your heart rate and builds stamina and fitness. Examples: running, biking, swimming, Zumba, spinning, step class, etc.

**Rest Day** – It is important to give yourself and your body a break. Enjoy your rest days. If you find you MUST do something, a walk outside will do fine.

**Incline Walk** – These are best done on a treadmill so you can control the incline and pace. Slow and steady is the goal for your incline walks. If you don't have access to a treadmill, these can be done outside by finding a long hill and doing sets of repeats up and down it.

**Stairs** – Either on a Stairmaster or on a real set of stairs. In the absence of either or if your joints don't allow, you can substitute an incline walk for stair climbs.

### Strength workouts

#### JAMBO

15 Squats  
10 Sit ups  
5 Push ups

10 Step ups  
10 Step downs  
30 Second Plank

#### ASANTE SANA

5 Lunges Right Leg  
5 Lunges Left Leg  
5 Burpees

Repeat for a total  
of 5 times

#### KARIBU

10, 9, 8, 7, 6, 5, 4,  
3, 2, 1

Squats  
Sit Ups  
Push Ups

(10 squats, 10 sit ups,  
10 push ups then 9  
squats, 9 sit ups and 9  
push ups, etc.)

**PROPER FORM VIDEOS** – Take the time to watch the videos and follow as closely as possible. It is better to reduce reps and keep proper form.

**Squat** - <https://www.youtube.com/watch?v=aciHkVaku9U> and  
<https://www.youtube.com/watch?v=6AEDbzzFGsM>

**Push Up** – <https://www.youtube.com/watch?v=SOxS6Bwarg> and  
<https://www.youtube.com/watch?v=UifdfDBY77g>

**Step Up** - <https://www.youtube.com/watch?v=dQqApCGd5Ss>

**Step Down** - <https://www.youtube.com/watch?v=J-J20Un5xOc>

**Plank** <https://www.youtube.com/watch?v=B296mZDhrP4>

**Lunge** – [https://www.youtube.com/watch?v=Pf5ThTfn\\_U](https://www.youtube.com/watch?v=Pf5ThTfn_U)

**Burpee** - <https://www.youtube.com/watch?v=Vh8MIDdH-j8>