

<b>Exercise/Movement</b>	<b>Pros</b>	<b>To Obtain Optimal Benefits</b>	<b>Best For/If</b>
<b>Walking</b>	<ul style="list-style-type: none"> <li>-Maintain healthy weight range</li> <li>-Lowers negative health markers</li> <li>-Lowers stress, improves mood</li> <li>-Improves memory</li> <li>-Increases life longevity</li> <li>-Low intensity option/less injury risk</li> </ul>	<ul style="list-style-type: none"> <li>- Amount:&gt; 15000 steps/day 5-7 days/week</li> <li>- Pace: 100 - 135 steps/minute</li> <li>-Engage multiple times/day</li> <li>-Increase incline (hills) and/or altitude</li> <li>-Train in intervals (1 min power walk, with 1-4 min brick walk)</li> </ul>	<ul style="list-style-type: none"> <li>-General activity</li> <li>-Low impact/recovering from injury</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> <li>-Maintainability/sustainability</li> </ul>
<b>Jogging/Running</b>	<ul style="list-style-type: none"> <li>-Easily maintain healthy weight range</li> <li>-Lowers negative health markers meaningfully</li> <li>-Substantially reduces risk of heart disease, stroke, Type II DM, and metabolic syndrome</li> <li>-Can reduce depression and anxiety as well as meds for some</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 45 minutes or more 3-6 days/week</li> <li>-Pace: As fast as you can, while still holding conversation</li> <li>-Increase incline (hills) and/or altitude</li> <li>-Fartlek or interval training/mix up speeds</li> <li>-Sprint 10-15 bursts of 4-20 seconds as fast as you can 1-2x/week</li> </ul>	<ul style="list-style-type: none"> <li>-Reducing cardiovascular disease risk and risk factors</li> <li>-Improving VO2 max</li> <li>-Efficiency</li> <li>-Comradery; group runs, races</li> <li>-Quick weight loss (until the body adapts)</li> </ul>
<b>Cycling</b>	<ul style="list-style-type: none"> <li>-Low risk of bone/joint injuries</li> <li>-Maintain healthy weight range</li> <li>-Lowers negative health markers</li> <li>-Lowers stress, improves mood</li> <li>-Improves memory</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 60 minutes or more 6-7 days/week</li> <li>-Pace: As fast as you can, while still holding conversation</li> <li>-Increase incline (hills) and/or altitude</li> <li>-Fartlek or interval training/mix up speeds</li> </ul>	<ul style="list-style-type: none"> <li>-History of significant bone/joint injuries</li> <li>-Comradery</li> <li>-General activity</li> <li>-Low impact/recovering from injury</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>-Low risk of bone/joint injuries</li> <li>-Easily maintain healthy weight range</li> <li>-Lowers negative health markers meaningfully</li> <li>-Substantially reduces risk of heart disease, stroke, Type II DM, and metabolic syndrome</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 45 minutes or more 5-7 days/week</li> <li>-Change technique/specific swim</li> <li>-Interval training/mix up speeds</li> <li>-Add resistance training in between swim periods</li> </ul>	<ul style="list-style-type: none"> <li>-Reducing cardiovascular disease risk and risk factors</li> <li>-Improving VO2 max</li> <li>-Efficiency</li> <li>-Easily maintaining healthy weight range</li> </ul>
<b>Stair Stepper</b>	<ul style="list-style-type: none"> <li>-Maintain healthy weight range</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 30 minutes or more 3-6</li> </ul>	<ul style="list-style-type: none"> <li>-Reducing cardiovascular disease</li> </ul>

	<ul style="list-style-type: none"> <li>-Lowers negative health markers</li> <li>-Lowers stress, improves mood</li> <li>-Improves memory</li> <li>-Can attain fit physique</li> </ul>	<p>days/week</p> <ul style="list-style-type: none"> <li>-Pace: As fast as you can, while still holding conversation</li> <li>-Fartlek or interval training/mix up speeds</li> <li>-Sprint 10-15 bursts of 4-20 seconds as fast as you can 1-2x/week</li> </ul>	<p>risk and risk factors</p> <ul style="list-style-type: none"> <li>-Improving VO2 max</li> <li>-Efficiency</li> <li>-Overall, general health</li> <li>-Building glute muscles (while doing cardio)</li> </ul>
<b>Elliptical/Cardio machines</b>	<ul style="list-style-type: none"> <li>-Maintain healthy weight range</li> <li>-Lowers negative health markers</li> <li>-Lowers stress, improves mood</li> <li>-Improves memory</li> <li>-Increases life longevity</li> <li>-Low intensity option/less injury risk</li> </ul>	<ul style="list-style-type: none"> <li>- Amount: 60 minutes or more 6-7 days/week</li> <li>- Pace: fast, but able to hold conversation</li> <li>-Add resistance training in addition</li> <li>-Increase incline (hills) and/or altitude</li> <li>-Train in intervals (30 seconds hard, 30-1 min 30 sec rest)</li> </ul>	<ul style="list-style-type: none"> <li>-General activity</li> <li>-Low impact/recovering from injury</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> </ul>
<b>Resistance/strength Training</b>	<ul style="list-style-type: none"> <li>-Muscle hypertrophy</li> <li>-Burn more calories throughout day</li> <li>-Muscles appear more toned</li> <li>-Proportionate physique with correct programming</li> <li>-Maintain healthy weight range</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: totally dependent on program and specific goals</li> <li>-For each specific set, life weight that you can complete at least 12 reps, and last two feel very challenging</li> <li>-Engage in walking throughout the day as well</li> <li>-Rest for adequate amounts of time, but not more than 1 minute in between sets</li> <li>-Use different techniques* when advanced/skilled</li> </ul>	<ul style="list-style-type: none"> <li>-Increasing EPOC*</li> <li>-Generally fit physique</li> <li>-Maintain healthy weight range</li> <li>-Efficiency</li> <li>-Changing up routine, moves, styles, etc.</li> <li>-Sustainability</li> </ul>
<b>Body Building</b>	<ul style="list-style-type: none"> <li>-Targeted muscle hypertrophy</li> <li>-Burn more calories throughout day</li> <li>-Muscles visibly appear more toned</li> <li>-Proportionate physique with correct programming</li> <li>-Maintain healthy weight range</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: totally dependent on program and specific goals</li> <li>-For each specific set, life weight that you can complete at least 12 reps, and last two feel very challenging</li> <li>-Engage in walking throughout the day as well</li> <li>-Rest for adequate amounts of time, but not more than 1 minute in</li> </ul>	<ul style="list-style-type: none"> <li>-Attaining a “fit” physique</li> <li>-Physique competitions</li> <li>-”Toned” muscle look</li> <li>-Specific/targeted muscle gains</li> <li>-Weight maintenance (when executed correctly)</li> </ul>

		between sets	
<b>Athletic Conditioning</b>	<ul style="list-style-type: none"> <li>-Ability to grow muscles and engage in cardio simultaneously</li> <li>-May burn more calories throughout day when executed correctly</li> <li>-Maintain healthy weight range</li> <li>-Overall toned physique</li> <li>-Non-repetitive and endless options</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 15 - 60 minutes 3-6 days/week (greatly depends on intensity and movements)</li> <li>-Complete short bursts of high intensity cardio moves with strength exercises intermixed</li> <li>-Allow body to fully recover from soreness before engaging again</li> <li>-Incorporate sport specific movements, agilities, &amp; exercises</li> </ul>	<ul style="list-style-type: none"> <li>-Increasing EPOC*</li> <li>-Pushing your limits</li> <li>-Being well-rounded athlete/fitness person or improve specific sport</li> <li>-Enhances fast and slow twitch muscle fibers*</li> <li>-Improving plyometric abilities</li> </ul>
<b>Circuit Training</b>	<ul style="list-style-type: none"> <li>-Ability to grow muscles and engage in cardio simultaneously</li> <li>-May burn more calories throughout day when executed correctly</li> <li>-Maintain healthy weight range</li> <li>-Overall toned physique</li> <li>-Non-repetitive and endless options</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 15 - 60 minutes 3-6 days/week (greatly depends on intensity and movements)</li> <li>-Complete short bursts of high intensity cardio moves with strength exercises intermixed</li> <li>-Allow body to fully recover from soreness before engaging again</li> </ul>	<ul style="list-style-type: none"> <li>-Increasing EPOC*</li> <li>-Pushing your limits</li> <li>-Keeping routine different/fun for some</li> <li>-Building and toning muscle</li> <li>-Improving cardiovascular/pulmonary function</li> </ul>
<b>HIIT</b>	<ul style="list-style-type: none"> <li>-Very efficient</li> <li>-Burn calories for hours after completion</li> <li>-Easily maintain healthy weight range</li> <li>-High weight and fat loss capabilities</li> <li>-Overall fit and toned look (but r/t lower body fat %, not muscle girth)</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 12-30 minutes MAX, depending on rest intervals</li> <li>-No more than 3 total minutes of as hard as possible bursts</li> <li>-Engage in strength training on some to most non-HIIT days</li> </ul>	<ul style="list-style-type: none"> <li>-Increasing EPOC*</li> <li>-Fat loss</li> <li>-Quick weight loss</li> <li>-Easily maintaining healthy weight range</li> <li>-Pushing your limits &amp; efficiency</li> </ul>
<b>Juzitzu/Karate</b>	<ul style="list-style-type: none"> <li>-Improved general health</li> <li>-Easily maintain healthy weight ranges</li> <li>-Improved self defense</li> <li>-Enhanced stress management</li> <li>-Enhanced brain function</li> </ul>	<ul style="list-style-type: none"> <li>-Practice humility and patience</li> <li>-Stay present in the moment</li> <li>-Assess critical thinking and problem solving frequently</li> <li>-Engage at medium to high intensity</li> <li>-Learn from a certified coach</li> </ul>	<ul style="list-style-type: none"> <li>-Challenging yourself in new ways</li> <li>-Comradery</li> <li>-Ability to constantly improve and learn</li> <li>-Improve mental and physical skills, confidence, and problem solving</li> <li>-Overall, general health</li> </ul>

<b>Boxing</b>	<ul style="list-style-type: none"> <li>-Improved general health</li> <li>-Easily maintain healthy weight ranges</li> <li>-Improved self defense</li> <li>-Enhanced stress management</li> </ul>	<ul style="list-style-type: none"> <li>-Engage at medium to high intensity</li> <li>-Learn correct movements from a certified coach</li> <li>-Take minimal breaks</li> <li>-Connect to body and emotions</li> <li>-Incorporate some strength training in addition</li> </ul>	<ul style="list-style-type: none"> <li>-Challenging yourself in new ways</li> <li>-Comradery</li> <li>-Ability to constantly improve and learn</li> <li>-Improve mental and physical skills, confidence, and problem solving</li> <li>-Improving cardiovascular function</li> </ul>
<b>Activities of Daily Living</b>	<ul style="list-style-type: none"> <li>-Improved general health</li> <li>-More easily maintain weight ranges</li> <li>-Increase total energy expenditure</li> <li>-Reduced risk of some diseases</li> <li>-Prevents muscle atrophy</li> </ul>	<ul style="list-style-type: none"> <li>-Be mindful of incorporating some into each day</li> <li>-Stand and walk at least 1x for 5 minutes every 2 hours when possible</li> <li>-Express gratitude while engaging</li> </ul>	<ul style="list-style-type: none"> <li>-Improving mood</li> <li>-Low impact/recovering from injury</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> <li>-Maintainability/sustainability</li> </ul>
<b>Recreational Sports</b>	<ul style="list-style-type: none"> <li>-Maintain healthy weight range</li> <li>-Lowers negative health markers</li> <li>-Lowers stress, improves mood</li> <li>-Improves memory</li> <li>-Increases life longevity</li> </ul>	<ul style="list-style-type: none"> <li>- Amount: 60 minutes or more</li> <li>-Intensity: as hard as desired</li> <li>-Add resistance training in addition</li> <li>-Record skill improvement over time</li> </ul>	<ul style="list-style-type: none"> <li>-General activity</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> <li>-Comradery</li> <li>-Fun!</li> <li>-Maintainability/sustainability</li> </ul>
<b>Workout Videos</b>	<ul style="list-style-type: none"> <li>-Improved general health</li> <li>-More easily maintain healthy weight ranges</li> <li>-Increase total energy expenditure</li> <li>-Huge variety</li> </ul>	<ul style="list-style-type: none"> <li>-Amount: 15-60 minutes (highly dependent on type chosen)</li> <li>-Choose ones that challenge your abilities</li> <li>-Look for circuit, interval, or HIIT styles</li> <li>-Take minimal breaks</li> <li>-Choose ones that incorporate multiple muscle groups</li> </ul>	<ul style="list-style-type: none"> <li>-General activity</li> <li>-Mental and emotional health</li> <li>-Overall, general health</li> <li>-NO gym/travel</li> <li>-Fun!</li> <li>-Maintainability/sustainability</li> </ul>
<b>Yoga/Pilates/Etc.</b>	<ul style="list-style-type: none"> <li>-Increased flexibility and bone health</li> <li>-Improve mindfulness and gratitude</li> <li>-Different forms and types</li> <li>-Better stress management</li> <li>-Maintain some muscle mass</li> </ul>	<ul style="list-style-type: none"> <li>-Remain mindful and/or connected</li> <li>-Practice thinking in the present</li> <li>-Execute positions correctly</li> <li>-Engage at least once a week</li> <li>-Engage in other forms of exercise in addition</li> </ul>	<ul style="list-style-type: none"> <li>-Improving flexibility</li> <li>-Increasing mindfulness</li> <li>-Class/group atmosphere</li> <li>-Trendy</li> <li>-Comradery</li> </ul>

<b>Dancing</b>	<ul style="list-style-type: none"> <li>-Some cardiovascular benefits</li> <li>-Expressive, artistic, embodying</li> <li>-Overall, general health</li> <li>-Increased life longevity</li> <li>-Improved bone health</li> </ul>	<ul style="list-style-type: none"> <li>-Remain mindful and/or connected</li> <li>-Practice thinking in the present</li> <li>-Engage as often as desired</li> <li>-Engage in other forms of exercise in addition</li> <li>-Have fun!</li> </ul>	<ul style="list-style-type: none"> <li>-General activity</li> <li>-Persons in recovery from mental health disorders</li> <li>-Mental and emotional health</li> <li>-Increasing mindfulness and connection to body</li> <li>-Maintainability/sustainability</li> </ul>
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\*Exercise Post Oxygen Consumption (EPOC): **Excess post-exercise oxygen consumption (EPOC, informally called **afterburn**)** is a measurably increased rate of **oxygen** intake following strenuous **activity**. EPOC is accompanied by an elevated consumption of fuel. In response to exercise, fat stores are broken down and free fatty acids (FFA) are released into the blood stream. EPOC is beneficial because it allows more time for fat stores to break down.

#### Chart Key

Color Above	Categorization
	Long Endurance/aerobic training
	Strength/anaerobic training
	Cardio and strength training (aerobic and anaerobic)
	Technical cardio and strength training (aerobic and anaerobic)
	Variable

#### Explanation of Chart

The above chart is divided into five categories of colors (\*see key above) based on the properties and characteristics of the movement. Furthermore, each category includes one purple highlighted box on the right side of the chart. This purple color indicates the “most effective” way of moving from that specific category (based on my education, knowledge, and opinion). However, based on your lifestyle and other factors, a different box within each category may be best/most effective for you. Best is a very arbitrary word, as you will discover below, again. I included my opinion of the most effective movement in each category for the sake of ease and explanation, however, the chart is simply intended to serve as a helpful guide for you to determine your exercise regimen.

## My Two Cents

One of the most frequent questions I receive is, “What is the *best* type of workout?” I assume, most people’s definition of *best* actually means “most efficient way of moving that will make me appear toned and fit as well.” Whether this assumption is true, I always provide the same response:

“The best type of workout or exercise regimen is one that you desire to maintain, one that energizes without depleting you, and one that includes some form of resistance training and walking fairly regularly.”

I recognize this response is too loose for some, too rigid for others. But, my rationale is this- the best type of exercise is different for every individual. Too many, sometimes uncontrollable factors affect the type, intensity, time, and frequency of the movement that is best for you, specifically. Thus, I encourage everyone to consider the maintainability of a training program or plan, how the specific type/types of movement make you feel, and how much you enjoy it. The only specific, I always recommend including some strength training and regular walking within a plan. Based on experience and science, undoubtedly, resistance training is technically the most effective way of sculpting physical physique, and along with healthy lifestyle habits, leads to optimal metabolism and overall bodily function as well. Moreover walking offers numerous, tremendous health benefits and is generally a very solid method of maintaining adequate health easily. However, if you hate resistance training and/or walking and will end up skipping sessions frequently, that is not “healthy” either. In that case, I’d simply encourage you to remain intentionally active for a standard amount of time (i.e. 30-60 min) each day. Likewise, if you hate all movement that involves the gym, it is not prudent for you to force yourself to attend. Instead, pick a physical activity or activities you genuinely enjoy (like biking, roller blading, recreational volleyball, etc.), and commit to engage a certain amount of times/week for a given period of time. Maintaining a healthy internal system and a strong, abled body can be simple, I promise!

Day	Classification	Workout	Sets/Reps	Wt OR Time	Notes/Feelings
				*You choose the wt	*Describe any pain, strength gains, increased weight, etc.
Day 1	Full Body Strength	1a. Goblet Squat 1b. Bent Over Row  2a. Reverse Lunges 2b. Military Press  3a. Tricep Pushups 3b. Bench Press  4a. Side Lunges 4b. Wall sit + bicep curls	4/ 12-15 4/10-12  4/10-12  4/10  3/10 30-45 sec	40-60 min	
Day 2	Cardio	LISS: Cardio machine -Steady pace and incline for duration  Intervals: Cardio machine -5 min wu -Begin at incline of 3% & increase incline by 3% every two min until 15, then decrease in same fashion  OR  -5 min wu -Increase incline to 5-10% -Sprint for 15-20 seconds 15x -5 min Cool down		45-60 min  30 min MAX  25 min MAX	

Day 3	HIIT	<p>Perform each exercise for 20 seconds, with 40 seconds rest. Repeat the five exercise circuit 3x total.</p> <p>Burpees In and Out Jump Squats Speed skaters Jumping lunges Mountain Climbers</p> <p>OR</p> <p>Cardio Machine HIIT -5 min wu -Put incline at highest possible (usually 10-15%) and sprint as fast as you can for as long as you can 10 - 15x total. Even sprinting for 4 seconds at this difficult of a pace renders wonderful health benefits.</p>		15 min	*Variable; take as much rest as needed. I recommend 40 - 90 seconds.
Day 4	Circuit	<p>For each circuit, set timer for 10-15 min and complete as many rounds as possible in that time</p> <p>1a. Rowing machine (or other) for 2 min 1b. No Jump burpees with weights 1c. Body weight squats 1d. Star Jumps (or 10-15 box jumps)</p> <p>2a. Solo leg throws (abs)</p>	6-8 12 8-10	30-45 min	

		<p>2b. Alternating lunges 2c. Tricep dips 2d. 45 sec - 1 min plank</p> <p>3a. Around the worlds with plate 3b. Goblet squat 3c. Scissor legs</p> <p>OR</p> <p>Primal Workout- Set timer for 30 min and complete as many rounds as possible</p> <p>Gorilla Donkey Kick Bear Crawl Iguana Frog Squat Crow Push Up Tucked Bird Scorpion push up</p> <p>Stretching* Pigeon pose Downward dog</p>	<p>20 total 10-12</p> <p>12 total 12 50 total</p> <p>12 12 20 10 10 10 10 12</p>	30 min	
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