EXERCISE Recommendations:
The F.I.T.T. Principle
(frequency, intensity, time, and type)

Cardio:
- Incorporate some type of low intensity warm-up
  - F 3 or more days per week
  - I Start at a moderate pace and slowly progress to a higher intensity
  - T At least 20 minutes per day
  - T Run, walk, or jog around campus or in place. Walk up and down stairs, do jumping-jacks, or dance around to your favorite music

Strength:
- Try to work all major muscles
  - F 3-5 days per week
  - I Somewhat challenging but not causing pain
  - T 2-3 sets of each exercise, one set should include 8-12 repetitions of the exercise
  - T Free weights, weight machines, body weight exercises, or resistance bands

Flexibility:
- Try to stretch the muscles used in the exercises
  - F 2-3 days per week
  - I Hold the stretch to where you can feel it but it shouldn’t be causing pain
  - T Hold each stretch for 10-30 seconds
  - T Stretching, yoga, or any other exercise that requires you to stretch your muscles

SAFETY CHECK
BEFORE YOU START
- Begin slowly
- Clear your workout area
- Sturdy chair

STUDENT EXERCISE LEADERS:
- Jake Hillemeyer
- Kylie West

To find an online version of this brochure visit www.ucohealthycampus.com

For more information about fitness programs please call 974-3155

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IN PARTNERSHIP WITH MERCY CLINIC AT UCO
**HOMEWORKOUT**

**BENEFITS OF EXERCISE:**
- Reduce body fat
- Decrease stress, anxiety, and depression
- Increase lean body mass
- Decrease risk for heart disease
- Increase well-being
- Increase overall health
- Decrease risk for diabetes, heart disease and other chronic health conditions

**PRECAUTION BEFORE YOU START:**
Please consult your physician before you begin any new fitness or diet plan

**Crunch**
- **MUSCLES USED:** Abs
  1) Start lying on your back with your knees bent so your feet are flat on the floor, cross your hands on your chest 2) Crunch up by tightening your abs and lifting your shoulders off the ground 3) Lower upper body back to the ground and repeat.

**Bicep Curls**
- **MUSCLES USED:** Upper arms and forearms
  1) Start standing with your feet shoulder width apart, holding the water bottles at your side 2) Flex your elbows with palms facing up and bring the water bottles towards your chest 3) Lower arms back to starting position and repeat.

**Shoulder Press**
- **MUSCLES USED:** Shoulders and arms
  1) Start standing with feet shoulder width apart and holding water bottles at shoulder height 2) Push the water bottles up by extending both arms towards the sky 3) Lower back to starting position and repeat.

**Lunges**
- **MUSCLES USED:** Legs and butt
  1) Start by standing in a neutral position 2) Take one large step forward with one leg and bend both knees to 90 degrees 3) Step back to starting position and repeat with the opposite leg.

**Calf Raise**
- **MUSCLES USED:** Calves
  1) Stand in a neutral position, you may need to place a hand or two on the wall for balance 2) Flex your calves so that you lift your heels off the ground and you are standing on your toes 3) Lower back to starting position and repeat.

**Chair Dips**
- **MUSCLES USED:** Chest, arms and upper back
  1) Start by placing your hands on each side of the chair, your legs should be bent in front of you and your bottom hanging of the chair 2) Slowly lower your bottom towards the ground, go as far as your body will let you 3) Using your arms push back up to starting position and repeat.

**Bridge**
- **MUSCLES USED:** Abs, back and butt
  1) Start laying on back with feet flat on the floor about shoulder width apart and your arms on the floor at your sides 2) Lift your hips off the floor by tightening your abs and butt until your knees, hips, and shoulders are in line 3) Slowly lower back down to the floor and repeat.

**Push-up**
- **MUSCLES USED:** Upper Arms and chest
  1) Start in push-up position with your hands and feet or knees on the ground 2) Tighten your abs to keep your body in line 3) Slowly lower your body towards the ground stopping before you touch 4) Push back up to starting position and repeat.

**Squats**
- **MUSCLES USED:** Upper legs and butt
  1) Start by standing with feet slightly wider than shoulder width apart and toes pointing forward 2) Slowly squat down to 90 degrees as if you were going to sit in a chair 3) Push with your legs by tightening your butt back to starting position and repeat.

**Plank**
- **MUSCLES USED:** Entire body
  1) Start similar to push-up position only with your elbows on the floor instead of your hands 2) Lift your body off the floor so that your ankles, knees, hips and shoulders are in line, hold that position for as long as possible.