



# Exercise of the Month

## Creating Your Own Exercise Plan

**Set a SMART goal:** When creating your own exercise plan you should start by setting a goal. What kind of results would you like to see in what amount of time? SMART goals should be Specific, Measurable, Attainable, Relevant, and Time-bound (SMART).

**Make the plan:** Don't overdo it. Make sure you are not giving yourself too much too quickly. It's important to ease into a new plan no matter if you're a beginner or an advanced exerciser. Give your body a chance to get comfortable doing new movements before adding a lot of resistance.

**Utilize Progressions:** In order to get stronger you need to continuously increase weights or progress exercises. A good rule of thumb is to increase your weights by no more than 10% each week. This will prevent injury or overtraining.

**Pick Multiple Muscle Groups:** Choose your exercises with purpose. You want to know what you're training. Be sure to target all the major muscle groups including upper/lower body and core.

**Change up Your Routine:** Our body becomes accustomed to exercise. Change up your routine every 4-6 weeks based on the F.I.T.T. principle (frequency, intensity, time, type)

Check out our template on the next page for a beginner strength workout!



From Corporate Fitness Works Team Leaders  
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GOALS	ACTION PLAN
Improve Total Body Strength	Complete prescribed exercise plan 2-3 times per week

Don't skip the warm up or cool down! Try 5 minutes on a cardio machine to elevate heart rate and some stretching post workout

Exercise	SETS	REPS/ TIME	WK 1 WT	WK 2 WT	WK 3 WT	WK 4 WT
Goblet Squat (dumbbell)	2-3	10-12	10 lbs	12 lbs	15 lbs	20 lbs
Push-Ups	2-3		6-8 reps	8-10 reps	10-12 reps	12-15 reps
Walking Lunges (dumbbell)	2-3	10-12	body weight	5 lbs each hand	8 lbs each hand	10 lbs each hand
Curl and Press (dumbbell)	2-3	10-12	8 lbs each hand	10 lbs each hand	12 lbs each hand	12 lbs each hand
Lateral Band Walks or Lateral Leg Raises	2-3	10-12 each leg	light resistance band	light resistance band	medium resistance	medium resistance band
Bent Over Rows (dumbbell)	2-3	10-12	10 lbs each hand	12 lbs each hand	15 lbs each hand	15 lbs each hand
Side Plank	2-3		20 seconds each side	30 seconds each side	40 seconds each side	60 seconds each side