

## Appendix 1A: Client Participants in Study

<b>Id</b>	<b>Condition</b>	<b>Age</b>	<b>Gender</b>	<b>Occupation</b>	<b>Long Term Goals</b>
p001	expert	30	Male	Student	Lose 10 pounds in six months.
p002	CrowdFit	29	Female	Unemployed	Work out daily
p003	baseline	25	Male	Student	1. to gain more flexibility. 2. Run 4 miles at a stretch without exhaustion. 3. Engage in a sports activity on a semi regular basis.
p004	baseline	29	Male	Graduate Student	Healthy cardiovascular system
p005	expert	28	Female	Student	Be able to run a 10k race or do a bike race
p007	baseline	18	Female	Student	Lose fat and tone muscle
p009	CrowdFit	35	Male	Student	Keep weight and stay fit
p010	baseline	28	Female	Grad student	Habit of working out regularly
p012	CrowdFit	26	Female	Student	Lose weight and build muscles
p014	expert	32	Female	Student	Exercise at least 3 times a week
p015	CrowdFit	28	Male	PhD Student	Lose weight, gain strength, enjoy many outdoor sports/activities
p018	CrowdFit	20	Female	Student	Be able to run 1 mile.
p019	baseline	28	Male	Grad student	Create a habit out of exercising
p020	expert	22	Male	Student	Lose 10 pounds
p023	expert	20	Male	Student	Get healthier- lower my heart rate & add muscle tone.
p024	baseline	29	Female	Academic Advisor	Get in better shape and be healthier and stronger
p026	expert	29	Male	N/A	Run a half marathon with lighter weight or bike more
p028	baseline	24	Female	Student	Integrate workouts into weekly schedule. Better physical appearance, increased strength and endurance, perhaps increased enjoyment out of working out, and reducing stress
p030	CrowdFit	26	Female	Student	Tone muscles, and build up on agility and endurance.
p031	CrowdFit	33	Female	Registered Dietitian	Consistently walk for 4-5mi/day, go from lifting 5lb weights to lifting 10lb weights and firm up abs and comfortably jump on mini-trampoline for 10min or more per day
p034	expert	30	Female	Environmental & Agricultural Specialist	Build up consistency so that it is a habit and no longer a chore
p035	baseline	30	Female	Homemaker	Endurance and strength, overall health
p036	CrowdFit	26	Male	Research Scientist	Undertake a more a regular physical activity regiment complimented with a healthier diet. A better understanding of simple exercises that you don't always have to go to the gym or another work-out facility to accomplish.
p039	CrowdFit	26	Female	Public Relations	Regularly do cardio workouts with mixed in weights. Build up ability and tolerance so that 5 minute runs turn into hour runs, and weights lifted are also heavier.
p040	baseline	35	Male	Business Operations Coordinator	Lose 5-10 pounds. Get outside more for physical fitness. Engage in a routine at least 3-4 times a week.
p041	expert	29	Female	Attorney	Keep exercising or being active consistently
p042	CrowdFit	28	Female	Operations Assistant at a Non-profit	Get in a steady habit of working out at least four times a week to become more fit.
p043	baseline	35	Female	Homemaker	Have a steady plan of cardio a few times a week and lower impact activities the remaining days.
p045	CrowdFit	26	Other	Receptionist	Lose 15 - 20 pounds

p047	expert	32	Female	Medical Social Worker	Better endurance and more strength. Have a good idea of what a sustainable fitness routine would look like.
p052	baseline	28	Male	Student	Lose 40 pounds. Increase physical strength and stamina.
p059	expert	23	Female	Sales Manager	Regular schedule of when to exercise and a plan for how to exercise
p060	CrowdFit	32	Female	Personal Assistant	Raise energy, lose weight, create healthy habits
p063	baseline	35	Female	Producer	Consistent moderate exercise
p064	baseline	25	Female	Program Coordinator	Maintain a regular cardio schedule, add strength training that is manageable to do at home.
p065	expert	25	Female	Graduate Student	Lose 5 lbs and strengthen back and shoulders.
p067	expert	24	Female	Program Assistant	Train for upcoming backpacking trips / summits.
p068	expert	28	Female	Research Coordinator	Start incorporating more regular physical activity into everyday life.
p070	CrowdFit	32	Female	Nanny	Work out up to 5 times per week and be able to go for a hike.
p071	baseline	29	Female	Youth Counselor	More endurance and physical strength for self-confidence
p072	expert	26	Female	Farmer's Market Manager	Lose about 30lbs.
p073	expert	27	Female	Non-profit Program Supervisor	Get consistent about exercising. Feel stronger and be able to climb more difficult routes at the climbing gym. Look and feel more fit, but not lose weight.
p074	CrowdFit	33	Female	Counselor	Lose 10 lbs and be healthier and more physically active overall
p077	expert	29	Other	Student	Build up stamina, more toned, lose weight
p078	CrowdFit	28	Female	Grad student	Increased stamina, better cardiovascular health.
p080	baseline	23	Female	Research Study Assistant	Lose weight and build strength and endurance.

## Appendix 1B: Planner Participants in Interview

<b>Id</b>	<b>Condition</b>	<b>Age</b>	<b>Gender</b>	<b>Occupation</b>
P <sub>B</sub> 39	baseline	46	Male	Professor
P <sub>B</sub> 35	baseline	27	Female	Fitness Trainer
P <sub>B</sub> 52	baseline	37	Female	Full-Time on Amazon Mechanical Turker
P <sub>CF</sub> 39	CrowdFit	25	Male	Film
P <sub>CF</sub> 57	CrowdFit	48	Female	Business Development Manager
P <sub>CF</sub> 49	CrowdFit	31	Male	n/a
P <sub>CF</sub> 41	CrowdFit	33	Male	ER Products Coordinator
P <sub>CF</sub> 80	CrowdFit	58	Male	Technical Support Lead
P <sub>CF</sub> 76	CrowdFit	33	Female	Stay-at-home parent
P <sub>CF</sub> 64	CrowdFit	n/a	Female	n/a
P <sub>CF</sub> 71	CrowdFit	n/a	Other	n/a
P <sub>B</sub> 67wk2	baseline	n/a	Male	n/a
P <sub>B</sub> 80	baseline	n/a	Other	n/a

## Appendix 3. Expert Evaluation Rubric for Exercise Plans

### 1. The plan matches the exerciser's preferences, according to the profile.

Preferences might be listed under activities (Likes; Interested in, but have not tried; Tried, but did not enjoy; Other).

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

### 2. The plan matches the exerciser's constraints according to the profile.

Constraints might be listed in the profile under: constraints, access, comments left about exercising that might affect the person's ability to exercise

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

### 3. The plan matches the current short term goals of the exerciser.

If the short term goal is vague but the plan generally addresses the goal, response should be either "agree" or "strongly agree", rather than "unable to determine".

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

### 4. The plan matches the schedule of the exerciser.

Consider how realistic the plan is with other schedule obligations, in addition to the exerciser's commentary about schedule in the profile. If no days or times are provided and there is no commentary about schedule then select "unable to determine". If days are provided but no times and no commentary about allowing scheduling flexibility then select "neutral".

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

5. The vocabulary level of the plan can be understood by someone with low level of exercise literacy.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

6. The information in the plan contains mistakes or inaccuracies.

Examples of mistakes or inaccuracies: wrong equipment/description associated with a named exercise

- Never
- Almost never
- Sometimes
- Almost always
- Always

7. The plan contains irrelevant or inappropriate information related to exercise.

- Never
- Almost never
- Sometimes
- Almost always
- Always

8. The plan explicitly names what exercises need to be done.

- Never
- Almost never
- Sometimes
- Almost always
- Always

9. The plan specifies how to perform each exercise.

- Never
- Almost never
- Sometimes
- Almost always
- Always

10. The plan explicitly states the reason for the activities recommended.

- Never
- Almost never
- Sometimes
- Almost always
- Always

[conditional, if the answer above is not “Never”]

11. The reasoning provided for the recommendations refers to:

- Benefits of the activities in general
- Benefits of the activities for this person
- Match with the person’s preferences
- Addressing constraints of the person
- Other
- None of the above

[multiple choice question]

12. The tone of the plan is encouraging.

If really ambiguous, select the middle option (sometimes).

- Never
- Almost never
- Sometimes
- Almost always
- Always

13. Compared to the ACSM guidelines, the plan’s volume requirements are

Exercise volume can be met by any of the following criteria.

- 150 minutes of moderate intensity aerobic exercise per week.
- 75 minutes of vigorous intensity aerobic exercise per week.
- A combination of moderate and vigorous intensity exercise as calculated through the Moderate Intensity Equivalent (MIE) method, which equates to 150 MIE minutes of aerobic exercise per week.
- MIE calculations can be performed with the guidelines below:
  - If exercise is labeled as high intensity, double the time prescribed.
  - If exercise is labeled as low intensity, halve the time prescribed.
  - If exercise has no intensity specified, assume moderate intensity and keep the time as prescribed.

Reserve the “unable to determine” option for very difficult cases only (do your best to approximate)

For yoga, consider it to be light activity unless it is specifically listed as power yoga

- Greatly below the ACSM minimum recommendation range (<75 MIE)
- Slightly below the ACSM minimum recommendation range
- Within the ACSM minimum recommendation range (~150 MIE)
- Slightly above the ACSM minimum recommendation range
- Greatly above the ACSM minimum recommendation range (>225 MIE)
- Unable to determine

14. The plan's amount of exercise is appropriate for the exerciser, regardless of whether it fits in the ACSM recommended range of exercise volume.

Make sure to look at the whole profile.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

15. The plan's balance of aerobic and strength training activities matches the goals outlined in the ACSM guidelines.

The ACSM recommends a comprehensive program of exercise including cardiorespiratory, resistance, flexibility, and neuromotor exercise. Flexibility is important but doesn't carry the same weight as aerobic or strength. If a plan has both aerobic and strength, but no flexibility, choose the "agree" option.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

16. The plan's balance of aerobic and strength training activities matches the exerciser preferences.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

[only show this question for second week plans]

17. Compared to the person's stated activity for last week, the progression of the plan is:

ACSM recommends increasing time 5-10 minutes per session every 1-2 weeks until proper duration values are met. Do not exceed 5-10% increase in total time per week.

- Far too gradual
- Too gradual
- Optimal
- Too abrupt
- Far too abrupt
- Unable to determine

18. The exercise plan includes aerobic exercise.

- Yes
- No

[if the answer is no survey should jump to the Strength section]

19. The exercise plan includes a variety of aerobic exercises.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

20. The durations of the aerobic workout sessions are appropriate for the exerciser's current fitness level.

ACSM recommends 20-60 minutes of aerobic, resistance, neuromotor, or sport activities; or accumulative bouts of 10 minutes of activity during the day

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

21. The intensities of the aerobic workout sessions are appropriate for the exerciser's current fitness level.

If intensities are not listed and not obvious, choose "unable to determine".

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- Unable to determine

22. The exercise plan includes strength training exercises.

- Yes
- No

[this is a conditional question in the survey for strength, if no, skip all strength questions]

23. Select the number of days per week for which the muscle group below is the **primary target** of a strengthening exercise.

- Assume all major muscle groups are exercised for the following activities (or similar ones): yoga, pilates, rock climbing/bouldering, circus activities
- For burpees, select chest, trunk, legs, and hips unless burpees with push-ups included are indicated (then also select arms and shoulders)

	none	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Chest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shoulder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trunk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. The exercise plan includes a variety of types of strength training exercises.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

25. The exercise plan includes intensity for strength training exercises.

Intensity can be present in the plan through mentions of capability to perform certain exercises or mentions of a certain number of:

- reps with a particular weight or for a certain period of time.
- Rate of Perceived Exertion (RPE) Scale (Either 1-10 or 6-20 point scale for difficulty)
- 1-Repetition Maximum (1RM) percentages (E.g., “About 70% of your 1 rep maximum”)
  - Never
  - Almost never
  - Sometimes
  - Almost always
  - Always
  - Unable to determine



26. The exercise plan includes an appropriate number of repetitions for strength training exercises.

Appropriate numbers of repetitions are:

- 8-12 repetitions for strength development in most adults
- 15-20 repetitions for muscular endurance
- Duration based exercises are appropriate for exerciser's fitness level.
  - Never
  - Almost never
  - Sometimes
  - Almost always
  - Always
  - Unable to determine

27. The exercise plan includes an appropriate number of sets for strength training exercises.

Appropriate numbers of sets are: 2-4 sets recommended, although 1 set is effective for novice exercisers

- Never
- Almost never
- Sometimes
- Almost always
- Always
- Unable to determine

28. The exercise plan progresses from multi to single-joint exercises and/or from larger to smaller muscle groups in a strength training session.

- Never
- Almost never
- Sometimes
- Almost always
- Always
- Unable to determine

29. The exercise plan includes an appropriate rest periods for 1-3 minutes between strength training exercises within a workout.

If rest is indicated, but not the appropriate amount of rest time, select "Unable to determine".

- Never
- Almost never
- Sometimes
- Almost always
- Always
- Unable to determine

30. The exercise plan includes a minimum of 48 hours between strength training of specific muscle groups.

Full body workouts could be performed every other day, but not on consecutive days. If open scheduling is used in the plan but the planner mentions pattern, then select “almost always” or “always”. If an activity is on the border between light and moderate (e.g., yoga, pilates), then don’t count it as a strength-specific day for the 48-hour guideline.

- Never
- Almost never
- Sometimes
- Almost always
- Always
- Unable to determine

31. The exercise plan includes specific exercise modifications in order to allow for easier or more difficult movements.

If the alternative is totally unrelated to the original exercise then don’t count it as a modification.

- Never
- Almost never
- Sometimes
- Almost always
- Always

32. The exercise plan includes specific exercise alternative, that are not modifications.

- Never
- Almost never
- Sometimes
- Almost always
- Always

33. Flexibility exercises are advised for:

Mentions of flexibility, stretching, mobility, myofascial related exercises could include: static or dynamic stretches, foam rolling, or something similar in nature (exclusions: yoga, pilates, etc).

- None of the exercise sessions
- Some of the exercise session
- All of the exercise sessions

[conditional, ask plan flexibility for all major muscle only if answer is some or all for above question]

34. The exercise plan includes flexibility exercises for all major muscle groups or for multiple parts of the body.

- Flexibility is explicitly recommended for all major muscle groups
- Flexibility is explicitly recommended for some major muscle groups
- General recommendations are made for flexibility
- Flexibility is not recommended

35. Each exercise session includes a warm-up prior to aerobic or strength training.

ACSM recommends warming up for 5-10 minutes with light or moderate aerobic exercises. If walking or cycling is listed first for the day, that can count as a warm-up, even if it was not purposeful.

- Never
- Almost never
- Sometimes
- Almost always
- Always

36. Each exercise session includes a cool-down post aerobic exercise.

- Never
- Almost never
- Sometimes
- Almost always
- Always

37. The exercise plan advises warming-up (e.g. 5 minutes of cycling) prior to flexibility exercises or advises performing the exercises after the workout.

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

## Appendix 2A: Example Task for Crowd Baseline Task

### Task:

1. Create a **1-week exercise plan (Monday-Sunday)** that the person described below **can follow next week**. They are a beginner at exercising.
  - Your plan should have the **appropriate level of detail**. Include physical activities and any details the person might need to follow the plan.
  - The plan should be something the person **can achieve** in the next week, and that they will **want to follow**.
  - If you need to use other tools to create the plan, you can do so, but copy paste or take a snapshot of the content you create and add it here. Format your plan **the way that you would want the recipient to see it**.
  - All that you include **will be shared with the person** you are creating the plan for
2. If you need help to learn more about exercise, here are some resources:
  - [https://www.reddit.com/r/productivity/comments/439v2n/the\\_smart\\_method\\_of\\_goalsetting/](https://www.reddit.com/r/productivity/comments/439v2n/the_smart_method_of_goalsetting/)
  - [https://www.reddit.com/r/loseit/wiki/index#wiki\\_exercise](https://www.reddit.com/r/loseit/wiki/index#wiki_exercise)
  - <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness-training/art-20044792?pg=1>
  - <http://www.webmd.com/fitness-exercise/features/find-the-best-workout-for-you#1>
  - <https://www.reddit.com/r/Fitness/wiki/resources>
3. Complete the third step in the Mechanical Turk task (the survey) **after** creating the plan.

## Client Profile for P19

	Mon 3/27	Tue 3/28	Wed 3/29	Thu 3/30	Fri 3/31	Sat 4/1	Sun 4/2
6am							
7am							7:00 - 12:00 busy
8am							
9am							
10am							
11am		11:00 - 12:00 busv			10:30 - 11:00 busv		
12pm			12:00 - 1:00 busy				
1pm							
2pm		1:30 - 2:30 busv					
3pm	2:30 - 3:30 busv		2:30 - 3:30 busv		2:30 - 3:30 busv		
4pm	3:30 - 4:30 busv						
5pm		5:00 - 11:00 busy		5:00 - 11:00 busy		5:00 - 11:00 busy	
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							

robotuw exercised this much in the past week:

### Experience in the past week

Last week I was on vacation, so it was a special case, but I did about 30 minutes of swimming on Saturday, 1 hour of hiking yesterday, and several hours of walking spread throughout the last week.

### robotuw

Male, 28 years, 135 lb  
Graduate Student

### Goals

#### Next Week's Goal

At least 3 instances of at least 30 minutes of continuous exercise.

#### Long Term Goal

I'd like to create a habit out of exercising, something I've never been able to do in the past.

### Constraints

Time constraints mostly, and just general laziness.

#### Access to

I am a UW student, so I have access to the IMA. I also personally have a small set of hand weights.

### Activities

#### Likes

Running, aerobics, dancing, strength training

I like activities with constant motion, and I'm most interested in cardio exercise. Something I can listen to podcasts while doing is also appealing.

#### Interested in, but have not tried

More structured strength training activities

I rarely go to a gym with access to strength training equipment. I also don't know how to use most of that equipment.

#### Tried, but did not enjoy

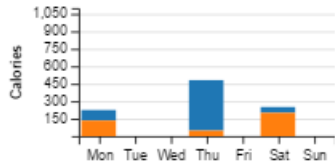
Yoga

While I see the benefits of it, it did not feel like I was improving my body while doing it.

#### Other preferences

I'd prefer to exercise in the morning.

## Appendix 2B: CrowdFit System Plan Created for P19



< > week today month

	Mon 3/27	Tue 3/28	Wed 3/29	Thu 3/30	Fri 3/31	Sat 4/1	Sun 4/2
5am							
6am							
7am							7:00 - 12:00 busy
8am							
9am							
10am	10:30 - Row			10:30 - Row	10:30 - 11:00 busy	10:30 - Dance	
11am		11:00 - 12:00 busy					
12pm			12:00 - 1:00 busy				
1pm							
2pm		1:30 - 2:30 busy					
3pm	2:30 - 3:30 busy		2:30 - 3:30 busy		2:30 - 3:30 busy		
4pm	3:30 - 4:30 busy						
5pm		5:00 - 11:00 busy		5:00 - 11:00 busy		5:00 - 11:00 busy	
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							

Mon



### Row machine - moderate

10:30 am, 30 min, 60% cardio - 40% strength

**Why:** a balance of cardio and strength training can listen to podcasts

**Prep:** Take a picture of the row machine and post it on social media. Sharing with friends might encourage you to stay on schedule. Probably can log how many reps you do on the row machine. Try to improve and challenge yourself each week.

**Alternative:** Try rollerblading. Easy to listen to podcasts and constant motion.

A row machine is a piece of equipment that simulates rowing over water and it can be used for a cardiovascular workout. [more](#)

Tue

Wed

Thu



### Running stairs

10:30 am, 30 min, 10% cardio - 90% strength

**Why:** strength training can listen to podcasts while exercising exercise that requires constant motion

**Prep:** Download an interesting podcast. Don't allow yourself to listen to it until you're actually running up and down stairs. Make it a goal to listen to podcasts only when you're achieving a solid exercise rate.

**Alternative:** you could try an upper body workout. It would still be strength training and could listen to podcasts.

Running stairs is much more challenging than running over the ground. The height of the stairs also makes the activity more [more](#)

Fri

Sat



### Dancing

10:30 am, 30 min, 80% cardio - 20% strength

**Why:** You enjoy dancing can listen to podcasts Requires constant motion

**Prep:** Can sign up for classes with a friend. Friend will provide support for exercising, and a regular class schedule will encourage you to attend.

**Alternative:** try hiking. Good cardio exercise. Can still listen to podcasts.

Dancing can take many different forms, but generally involves moving rhythmically to music. This activity can be a fun [more](#)

Sun

### Additional comments

Scheduled at 10:30am each exercise day because you wanted mornings, and it'll be easier to make it a habit.

## Baseline Crowd Plan for P19

Week 1-

Each routine should begin with a 2 minute stretch/warmup session. Stretch your arms above your head, bending at the elbows. Stretch your legs and flex your toes. Get your heart pumping with a couple standard jumps or jumping jacks. Be sure to collect a full water bottle to keep yourself hydrated.

Monday- 30 minutes of Dance (Your choice of video program or in-person class)  
30 minutes of running (Outside or treadmill)

Tuesday- 30 minutes of Cardio (Your choice of video program)  
5 reps each: 10 squats, 10 lunges, 10 pushups

Wednesday- 30 minutes of Dance(Your choice of video program or in-person class)  
30 minutes of running (Outside or treadmill)

Thursday- 30 minutes of Cardio (Your choice of video program)  
5 reps each: 10 squats, 10 lunges, 10 pushups

Friday- 30 minutes of Dance (Your choice of video program or in-person class)  
30 minutes of running (Outside or treadmill)

Saturday- 30 minutes of Cardio (Your choice of video program)  
5 reps each: 10 squats, 10 lunges, 10 pushups

Sunday- 1 hour of relaxed, afternoon walking

# One Week Workout Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Strength 1	Rest	Cardio 1	Strength 2	Rest	Cardio 2
	10:15-11:00 AM		9:15-10:00 AM	10:15-11:00 AM		10:15-11 AM

## General Outline

*\*I chose arbitrary times in the morning for workouts that could give you enough time to shower and get ready. If you are an early riser like me, I'd definitely recommend going earlier in the morning before the IMA gets busy.*

## Strength Training

This strength routine will focus on developing baseline strength and coordination and give you a taste of a more structured program. Since you may be new to these exercises, I've provided YouTube links with instructions on how to correctly perform them. Be patient and focus on developing correct form rather than grabbing the heaviest weights you can find! Since we're starting with only two days of strength training, each will be a full body workout so that we can hit all the major muscle groups at least 2x a week.

### Strength 1

5 Minute Warm Up: Your choice! Jog, bike, elliptical, or row at a low-medium intensity. *Our goal here is to warm your muscles up for exercise.*

*\*Each exercise below perform **3 sets, 8-10 repetitions**. You should be able to complete each set without compromising form, but at the same time it should not be too easy. Don't be afraid to try several different weights until you find a level that challenges you safely.*

Lat Pulldown Machine: <https://www.youtube.com/watch?v=UMC48BO-GQE>



Bench Press: <https://www.youtube.com/watch?v=VmB1G1K7v94>

Lawn Mower: <https://www.youtube.com/watch?v=-koP10y1qZI>

Shoulder Press: <https://www.youtube.com/watch?v=qEwKCR5JCog>

Bicep Curl: <https://www.youtube.com/watch?v=ykJmrZ5v0Oo>

Front Raise: <https://www.youtube.com/watch?v=-t7fuZ0KhDA>

Barbell Squat: <https://www.youtube.com/watch?v=Dy28eq2PjcM>

Lunge: <https://www.youtube.com/watch?v=8OYsCRAb5c4>

Stretch and Cooldown: [https://www.youtube.com/watch?v=TcSUK-whh\\_g](https://www.youtube.com/watch?v=TcSUK-whh_g)

\_\_\_\_\_ This is just a video with some ideas of some stretches. Feel free to use stretches that you like and are comfortable with. The idea here is to begin a stretching routine because it is important for recovery as well as flexibility!

## **Strength 2**

### **5 Minute Warm Up**

Incline Bench: <https://www.youtube.com/watch?v=8iPEnn-ltC8>

Side Raises: <https://www.youtube.com/watch?v=7-onZ9-8qmw>

Overhead Tricep Extension: <https://www.youtube.com/watch?v=YbX7Wd8jQ-Q>

Low Row Machine: <https://www.youtube.com/watch?v=GZbfZ033f74>

Pushups: <https://www.youtube.com/watch?v=IODxDxX7oi4>

Barbell Squat: (see above)

Leg Press: <https://www.youtube.com/watch?v=kuuabK2xhwY>

There are several different versions of a leg press machine at the IMA, you will find a larger one downstairs, it follows the same concepts. There are 2 similar to this video in the cardio room and two more on the top floor.

## **Cardiovascular Training**

Since I haven't met you, and not sure what kind of cardio interests you most and what level you are currently at, I'll give you two options for the following workouts. You can either maintain a low-moderate pace for the entire time period (great for podcasts!), or give these workouts a try below! Secondly, I wrote these for a bike, but you can apply the same concepts for an elliptical, stairmaster, or even rowing machine. These workouts will be hard and are written to be modified to the individual. If it seems too difficult, space out the rest periods for longer durations, increase the resistance by 1, not 2, or maintain a moderately difficult resistance for as long as you can. Again, these are just options for you to try, see what works best for YOUR body, and have fun!

What I love about cardiovascular exercise are options! I know that it's starting to get sunny out so another great option is going for a jog or hike instead. You choose what you are comfortable with, what we want to achieve here is consistency.

Bottom line: **For the cardio days, you get to pick!** Below are suggestions for cardio machines.

### **Cardio 1**

#### **Interval Workout 1: Two Hills**

To increase intensity, begin at a higher resistance OR maintain a faster pace throughout

- 00:00
  - Begin at a comfortable medium resistance
  - Not too easy but enough to make you work, this is your warmup!
- 03:00
  - Increase resistance by 2 levels
  - Focus on keeping your pace consistent, even if it is slower, try to be steady!
- 04:00
  - Increase resistance by 2 more levels
- 05:00
  - Increase resistance by 2 more levels
  - Even if you slow down, keep a steady pace!
- 06:00
  - Increase resistance by 1 level
  - Almost to the top of the hill!
- 06:30

- Decrease resistance by 1
  - On the way down, but not done yet!
- 8:00
  - Decrease resistance by 2
  - Keep a steady pace
- 9:00
  - Decrease resistance by 2
- 10:00
  - Take off resistance until you reach your starting resistance
  - Recover at this resistance for 2-3 minutes, DON'T STOP!
- 13:00
  - Repeat
  
- At the end of your second round, take 5 minutes to continue pedaling, moving, etc. at a LOW resistance to slow you heart rate and begin your cooldown.
- Stretch

## **Cardio 2**

### **Interval Workout 2: Sprints**

- 00:00
  - Begin at comfortable moderate resistance
  - Enough to maintain a steady pace but still makes you work
  - This is your warmup!
- 03:00
  - Increase resistance by 3-5
  - You should be working *hard* and almost breathless by the end of each interval!
- 03:30
  - Decrease to beginning resistance
  - Recovery period
  - Keep a steady pace and don't stop!
- 04:30
  - Increase resistance by 4-6
  - Keep a steady pace! Your effort should be 8/10!
- 05:00
  - Decrease to beginning resistance

- 1 minute recovery
  - Keep a steady pace, don't stop moving!
- 06:00
  - Increase resistance by 4-6
  - 8/10 exhaustion
- 06:30
  - Decrease resistance by 2
  - 7/10 exhaustion
- 07:30
  - Increase resistance by 2-4
  - This is your peak! 10/10 exhaustion
- 08:00
  - Return to beginning resistance
  - Recovery for 2 minutes
- 10:00
  - Repeat
- At the end of your second round, take 5 minutes to continue pedaling, moving, etc. at a LOW resistance to slow you heart rate and begin your cooldown.
- Stretch