

Your Name & Phone # Here!

Aerobic Recommendations

Days of Exercise:	4	Total Weekly Caloric Expenditure:	920 cals
Total Minutes/Week:	120	Average Caloric Expenditure:	131 cals/day
Aerobic Heart Rate Training Zone: 133-159 bpm			

Workout Schedule:

Monday

Walking: 30 min. (231 cals)

Tuesday

Walking: 30 min. (231 cals)

Wednesday

Walking: 30 min. (231 cals)

Friday

Walking: 30 min. (231 cals)

Aerobic Exercise:

Aerobic Exercise will help optimize your body composition and maintain or improve your overall level of fitness. You should always warm-up and stretch prior to each exercise session. **If you feel faint or weak you should stop exercising and adjust your program accordingly.**

The Caloric Burn/Exercise Chart below is based on your **Lean Body Mass**. The list of exercises can be used to substitute daily Aerobic Exercise choices or to adjust the time of any workout session.

Remember to monitor your heart rate and stay within your Aerobic Training Zone. Exceeding your target zone can lead to potential injury and also cause your body to burn Lean Mass instead of Fat.

Caloric Burn/Exercise Chart:

<u>Exercise</u>	<u>Minutes</u>					
	<u>10</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
Aerobics	175	351	526	701	876	1052
Cross-Country Skiing	158	316	475	633	791	949
Cycling	86	171	257	342	428	513
Jogging	160	321	481	641	802	962
Racquetball	173	346	519	693	866	1039
Rowing	156	312	468	624	780	936
Running	203	406	609	812	1015	1218
Stair Master	182	363	545	727	908	1090
Swimming	182	363	545	727	908	1090
Walking	77	154	231	308	385	462