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Maintaining Your Routine

During this time of self-isolation it can be hard to maintain your routine. With days feeling unstructured because you are working from home, or your regular activities are no longer available it is important to create some outlets and routines to keep you on track with your health (mental, emotional and physical) and fitness. With that in mind the Pulse Generator staff wanted to give you some ideas that we have been incorporating to keep ourselves on track and engaged as well as have some fun during this time.

Breanne

- 1) I am trying to get up at the same time each day, shower and eat breakfast - keeping a similar routine as if I was heading out the door to work.
- 2) Regular walks/runs outside with my dog.

Mary

- 1) I try to maintain a regular schedule, so I get up at the same time every day and start with a workout. It makes it easier to maintain routine if I have my days scheduled.
- 2) I make plans to zoom meet up with friends for some of my workouts. It makes it fun to workout together. Promoting the idea of a workout buddy also helps with accountability.

Maintaining Your Workouts and Routine during the Lockdown

Kevin

- 1) I think that having a long term goal of an event or a race or a challenge can help keep you on track as well. Who knows if the event you have in mind in the future will be disrupted or not but the anticipation of it happening means you still need to be ready and keep training. ****Update****. My events have now been cancelled, so it is now the off season again where I train for fun rather than competition and this involves a bit of a mental shift.
- 2) The idea of "crosstraining" always comes up. Maybe now your regular activities are interrupted so you have to try something new. For example, as a triathlete, swimming is now difficult as all pools are closed. Crosstraining with more in depth mobility work, self-care or often neglected strength training could fill that gap for a bit. Create cycles for yourself where you focus on something new for 4 weeks before either continuing with it for a longer period, or trying something else out again for another 4 weeks.

Kelsey

- 1) Meal Planning
- 2) Dance Parties with My Dog. She is a 2 year old Labordoodle who is into sniffing when we are on walk. So when I walk her, she sniffs and I dance. I live off of Whyte Ave so it doesn't look too weird and gives me some diversity in movement.
- 3) Choose a chore a day that requires some lifting. Since spring cleaning is in full swing, I choose a task a day that requires me to do some lifting.

Lenore

- 1) Pay Yourself First – At the moment, we have 4 family members living within our small home, we find it works effectively to schedule our workouts before any daily commitments. Early mornings work best for me and I always get them in.
- 2) Family Challenges - we create moments to interact with each other in the evening. Often we find ourselves in silly challenges that get everyone trying something new and laughing. Things like acro yoga, body climbing, hand stands, we make up new words to our favorite songs. These make great things to share with grandparents & friends through video calls. They enjoy engaging in the fun.

Regan

- 1) Write out a daily schedule and daily gratitude. Within the schedule I have broken it down into 5 things urgent import, not urgent important, urgent not important, not urgent not important and finally fun for me. If you have read any Brian Tracy these are pretty standard in his list the “fun for me” however is different, these are things that are fun for you and help recharge your batteries
- 2) Try learning a new skill or discover an old one. I am trying to get back into playing the guitar again.
- 3) Make sit down meals with family a priority be it in person or with Zoom.

5 Ways to Add Keep Improving With Your Home Body Weight Workouts

Right now with gyms closed it might be difficult to create variety and feel like you will get results at home with your body weight workouts. However bodyweight training can be a great way to get stronger and improve. Here are five ways you can challenge yourself with bodyweight training.

- 1) Work on Your Range of Motion – for many people when they lift weights they do not go through the full range of motion. Sometimes this is required, heavy squats that are too deep can place too much strain on the meniscus and ligaments in the knees. However with little or no weight deep squats are great. Adding deep squats right now are excellent for working on hip and ankle mobility.
- 2) Use Tempo – Changing the speed and pace that you do exercises is a great way to add spice to your workout. For example with a set of push-ups lowering for 5 or 10 seconds and the adding a 5 or 10 seconds pause can burn the muscle and build muscle. Conversely doing push-ups at a faster pace can really get the heart pumping, especially if you pair it in some sort of circuit training like 45 seconds of work to 15 seconds of rest or Tabata’s (20 seconds of work to 10 seconds of rest)
- 3) Change the rest – with weight training you often will take more rest time between exercises to stimulate muscle growth. Playing with shorter rests can add more intensity.
- 4) Use Contrast training – Similar to the tempo training we talked about before, but here you would do 20 reps of slow controlled body weight squats followed by 10-20 fast or jump squats.
- 5) Do Drop Style Sets – Here you are playing with your reps and rest. For example you could alternate between squats and push-ups, do 10 squats then 10 push-ups, then 9 squats and then 9 push-ups working your way down to 1 of each. Another way would be to do 2 similar exercises 1 more challenging followed by 1 easier one, such as lunges and squat jumps.

MONDAY

YOGA BREAK WITH

Kelsey



Pulse Generator

A Week In A Glance



A complete schedule
can be found:

pulsegeneratorfitness.blogspot.com

www.pulsegenerator.ca

TUESDAY

Breanne

TUNE IN TUESDAY



WEDNESDAY

ZOOM INTO
YOUR DAY



Lenore



WILDCARD
WEDNESDAY



Regan



THURSDAY



Kevin

IN THE KITCHEN



FRIDAY

FITNESS FRIDAY

Lenore & guests



HAPPY HOUR WITH

Matt

PULSE GENERATOR

VIRTUAL FUN RACES

DID YOU MISS ONE OF YOUR RACES THIS SPRING? LETS GET TOGETHER AS A TEAM AND COMPETE IN A VIRTUAL WALK OR RUN. RUN ON YOUR OWN DATE OR JOIN US FOR A VIRTUAL RACE DAY

05.23.20

RACE DAY

21K

- VIRTUAL RUN OR WALK ANYWHERE, ANYTIME THIS MAY. JUST POST YOUR TIME TO OUR GOOGLE DOC.
- RACE DAY MAY 23 - START TIME: 8AM

10K

- VIRTUAL RUN OR WALK ANYWHERE, ANYTIME THIS MAY. JUST POST YOUR TIME TO OUR GOOGLE DOC.
- RACE DAY MAY 23 START TIME: 9:10AM

5K

- VIRTUAL RUN OR WALK ANYWHERE, ANYTIME THIS MAY. JUST POST YOUR TIME TO OUR GOOGLE DOC.
- RACE DAY MAY 23 START TIME: 9:45 AM

ALL LEVELS WELCOME

POST YOUR TIME TO OUR GOOGLE DOCUMENT POSTED
IN FACEBOOK AND OUR BLOG

FOR MORE DETAILS VISIT OUR FACEBOOK PAGE OR BLOG FOR MORE DETAILS



Fitness Friday



JUMPSTART

CHALLENGE



*start the month of May off on
the right foot.*

**complete 3
WORKOUTS**

from previous PG workout postings within

7 DAYS



workouts can be found under
"popular topics" on the PG facebook page or

www.pulsegeneratorfitness.blogspot.com



JUMPSTART

1

RULES



- Kelsey
- Breanne
- Kevin
- Matt
- Mary
- Regan

Complete any three workouts from the past month.

Complete all three in 7 days.

We've had harder missions Max.

2



Mission accepted



workouts can be found on FB under "popular topics"

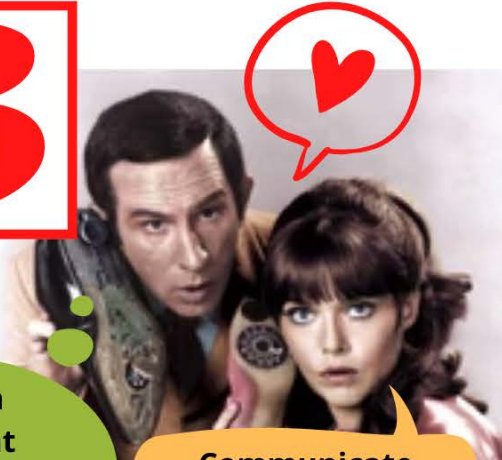
www.pulsegeneratorfitness.blogspot.com

The right column of the blog lists all our workouts by month

WHAT?

Complete the challenge and you'll be entered for the draw. One hour of On-Line Personal Training

3



Place a comment under either post on FB or Blog

Communicate when you finish three workouts.



PULSE GENERATOR IS NOW OFFERING

ONLINE PERSONAL TRAINING

Are You Needing Some Personalized Guidance to Reach Your Goals? The Pulse Generator Team Can Help you with a Personalized Online Training Program and Coaching!



Visit our webpage to book your session

WWW.PULSEGENERATOR.CA



**Option #1:
Consultation & Program Design**

Meet with a trainer to discuss (Zoom Meeting) and put a plan together to help you reach your fitness goals with home equipment available. Your trainer will design a personalized exercise program and put you through it, so you can work out confidently on your own at home. This service is usually completed in two parts -

- 1) meeting with trainer & client
 - 2) go through/perform program with trainer.
- All meetings will be held via Zoom.

\$80

**Option #2:
Ongoing Sessions**

Do you need motivation or new workouts ideas? Do you need some accountability? You can schedule regular (virtual) workouts with a Pulse Generator personal trainer. They will put you through a great workout with the equipment you have available at home. All sessions will be 30 to 40 minutes and scheduled via Zoom.

Package of 5 sessions
(\$100)

**Option #3:
Small Group Training Session (45min)**

Have some socially distant fun. Small Group Training is set up for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45 minutes. Research shows that people adhere to exercise longer with a workout partner or small group. These trainer lead workouts will help you maximize your training time, achieve your goals and have some fun with your friends, family or co-workers.

All sessions will be done via Zoom.
\$15 per person

**Option #4:
Ongoing YOGA Private Session**

Yoga is not a one size fits all and Individual sessions ensure you are doing poses and modifications most appropriate for your needs. Similar to Personal Training, Individual instruction offers the ability to focus on personal interests, concerns or goals. All sessions will be 30 to 40 minutes and scheduled via Zoom.

Package of 5 sessions (\$100) Option #3:

**Option #5
Small Group Yoga Session (45min)**

Perfect for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45 -60 minutes and can be tailored to your groups ability and needs.

All sessions will be done via Zoom.
\$15 per person

