

5 COMPONENTS OF A SUCCESSFUL EXERCISE SESSION

The why's & how to's



A guide to successful workouts
by utilizing 5 key components

REPS & SETS FITNESS
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THE 5 COMPONENTS

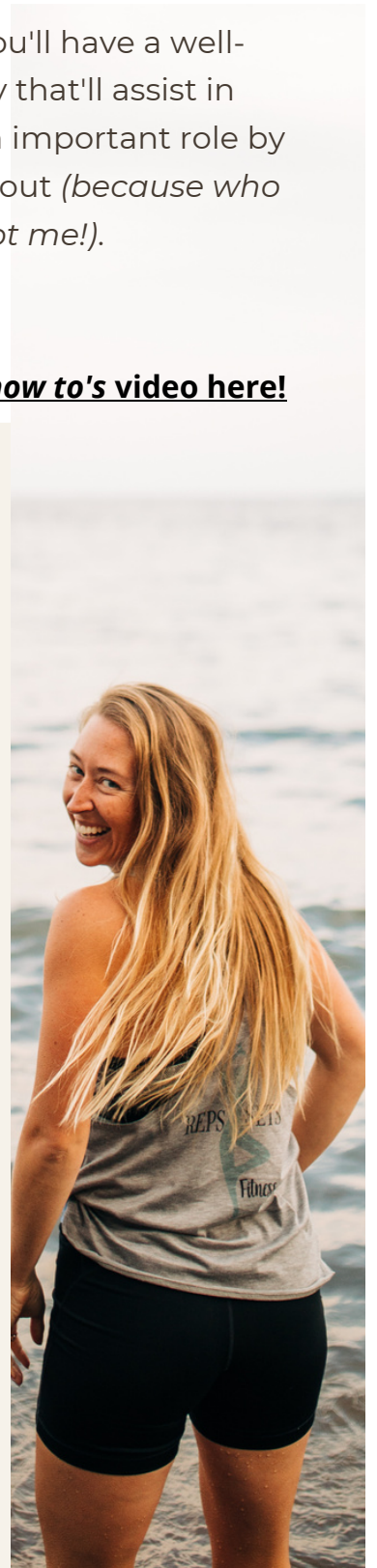
What they are + their importance

Workouts that include these 5 components will ensure you'll have a well-balanced session, creating a more efficient working body that'll assist in achieving your goals in everyday life. Each category plays an important role by increasing your challenge level and decreasing fitness burnout (*because who wants to do the same workout every session? Not me!*).

Ready? Let's start warming-up!

Rather listen or watch? I got you! take a peek at *the why's & how to's* video here!

1. **Warm-Up**
Helps prepare your body for activity & lessens risk of injury. Gradually raises body temp & increases blood flow to muscles, tendons, ligaments & organs
2. **Core & Balance**
Both dynamics lead to improved posture, core stabilization, more efficient movement in both exercise & daily activities with less pain
3. **Resistance**
Improves range of motion, builds strength, increases mobility in muscles, tendons & ligaments. Assists in weight management; more muscle mass equals more calorie burn at rest
4. **Endurance/Cardiovascular & Agility**
Improves oxygen uptake in lungs & heart, enhances muscle's ability to use oxygen & energy. Focuses on all 3 planes of motion, improves mobility & reaction time
5. **Cool-Down**
Gradually decreases breathing, heart rate & blood pressure. Reduces the risk of injury, improves muscle-tendon elasticity & assists in shorter muscle recovery time. Relaxes your thoughts, providing mental clarity & work production



THE 5 COMPONENTS

How to incorporate each + demonstrations



Important tip

YOU SHOULD BE DOING
SOMETHING FOR YOUR BODY
EVERY DAY. ONE DAY IT COULD
BE A HIGH-INTENSITY CLASS,
AND THE NEXT, IT COULD BE AS
SIMPLE AS A 20-MINUTE WALK
WITH THE DOG.

-GUNNAR PETERSON

1. Warm-Up
Focus on: 10 minutes | 4 - 6 exercises | 15 - 20 reps each exercise | repeat x2
How-to **Example demonstration**
2. Core & Balance
Focus on: 10 minutes | 6 - 8 exercises | 12 reps each exercise | repeat x2
How-to **Core demonstration**
 Balance demonstration
3. Resistance
Focus on: 20 minutes | 2 sets, each with 4 exercises, 8 exercises total | 12 reps each exercise | Repeat both sets twice
How-to part I **How-to part II**
4. Endurance/Cardiovascular & Agility
Focus on: 10 minutes | 6 exercises | 12 reps each exercise | repeat x2
How-to part I **How-to part III + endurance demonstration**
How-to part II **Agility demonstration**
5. Cool-Down
Focus on: 10 minutes, or as long as needed | 6 stretches | 15 - 30 second hold each stretch | Repeat as needed
How-to:

And whaa-la! You're on your way to a successful exercise session!