

# EXERCISE

Exercise is a key component of the ageLOC TR90 program.

Be active and have fun! Do what you love and what works for you. Exercise not only helps maximize your weight management efforts, it also promotes a positive mood and outlook.

Exercise for 30 minutes a day, 5 times a week.

For best results, engage in weight-bearing exercises throughout the program. By working your muscles, you encourage lean muscle maintenance (your fat-burning engine), and you will begin to see better results.

Find activities that interest you and are at the right intensity for your physical state. After time, you can increase the intensity, but remember to consult your physician if trying new or aggressive exercises.

Below are descriptions of low, medium, and high-intensity exercise:

## LOW-INTENSITY EXERCISE

- Exercise easily performed while carrying on a conversation
- Breathing becomes only slightly heavier, but not uncomfortable
- Heart rate will generally fall around 60–100 beats per minute (bpm)

## MEDIUM-INTENSITY EXERCISE

- Level of exercise increases enough that it becomes difficult to talk
- Heart rate increases enough to feel it, generally around 110–130 beats per minute (bpm)

## HIGH-INTENSITY EXERCISE

- Breathing is heavy and labored
- Conversation is difficult
- Heart rate will be over 130 beats per minute (bpm)



# EXERCISE PROGRAMS

Decide which intensity level is best for you and get started on an exercise program below.

The following exercise programs were designed exclusively for Nu Skin by Maureen Hagan, BAPE, BScPT, ACE, canfitpro. Maureen is a licensed physiotherapist and physical health educator, an award-winning certified fitness professional, and a Nu Skin independent distributor.

## SEE PAGE 48 FOR EXERCISE DEMONSTRATIONS

### LOW-INTENSITY EXERCISE

#### Walking Exercises

1. Walk 7.5 minutes in one direction, turn around and walk back.

Each day try and walk faster.

2. Walk on a treadmill for 15 minutes at a flat incline.

Do one of the above and repeat 2 times per day.

#### Weight-bearing Exercises

1. Basic Squat — 10 repetitions
2. Hip Bridge — 10 repetitions
3. Abdominal Curl Up/Sit Up — 10 to 20 repetitions
4. Alternate Arm and Leg Lift (from kneeling) — 10 repetitions, each leg or arm (not shown)

## MEDIUM-INTENSITY EXERCISE

### Walking/Jogging Exercise

1. Jog for 30 minutes. Alternate your cardio workout with an interval format: jog for 2 minutes, walk for 1 minute. Repeat for the duration of the jogging workout.

Challenge yourself to work harder and jog faster each day.

### Weight-bearing Exercises

1. Lunge — 15 to 20 repetitions, each leg
2. Hip Hinge with Row — 10 to 15 repetitions
3. Side Plank — 3 repetitions, each side
4. Abdominal Curl Up/Sit Up — 35 repetitions
5. Push Up — 15 repetitions

## HIGH-INTENSITY EXERCISE

### Running Exercises

1. Warm up 1-5 minutes: walk or light jog at a moderate intensity
2. Run for 20-30 minutes continuously
3. Run or brisk walk intervals (run for 2 minutes, walk for 1 minute) for an additional 4 intervals
4. Recover/rest for 1 minute

Switch up the order between intervals for variety and challenge.

### Weight-bearing Exercises

1. Lunge with bicep curl (with dumbbells) and knee lift — 20-25 repetitions, each leg
2. Hip Hinge with split stance/rear leg lift — 15 repetitions, each leg
3. Abdominal Curl Up/Sit Up — 50 repetitions
4. Push Up — 25 repetitions
5. Prone Plank — 3 repetitions

## EXERCISE DEMONSTRATIONS

### BASIC SQUAT



1. Start with feet just wider than hip-width, chest lifted, and abdominals pulled in.
2. Bend at the knees to lower your hips back and down toward the floor until thighs are almost parallel to the floor.
3. Place hands on thighs to start (to support back) or alongside your body, with dumbbells in hand. Pause at the bottom and push up to return to standing.
4. Add a forward arm raise as fitness level increases. Repeat as directed.

### HIP HINGE



1. Start in a standing position with feet hip-width apart, arms at side, and chest lifted with abdominals in.
2. Bend knees and lean forward (hinge) at hips to lower dumbbells below knees.
3. While maintaining a straight, long spine, pause at the bottom and lift up to return to standing, keeping arms straight.
4. Add a row at the bottom of the hinge by pausing at the bottom and pulling elbows straight up towards the ceiling, squeezing shoulder blades together.

### As fitness level increases:

1. Step one foot back to extend leg, bend front knee, and lean forward (hinge).
2. Pause at the bottom and lift the back leg up off the floor to hip level.
3. Pause and return foot to floor.
4. Return to standing keeping arms straight. Repeat as directed.

## HIP BRIDGE



1. Lie on your back with knees bent, feet close to hips, and hip-width apart, with arms at side.
2. Squeeze your buttocks and push your hips up towards the ceiling.
3. Pull abdominals in to maintain a long spine, pause at the top, lower down to the floor, and repeat as directed.

## ABDOMINAL CURL UP/SIT UP



1. Lie on your back with knees bent, feet hip-width apart, and hands at temples or behind head (arms alongside torso).
2. Lift your shoulders and chest up to curl up through your trunk, lifting arms towards your knees. Perform a full sit up.
3. Pause at the top for 1-2 seconds, lower to the floor, and repeat as directed.

## PRONE PLANK



1. Place hands shoulder-width apart, press up into a modified push-up position (from the knees), and hold by pulling abdominals in and squeezing the buttocks.
  2. Keep chin in and back straight and hold for 15-30 seconds. Repeat as directed.
- Progress to your toes as your fitness level increases. Another option is to perform this exercise on your forearms.

## LUNGE



1. Start with feet hip-width apart and arms at side.
2. Step one leg back and lower hips towards the floor by bending both knees to 90/90 degrees or until front thigh is parallel with the floor.
3. Pause and push up to return to standing.
4. Perform a bicep curl as you lower into the lunge by bending the elbows and lifting dumbbells up to shoulder level. Repeat as directed.

Add a knee lift with the lunging leg as fitness level increases.

## SIDE PLANK



1. Lie on your side with knees bent and feet behind you, your bottom hand or elbow directly under your shoulder with hand or forearm resting on the floor.
2. Pull abdominals in and squeeze your buttocks as you push your hips up off floor, pressing up from your hand or forearm and bottom knee.
3. Hold for 15 counts, lower, and repeat as directed.

## PUSH-UP



1. Start from a lying position on the floor (either from knees or toes) with your hands wider than your shoulders and abdominals pulled in.
  2. Push up from the floor while maintaining a straight body, pause at the top with elbows remaining slightly bent, and slowly lower down to the floor and pause.
- Repeat as directed.