

Date: *February 25*

**Warm-up**

Warm-up 5 minutes at moderate intensity. Rate your perceived exertion on 10: 1 = easy and 10 = very very difficult (recommended intensity: 5 or 6/10).

ELLIPTICAL



<u>6</u> /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10	___ /10
<u>5</u> min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.

**Training**

**Repetitions**









**Do all the exercises one after the other and start all over again for the second set.**  
**Cautious:** 2 sets (1 minute break between sets) **Courageous:** 3 sets (1 minute break between sets) **Bold:** Increase weight and do 3 sets (1 minute break between the sets)  
 Select weight (lbs). / Indicate the number of repetitions done / Indicate the number of sets done.  
 Your perceived exertion during a workout should be at 7 or 8/10.

	Jump box	1 minute	<i>- 10 12</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Overhead press with dumbbell	30 seconds	<i>10 12 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Alternated back stepping lunges	1 minute	<i>10 12 0 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Hammer curl	30 seconds	<i>10 14 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Double deadrow	1 minute	<i>15 13 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Overhead tricep extension	30 seconds	<i>15 15 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Kettlebell swing	1 minute	<i>10 15 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Upright row	30 seconds	<i>20 12 1 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /

The suggested exercises outlined do not replace the opinion or diagnosis of a healthcare provider. Please consult your doctor before starting an exercise program and before performing any of the above exercises. It is your responsibility to assess your health status and determine if the exercises provided are appropriate for your current capabilities. Econofitness is not responsible for any injury or accident that may occur in performing these exercises or for any misuse of this exercise prescription.

# DETAILS - TOP CHRONO PROGRAM

INSTRUCTIONAL VIDEO HERE.

TOP CHRONO PROGRAM				
Exercises	Pictures	Targeted Muscles	Technique Tips	Modifications
Jump Box		Quadriceps Gluteus Maximus	Set up your position approximately 1 foot away from the box. Bend knees and swing arms back. Ground heels to initiate a jump onto the box. Ensure the entire foot is placed on the box. You can jump off the box in the same way or step off one foot at a time.	Lower the height of the box. Jump or step on and off the box.
Overhead Press with Dumbbell		Deltoids	In a standing position, place each hand at both sides of your shoulders and elbows at a 90 degree angle. Fully extend arms above with a slight elbow bend. Return to start position.	Use lighter weights.
Alternate Back-Stepping Lunge		Quadriceps Gluteus Maximus	Take a long step back with back knee towards the floor. Create two 90 degree angles with both knees. Ensure the front knee in alignment with toes. Maintain posture by keeping shoulders in line with hips. Return to start position and switch legs.	With or without weights. A barbell can also be used as an option.
Hammer Curl		Biceps	In a standing position, with arms along side of the body, bend elbows. Return to start position.	Use lighter weights.
Deadrow		Latisimuss Dorsi	Lean trunk forward at a 90 degree angle while pulling elbows close to body towards the back. Return to start position.	Use lighter weights.
Overhead Tricep Extension		Triceps	In a standing position, with extended arms above the head, bend elbows and lower weights towards the base of the head. Return to start position.	Use lighter weights.
Kettlebell Swing		Quadriceps Gluteus Maximus Deltoids	Position feet outside of hips, with the kettlebell in hands. Push hips back, anchor feet on the floor and extend legs and arms. Swing kettlebell to shoulder height.	Use a lighter weight.
Upright Row		Trapezius	In a standing position, with both hands in front of hips, lift elbows up bringing hands near the chin without lifting shoulders. Return to start position.	Use lighter weights.