

FITNESS PROGRAMMING

Creating a personalized fitness plan all on your own can be overwhelming. Use this template to craft a plan that you'll not only enjoy, but actually be able to stick too. Start by writing in your fitness related goals (improve strength, weight loss, etc.) and then evaluate your fitness level, motivation, sleep, and stress from 1 to 10. You will want to list out the fitness equipment you have at home or need to purchase before moving on to the other phases of planning.

In the first overview section, write in each type of fitness (cardio, strength, yoga) along with the number times you're planning to do each per week, the intensity (high or low) and how long you're planning for each session to last (minutes). After that, consider your typical week and write in when you will be able to perform what. The center column labeled "movement" requires you to pick a "movement goal" such as 10,000 steps per day or 2 walks after meals so that you account for known exercise activity.

In the final sections, you'll want to break down each type of fitness by choosing what you plan on doing for each specific type. For instance, if you'd like to implement ELEVATE at home (interval training) write that in the cardiovascular section. If you plan on doing LEAN at home (high-intensity strength training), jot that into the strength training section. To finish things off, you will need to decide on which breathing cadences (IE square 4IN:4H:4E:4H) that you plan on implementing along with which 2 or 3 mobility techniques you can do consistently. If you have any questions or need support please contact our Fitness Team at Skyterra Wellness.

FITNESS PROGRAMMING

Goals							
Injury Limitations							
Fit Level		Motivation		Sleep		Stress	
<u>Equipment Available</u>				<u>Equipment Needs</u>			

OVERVIEW

Type	Freq	Intensity	Duration	Notes

WEEKLY OVERVIEW

DAY	Connect	Movement	Fitness
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

CARDIOVASCULAR TRAINING

Session	Description	Heart Rate	Equipment
A			
B			
C			

STRENGTH TRAINING

Select from the Skyterra At Home Resources (LEAN, Simple Strength, and/or Circuit)

Session	Selection	Time	Environment
A			
B			

Warmup				
		Sets	Reps	Weight
Strength				
Conditioning				
Cooldown				

CONNECT / MOBILITY

Routine	Breathe	Time	Mobility Technique (2 Max)	Time
A				
B				

Rotate the breathing and techniques as desired. App to download is called "[Apnea Trainer](#)" it is pictured like a scuba diver and costs \$2.99 or alternative app called "[Breathe Deep](#)" free

AT HOME GYM

Equipment	Quantity	Cost	Vendor
Box – 12”	1	65.25	Rogue
Kettlebell – #15	1	15.00	Amazon
Dumbbells – 3 different #10, 15, 20	3	108.00	Rogue
Workout Mat	1	20.00	Amazon
Abmat (optional)	1	30.00	Amazon
Foam Roller 12”	1	8.75	Amazon
Yoga Tune Up	1	15.00	Amazon
Mobility Band – Green/Black	2	45.00	Rogue
TOTAL		\$305.00	