



Goal-Setting Workshop I: Set 1-Year Goals

NAME:	DATE:
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Weeks 1&2

Nutrition:
Exercise:

Weeks 17&18

Nutrition:
Exercise:

Weeks 33&34

Nutrition:
Exercise:

Weeks 3&4

Nutrition:
Exercise:

Weeks 19&20

Nutrition:
Exercise:

Weeks 35&36

Nutrition:
Exercise:

Weeks 5&6

Nutrition:
Exercise:

Weeks 21&22

Nutrition:
Exercise:

Weeks 37&38

Nutrition:
Exercise:

Weeks 7&8

Nutrition:
Exercise:

Weeks 23&24

Nutrition:
Exercise:

Weeks 39&40

Nutrition:
Exercise:

Weeks 9&10

Nutrition:
Exercise:

Weeks 25&26

Nutrition:
Exercise:

Weeks 41&42

Nutrition:
Exercise:

Weeks 11&12

Nutrition:
Exercise:

Weeks 27&28

Nutrition:
Exercise:

Weeks 43&44

Nutrition:
Exercise:

Weeks 13&14

Nutrition:
Exercise:

Weeks 29&30

Nutrition:
Exercise:

Weeks 45&46

Nutrition:
Exercise:

Weeks 15&16

Nutrition:
Exercise:

Weeks 31&32

Nutrition:
Exercise:

Weeks 47&48

Nutrition:
Exercise:



Core Exercises

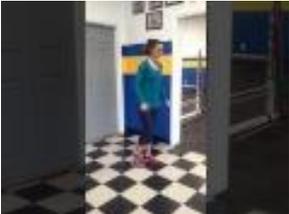
NAME:
DATE:

Exercise	Description
<p>Low Abdominal March on Floor</p> 	<ul style="list-style-type: none"> Lie on your back with your arms by the sides, knees bent and the feet flat on the floor, shoulder width apart. Take a deep breath in with the belly rising up away from the spine, then let the belly button fall toward floor to 'draw in'. Hold the low abdominals engaged (e.g. place a towel under the low back and press it to the floor with the low abdominals). You will feel your gluts engage, activating the entire core. Hold the low abdominals engaged and pulling toward the spine as you push through one heel and lift the opposite foot ~2 inches off the ground, keeping the knee bent at 90 degrees. Reengage the low abdominals as you slowly return the foot to the ground, keeping the hips titled backward without rocking sideways. Continue alternating legs, holding the hips as still as possible with the low abdominals engaged and breathing normally. Progress to Low Abdominal Marches on a foam roller.
<p>Straight Leg Raises</p> 	<ul style="list-style-type: none"> Start lying on your back with your arms by the sides, legs straight and feet shoulder width apart. Keep the low abdominals drawn in and the back flat on the floor (using the arms straight to cradle the hips if necessary), and lift one leg as far as possible while keeping the knee completely straight and the toe pulled up toward the shin. Lower the leg slowly, keeping the hips as still as possible and the low abs drawn in through the entire range of motion. Repeat on the same leg until all repetitions are complete.



<p>Single Leg Bridge, Hold Knee</p> 	<ul style="list-style-type: none"> • Lie on your back with one foot under the knee and one knee bent, holding it with the arm on the same side. • Holding the arms by the sides to balance, press through the heel on the ground and lift the hips until they are in line with the shoulders and knees. • Extend the hips fully before returning to the ground and gently touching the ground before the next rep. Keep the quad and hamstring engaged through the range of motion, and fully extend the hips with the gluts at the top of the motion.
<p>Band Pull-downs</p> 	<ul style="list-style-type: none"> • Stand holding the handles of a double chord band fixed to a surface with the arms straight, hands at waist height. Start with a slight tension in the band, leaning back slightly with upright posture and pronated grip (palms down). • Keeping the wrists straight, push the palms toward the front of the thighs, pulling the shoulder blades back and down as though pinching a pencil. • Keep the chest up and elbows straight, and do not let the wrists break. • Resist the upward motion of the band and return, controlled, to the starting position, and repeat for the indicated number of repetitions
<p>Band Rows*</p> 	<ul style="list-style-type: none"> • Stand holding the handles of a double chord band fixed to a surface with the arms straight, hands at shoulder height. Start with a slight tension in the band, leaning back slightly with upright posture and a pronated grip (palms down). • Pull the bands toward you and bend the elbows, pulling the shoulder blades back and down as though pinching a pencil. • Resist the band slightly as you return to the starting position, and repeat for the indicated number of reps. • *NOTE: Feel the shoulders pull slightly forward before beginning the next repetition to allow for full range of motion.



<p><u>Clamshells</u></p> 	<ul style="list-style-type: none"> • Start lying on one side with the knees bent and hand supporting the head, feet in line with the hips. • Lift the knee up as high as possible, keeping the hips stacked (one directly on top of the other) and the heels together. • Place one hand on the top hip to stabilize the hip and feel the muscle engage. • Do not let the hips open as the knee lifts.
<p><u>Single Leg 3-Way Lunges, One Foot on Slider</u></p> 	<ul style="list-style-type: none"> • Start standing with one leg on the ground, and the other foot on a slider or surface that will allow the foot to slide along the ground (e.g. Frisbee on turf). • Do a 3-way lunge, reaching the foot on the slider first to the side, then back, then back and behind the stable leg. • All 3 directions = 1 repetition. Complete all reps on one leg before switching.
<p><u>Side Lying Shoulder External Rotations</u></p> 	<ul style="list-style-type: none"> • Start lying on one side with the knees bent at 90 degrees and hand supporting the head. Keep the feet in line with the hips. • Place one hand by the side, elbow at 90 degrees, with a towel or soft object between the elbow and side. • Starting with a neutral grip and one thumb up, turn the thumb to a supinated grip as you lift the hand from in front of the body as far backward as possible. • Do not turn the hips or shoulders as you rotate the arm backwards. Return the grip to neutral each rep.
<p><u>Superman's, Hands Overhead</u></p> 	<ul style="list-style-type: none"> • Start lying face down on the ground with the arms extended above the head about 45 degrees. • With loose fists and the thumbs pointed upward, lift the hands up off the ground slightly and pull the shoulder blades back and down together, keeping the elbows extended. • Return immediately to starting position, keeping the abdominals engaged throughout the range of motion. • NOTE: Make this exercise easier by holding the hands lower, at shoulder height.



<p><u>Chin Tucks*</u></p> 	<ul style="list-style-type: none"> • Start lying on your back with the knees bent and feet on the floor shoulder width apart. • Place a towel on the floor, folded to ~1-2 inches thickness, behind the head in the crook of the neck. • Start with the chin lying naturally, then pull chin down toward the spine, pressing the neck against the towel. • Hold for 1-2 seconds, holding proper posture with the core and low abs drawn in. • Relax the chin to the starting position, and repeat until all reps are complete. • *NOTE: You may also do this exercise seated with the legs crossed or standing with the back against a wall.
<p><u>Planks</u></p> 	<ul style="list-style-type: none"> • Start with the elbows on the ground, the core engaged, and a straight spine. • Do not let your hips sag, and keep the shoulders back and down and head in line with the spine. • Hold for the designated number of seconds, continuing to remind yourself of good position at the hips, shoulders, and head.