

# 9 Week Cross-Training Program

Congratulations on embarking on your 9 week journey towards health and wellness provided to you by Employee Wellness Center (#HumanResources). This manual has been provided for you to help augment your current exercise program by introducing cross training concepts. These concepts are the essentially the same whether you are exercising for improved health and fitness or for competition.

One of the easiest ways to incorporate cross training is to alternate activities (e.g., run one day, stair climb the next, cycle the next). You can also alternate activities within a single workout (e.g., walk on a treadmill for 10 minutes, exercise on an elliptical trainer for 10 minutes and cycle for 10 minutes, for a total of 30 minutes of exercise).

Here are the 6 basic steps to greatness:

## THE 6 STEPS TO 9 WEEKS OF CROSS-TRAINING

- Step 1. Read the list of “Main” workouts.
- Step 2. Arrange them in an aesthetically pleasing order from 1 – 3 and write it down
- Step 3. Read the list of “Alternate” Workouts.
- Step 4. Pick 2 – 3 and refer back to Step 2.
- Step 5. Go through the workouts
- Step 6. Document with a picture of your “Before” and then take an “After” picture when you complete this program so you can see the difference after 9 week cross-training program (you may not look different in the mirror). Alternatively, take body measurements at the start and finish to document gains/losses/changes/awesomeness.

## THE WARM UPS AND COOL DOWNS

It has been shown that a good warm up and cool down are an important component of your exercise routine. It helps prepare your body to exercise (warm up) or helps your body calm down from said work out (cool down). Research supports that a properly done warm-up and cool-down can reduce incidences and rates of injuries. We have provided a list of options/suggestions to get you started but there are others available by doing a search online.

- Warm Up
  - Walk on a treadmill for 5 – 10 minutes. Do not exceed 3.5mph.
  - Similar exercises to those you will do during your workout, but with lighter weights
  - DYNAMIC stretches before the workout, like leg swings. Foam Rolling is also great to include post work-out. Roll faster than slower. 30 seconds per area. Do not foam roll the lower back or the neck.

*[COOLDOWN INFO ON NEXT PAGE]*

- Cool Down
  - Walk on a treadmill for 5 – 10 minutes. Again, do not exceed 3.5 mph.
  - Bodyweight exercises similar to those you performed during your workout
  - Static Stretching as seen on TV.
  - Foam Rolling. Go slow now. Find the painful spots on your body (“knots” or trigger points) with the foam roller and focus on rolling them out.

## THE SCHEDULE

Week 5. 3 Days: Main 1 + Alt 1 + Main 2

Week 6. 3 Days: Main 1 + Alt 2 + Main 2

Week 7. 3 Days: Main 1 + Alt 1 + Main 2

Week 8. 3 Days: Main 1 + Main 2 + Main 3

Week 9. 3 Days: Main 1 + Main 2 + Main 3

Week 10. 3 Days: Main 1 + Main 2 + Main 3

Week 11. 4 Days: Main 1 + Alt + Rest + Main 2 + Alt + Rest

Week 12. 4 Days: Main 3 + Alt + Rest + Main 3 + Alt + Rest

Week 13. 4 Days: Main 2 + Alt + Rest + Alt + Main 1 + Alt

### MAIN TYPES

- \_\_\_ Strength Training
- \_\_\_ Bodyweight Training
- \_\_\_ Endurance Training
- \_\_\_ Flex / Balance

### ALTERNATES

- \_\_\_ Foam Roller
- \_\_\_ Core Slider
- \_\_\_ Exercise Ball
- \_\_\_ 7 Minute



## EXERCISES

### BODYWEIGHT WORKOUT

5 rounds + 1 Min Break  
Pushups ok from knees

Burpees x 20

Bodyweight Squats x 20

Mountain Climbers x 20

Bodyweight Dips x 20

Push-ups x 20

### STRENGTH WORKOUT

Seated Row Machine x 20

Squat Sled x 20

Bench Press x 20

Abdominal Crunch Machine x 20

Rotary Lat Pulldown x 20

Calf Presses x 20

### DUMBBELL WORKOUT

5 ROUNDS + 1 MIN BREAK  
BE SURE NOT TO SWING YOUR HIPS

Bent-Over or Bench Row x 20

Goblet Squats x 20

Dumbbell Bench Press x 20

Dumbbell Ab Crunches x 20

Ball Glute Bridge x 20

Biceps Curls x 20

Skull Crushers x 20

### EXERCISE BALL WORKOUT

5 ROUNDS + 1 MIN BREAK  
TAKE IT SLOW AT FIRST

Ball Passes x 20

Ball Squats x 20

Ball Pushups x 20

Ball Sit-ups x 20

Ball Glute Bridge x 20

**Ball Passes:** Lie on your back and pass the ball from your hands to your feet. Hands – Feet – Hands is ONE repetition

**Ball Squats:** Hold the ball above your head or out in front of you and perform a bodyweight squat

**Ball Push-ups:** With the ball on the floor, place your hands on the ball and perform pushups while attempting to keep your core stable.

**Ball Sit-ups:** Lie on top of the ball and perform sit-ups with your feet planted firmly on the floor.

**Ball Glute Bridge:** Lie on the floor with your feet on the ball such as you might if your chair had tipped over straight backward. Contract your glutes and lift your hips off the floor into a full hip extension. Try to get your body into a straight line from knees to shoulders.



## FLOOR SLIDERS WORKOUT

5 ROUNDS + 1 MIN BREAK  
FORWARD REACH PUSHUPS X 20

Slide Squats x 20

Mountain Climbers x 20 sec

Lateral Reach Pushups x 20

Pikes x 20

Hamstring Curls x 20

Lunges x 20

## RESISTANCE BAND WORKOUT

Benefits of using resistance bands may include: increased strength, joint stabilization, and increased range of motion. Tie or anchor the band to something stable and perform 4 – 5 sets of the exercise followed by 60 seconds of rest.

**Band Chest Flys:** Face away from your anchor and perform a regular standing chest fly with a lighter band

**Band Rows:** Stand facing the anchor with your elbows tucked and drive your elbows back behind you

**Band Pull-Aparts:** With arms straight out in front of you, hold the ends of the bands and pull them apart laterally, holding the contraction for a second or two at the top.

**Band Woodchopper:** Anchor one end of your band up high, step away, and perform a diagonal chopping motion, keeping your back straight.

**Band Squats:** Tie the band around your legs just above your knees and perform a regular bodyweight squat with feet wide and knees pointing away

## KETTLEBELL WORKOUT

The kettlebell is a terrific way to work out anywhere, any time. You will be doing the following workout as a circuit but you will time yourself at the same time. Perform every exercise for 30 seconds before you move on to the next. NO REST in-between exercises!

Kettlebell Swings

Kettlebell Back Rows

Kettlebell Clean & Press

Kettlebell Goblet Squats

Kettlebell Overhead Triceps Extensions

## 7 Minute Workout

PERFORM EVERY EXERCISE FOR 30 SECONDS  
NO REST IN-BETWEEN EXERCISES!

Jumping Jacks

Wall Sits

Pushups

Abdominal Crunches

Chair/Bench Step Ups

Squats

Chair/Bench Triceps Dips

Planks

High Knees

Lunges

Pushups + Rotation

Side Planks



## GENERAL EXERCISE GUIDELINES

**Warm up:** 5–10 minutes of light to moderate intensity, cardio, or light resistance

**Rep (Short for Repetition):** A single movement of an exercise

**Set:** The number of reps completed in a row without rest

**1 Rep Max (1RM):** How much weight a person can safely lift while maintaining proper form *one* time.

### ACSM Exercise Recommendations

**Frequency:** 2 – 3 days per week (with 24 hours between working the same muscle group again).

**How to Arrange Your Workouts:** Begin with exercises that use larger parts of the body (ie, legs, chest, core), then move into exercises targeting smaller muscle groups (ie quads, pecs, abs).

**Intensity:**

**For Lean, Functional Muscle:**

Sets/Reps: 1 - 3 sets x (13 - 20 reps)

Rest: 30 seconds or as needed

Resistance: 60% to 75% of 1RM

**To Increase Overall Fitness and Strength**

Sets/Reps: 3 - 5 sets x (8 - 12 reps)

Rest: 30 to 90 seconds or as needed

Resistance: 75% to 90% of 1RM

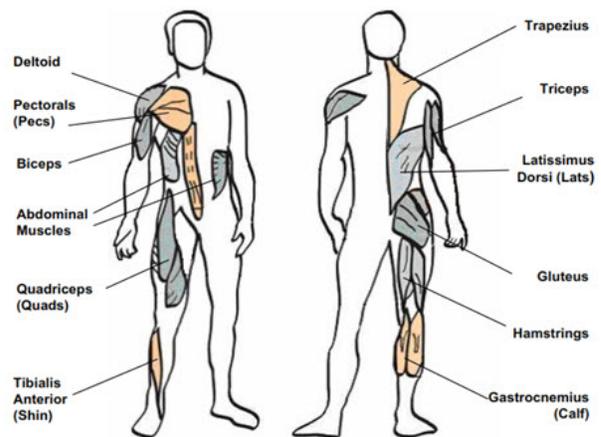
**To Increase Muscular Strength and size**

Sets/Reps: 3 - 5 sets x (3 - 7 reps)

Rest: 120 to 180 seconds or as needed

Resistance: 80% to 100% of 1RM

**MUSCLE CHART**



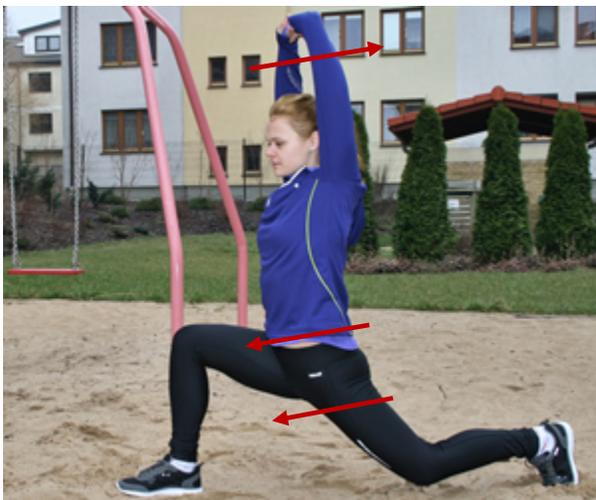
**Progression:** When you can get through all of your sets of a particular exercise and it is no longer challenging your muscles, increase the weight or add another set.

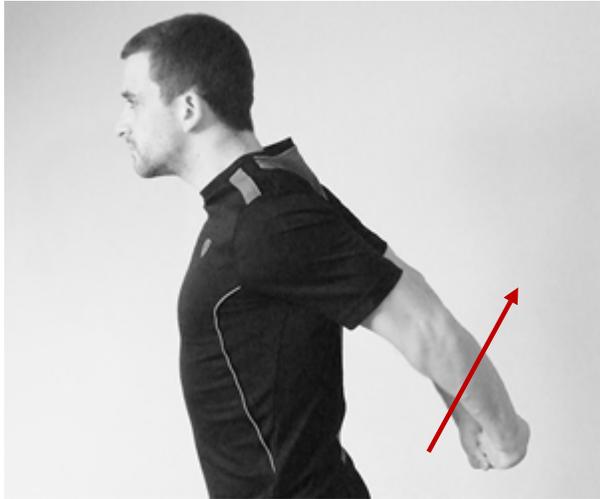
**Cool Down:** 5 – 10 minutes of light to moderate intensity stretching, cardio, or light resistance

**Things to Note:**

**Breathing:** Pay attention to your breathing and be careful not to hold your breath during an exercise. Not only will holding your breath make it harder to complete the motion, but it may result in injury.

**Form:** Good form is important and is somewhat specific to the exercise you're doing. If you're unsure of proper form, it's always best to ask before you injure yourself. In general, if it hurts, **STOP**. Don't hyper-extend your back or lock out any joints while you are lifting.





# FOAM ROLLING



ROLL OUT each body part for 1 - 2 minutes before or after a workout (or whenever you feel tight).

QUADS



IT BAND



TFL



ADDUCTORS (INNER THIGH)



GLUTES/PIRIFORMIS



HAMSTRINGS



CALVES



SHINS



UPPER BACK/SHOULDER BLADES



LATS



## THE FREQUENTLY ASKED QUESTIONS

- **What is Cross Training?**

Cross training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness.

- **What are the Benefits of adding a Cross-training program?**

- **Reduced risk of injury.** By spreading the cumulative level of stress over additional muscles and joints, individuals are able to exercise more frequently and for longer durations without excessively overloading feet and joints.

Folks prone to shin splints and foot issues from distance running should incorporate low-impact activities. It should be noted, however, that injuries from cross training can still be had due to inadequate rest, unbalanced workouts, or both.

- **Enhanced weight loss.** Research shows that in most instances weight loss is best accomplished when engaged in exercise for longer than 30 minutes at an intensity of 60 – 85% of max heart rate.
- **Improved total fitness.** Cross training can include activities that develop muscular fitness, as well as aerobic conditioning. While an individual's muscular fitness gains will typically be less than if he or she participated only in strength training, the added benefits of improving muscular strength and endurance can pay substantial dividends. For example, research has shown that resistance training can help individuals prevent injury, control body weight and improve functional capacity.
- **Enhanced exercise adherence.** Research has demonstrated that many people quit exercise programs because it's boring or they push so hard and fast that they injury themselves. Cross training is a safe and relatively easy way to add variety to an exercise program. In the process, it can play a positive role in promoting long-term exercise adherence by reducing the incidence of injury and eliminating or diminishing the potential for boredom.

- **I am a woman who wants to remain svelte, not be a stunt double for the Incredible Hulk. Are you sure I can repeatedly pick up heavy things?**

Exercise will tone and define your muscles but will not make you look “Hulky” without a lot of extra work and dietary effort.