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MODULE 3: Exercise

- Wins and Challenges: Celebrate and or Post a “Help!” in FB
- Changes in checklist: Acknowledge

1. Three Types of Cardiovascular Exercise

- These unique types of exercise emphasize each of the 3 energy systems. The one most related to VO2 max which correlates with longevity is High intensity interval training.
 - Long Slow – time-based endurance exercise at zone 2
 - Interval – short, alternates specific time in high zone 4-5/low zone 1-2
 - Tempo – short to moderate duration zone 3-4 “discomfort zone” (also known as METCON)
- Zones defined by Perceived Exertion (how you feel)
 - Zone 1 = nose breathing, easily talking (2-4)
 - Zone 2 = very comfortable talking, nose mostly, now “exercise”
 - Zone 3 = more mouth breathing, talking through breath (6-7)
 - Zone 4 = mouth breath, few and choppy words, effort is higher
 - Zone 5 = mouth, hand gestures, one word, want to stop soon (9-10)
- Why RPE/Zones instead of Heart Rate?
- Time ranges – are not etched in stone
 - Long slow = 45-75* minutes (up to hours eg biking, hiking, event)
 - Interval = 10- 20 (4-6 HI intervals)– 45 minutes (per WEEK)
 - Tempo = 15-20 minutes in zone –
- Relative to *YOU* we determine the times
 - Improve all three aerobic energy systems for better fitness PRE meno
 - Increase fat burn by reducing cortisol (low intensity all durations)
 - Optimize fat burn post meno by addition of HIIT
 - Fuel before exercise to boost energy expenditure/avoid LEA
- Exercising more than three times a week (cardio) already?
 - If you’re more tired or adding weight or belly fat consider decreasing high intensity briefly
 - Insert low-to-moderate walking instead (recovery)
 - Avoid two “hard” days back-to-back
 - You can do cardio and strength training on the same day but will enjoy better benefits from each not mixing them
 - You can do cardio/strength concurrently or split am/pm * but “two-a-days” is not the goal.

- SET your calendar for day and time and set your cues
 - Shoes out ◦ Household notified
 - Time padded
 - Fuel pre and post planned
 - Set Rest Days strategically between hard days and life stressors

2. Resistance Training

- Heavy = Fatigue 10 or fewer reps, weight loss, bones, metabolism
- Power = Fatigue (or not) at 10+ for bones, fast twitch fibers, metabolism
- Light/Functional = Body weight or 20-30 repetition range (bands/tubing)
- Heavy improves pure strength, Power at more moderate weight increases hypertrophy (10-12), and higher reps is used most for performance/skill or pre/post rehab
- BIG THREE: Push, Pull, Leg = Chest Press, Row, Squat or Leg Press
- Move from Biggest ROI exercises to smaller based on time
- A complete set can happen in 10 minutes! You ALWAYS have time.
- Formatting your exercises: Functional Exercises in warm up, Heavy major muscles, smaller muscle groups, Light and Band work (corrective exercises go first) ** intentional sequence and planned purposeful rest matter
- 72 hours between heavy lifting sessions (or other HI exercise) has proven better for results and fitness in high performers. (try instead of 48)

3. Core Exercise

- Five Movements/Tasks of the Core Muscles
 - Stabilization (beyond static planks)
 - Rotation
 - Lateral Flexion
 - Back Extension
 - Forward Flexion – not crunches or sit-ups (toss them forever)
- Daily is OK. Less than 5 minutes is needed. Rotate the exercises that you do ([youtube.com/flipping50tv](https://www.youtube.com/flipping50tv) search “core” or view playlists where you’ll find support)
- Play with time, with repetitions, with series or with sets
- Less Core, More Purposeful Cardio and Resistance works core best
- If it’s bloat and belly fat, not weak abdominal muscle, core exercise doesn’t fix it: you’re not “spot reducing”

4. Formatting Your Workouts & Weeks

- Based on Time: Frequent and shorter, or Less Frequent and longer

- Movement/Cardio days (3-6) will out-number strength days (2-3) but strength is the highest priority – make sure you’re rested for them
- Cardio or Strength First?
 - Personal Preference
 - Whatever is second will be harder
 - Highest priority first

Best results occur when you’re fresh for each effort. Alternating days of strength and HIIT rather than together reduces time, avoids overdoing cortisol/adrenal stress and optimizes performance. “Middle range” effort causes the greatest risk of cortisol elevation and least benefit to the VO2 max that is directly related to longevity. Walking, weights, and HIIT are the most important parts of your solid strength and “cardio” workout.

- Warm up>Cardio>Functional Warm up>Heavy big to small muscles>Core>Stretch
- At Least One Full Day “off” with lifestyle activity (move more: exercise less)
- Optimize the benefit of HIIT and strength by performing on separate days
- Walking fits every day and is “movement” more than “cardio” though yes good for heart, it’s most good for blood sugar, reduction of cortisol and for that reason could be the game-changer for you in body composition optimization
- Two days off if you’re “tired” or feeling like exercise is “flat,” not getting results or getting the opposite of desired results.

5. Create a calendar

- Based on 7-day week (fits into “others” life)
- Based on 9-day cycle (allowing more rest)
- Work around your other life activity and time demands

Homework:

1. **Identify** the best days to exercise. Many for shorter time. Fewer for longer time. You'll need three days a week minimum. Are you someone who does better with a daily habit?
2. **Map** your Hard (long or high intensity) days, rest and recovery (lite exercise days). Insert two days of resistance training in your plan.
3. One each: long slow, interval, tempo
4. **Commit** to morning or evening. Hormones dictate if possible. This can change if you find it doesn't work optimally. What conditions** will make this possible?
5. Watch the **Prevent Back Pain course**- (stretch and core sequences) *if you have a history of back problems. The first sequence of stretching is a good daily practice. The beginner-through-advanced core exercises are a good daily core exercise set... forever!

Use this link to join the course with the coupon:

<https://www.udemy.com/course/prevent-back-pain-with-fivesteps/?couponCode=A50FFCOURSE>

For those first to use this coupon, the course will be free. If uses have expired, it will be a low nominal fee. It's a purely optional resource for you.

Additional Resources:

You will find several core playlists at <https://www.youtube.com/flipping50tv>.

Watch for updates if this is a weak area for you. Subscribe to the channel to get notifications when I add a new video.

Send questions or comments any time via the Facebook group! You don't have to wait until the end of the week!