



GY403: Workout Plan

Frequency:	<ul style="list-style-type: none"> <li>• Out-of-shape: 3 days per week</li> <li>• Physically fit: 4-5 days per week</li> </ul>
Intensity:	<ul style="list-style-type: none"> <li>• Push yourself hard enough so that your heart rate goes up, you start to sweat, and you can only speak short sentences in between breaths.</li> </ul>
Time:	<ul style="list-style-type: none"> <li>• Out-of-shape: 20-30 minutes</li> <li>• Physically fit: 30-60 minutes</li> </ul>
Suggested exercises:	
<ul style="list-style-type: none"> <li>• Treadmill (with incline), stair climber</li> <li>• Climbing wall</li> <li>• Jump rope, stair climbing</li> <li>• SouthFit classes: Bootcamp, Trekking, Cycling, Cardio Climb, Step Aerobics</li> </ul>	

**Workout Journal**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
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### 3 Minute Step Test (Men)

	Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent		<79	<81	<83	<87	<86	<88
Good		79-89	81-89	83-96	87-97	86-97	88-96
Above Average		90-99	90-99	97-103	98-105	98-103	97-103
<b>Average</b>		<b>100-105</b>	<b>100-107</b>	<b>104-112</b>	<b>106-116</b>	<b>104-112</b>	<b>104-113</b>
Below Average		106-116	108-117	113-119	117-122	113-120	114-120
Poor		117-128	118-128	120-130	123-132	121-129	121-130
Very Poor		>128	>128	>130	>132	>129	>130

### 3 Minute Step Test (Women)

	Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent		<85	<88	<90	<94	<95	<90
Good		85-98	88-99	90-102	94-104	95-104	90-102
Above Average		99-108	100-111	103-110	105-115	105-112	103-115
<b>Average</b>		<b>109-117</b>	<b>112-119</b>	<b>111-118</b>	<b>116-120</b>	<b>113-118</b>	<b>116-122</b>
Below Average		118-126	120-126	119-128	121-129	119-128	123-128
Poor		127-140	127-138	129-140	130-135	129-139	129-134
Very Poor		>140	>138	>140	>135	>139	>134