


The Complete Fitness Chart– BA014

Description	<p>◆ The Complete Fitness poster illustrates the proper steps to optimize your workout. This poster provides a full workout from warm-up to cool-down to prevent any injury and maximize your workout. This poster is a great addition to any fitness facility.</p>
Details	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
Image	 <p>THE COMPLETE FITNESS WORKOUT</p> <p>A complete fitness workout improves your shape, tone, flexibility, endurance and strength. By using these exercise components at least 3 times a week you will attain a greater level of fitness and have a stronger, leaner, and more limber body.</p> <p>WARM UP 5-10 MINUTES A good warm up to 5-10 minutes of stretching exercises or mild calisthenics helps prepare your muscles, tendons, and ligaments for your upcoming workout. Warming up increases your blood flow, enhances flexibility, while helping to reduce muscle stiffness, soreness, and injuries.</p> <p>AEROBIC EXERCISE 20-30 MINUTES The most important component of your fitness program, especially if you are in your 30's or older, should be aerobic exercise. Your workout should include at least 3 20-30 minute sessions of low-impact, rhythmic activities at your target heart rate. Depending upon your fitness level, and what you enjoy, walking, jogging, climbing, cycling, rowing, swimming, and aerobic dance are all excellent activities.</p> <p>WEIGHT TRAINING 20-30 MINUTES Weight training is a fast and effective way to improve your shape, tone, and strength. Workout at least 2, preferably 3, times a week for 20-30 minutes lifting 2-3 sets of 8-12 repetitions (1-2 of 15-20 repetitions for beginners.) Each workout should develop your major muscle groups consisting of the chest, shoulder, back, upper arm, stomach, buttocks, and thigh.</p> <p>COOL DOWN 5-10 MINUTES At the end of your workout session, ease your heart rate and activity level to normal while you do 5-10 minutes of cool down stretching exercises, which can be the same as your warm up stretches, or slow walking. Cooling down helps prevent dizziness and muscle soreness after your hard workout.</p>