

# PEACE CORPS FITNESS

WHERE THERE IS NO GYM

*A basic fitness manual for volunteers to use at site*

# INTRODUCTION

**FIRST OFF!!** Disclaimer: You know you better than anyone else. This fitness manual is designed to help keep you healthy. Your health as a Peace Corps Volunteer in Tanzania is a partnership between you and the PCMO. In regards to fitness, your role is to be honest about your limitations and not put yourself at risk. You should consult the PCMO before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you have a history of high blood pressure or heart disease in your family. You should also use caution if you have experienced chest pain, smoke, have high cholesterol, or have a bone or joint problem that could be made worse by rigorous physical activity. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This fitness manual was produced by volunteers. In no way do they claim to be experts on fitness, nor do they know what will be best for each person. Everything here has been learned through personal experiences. Therefore, if you have certain moves you love to do that aren't listed here, or workout structures that aren't here either, please keep doing them if they work for you and you like them! Everything here is just, hopefully, more stuff to add to your fitness repertoire!

As Peace Corps volunteers we find ourselves in the rare situation of being super busy but also somehow with lots of time on our hands. Therefore, we need workouts that are modular. The hope was to make a manual that would allow volunteers to create workouts that fit their schedules and their goals.

For some of us, we see Peace Corps as a time to get in shape, others we just want to stay in our current shape (a.k.a. work off all the ugali, rice, and other carbs) and others we just need something physical to do to de-stress or let off some steam after that 5 hour meeting! This manual lets the volunteer make a workout with their own hand-selected moves (meaning you can leave out the burpees if you want!) and a scheme that fits your personal fitness goals!

This manual also gives volunteers a chance to circumvent the "no electricity" problem. We can all agree that, after a long day in the village or school, coming home to a limited (if any) computer charge means that the choice between a workout video and an episode of our favorite TV show isn't a hard choice to make. Having the manual allows you to have a printed or non-electronic workout you can do every day without making tough choices or being held back if you don't have a computer.

I hope this manual helps and you enjoy!

# CONTENTS

In this manual, you will find exercise moves broken down by different body groups: Legs and Glutes, Arms, Core, Cardio, and Combo moves. Each body group contains a list of moves that specifically target that muscle group. Unfortunately, only the names are listed. Listing and explaining each move proved to be a large undertaking. Although it might be a little extra work, a quick Internet search of each move name has results with great descriptions and explanations on how to do each move.

You will also find a section of descriptions of Circuits and Workout structures. You can go through each scheme and chose one that works for you and, using the moves from the exercise lists, you can fill in the workout based on which muscle groups you're trying to work.

A brief description and suggested warm-ups are included as well as a small introduction to stretching. In addition, I've included a list of possible equipment substitutes as most of us don't have a gym with weights nearby.

The last section of the manual contains suggested workout plans based on your goals. There are three tiers, each with different objectives based on intensifying fitness. The following are short descriptions of each Tier workouts.

## **Tier I**

For the volunteer just looking for something to do every once in a while. Non-committal  
1-2 times a week  
15-30 minute workouts

## **Tier II**

For the volunteer that has time for a consistent workout  
To keep up with your current shape  
3-4 times a week  
20-40 minute workouts

## **Tier III**

Fitness is a goal! Prepared to put time into it and are expecting results!  
5-6 times a week  
30-60 minute workouts

Please remember that these Tier workouts are only example workouts and workout schemes. I included them for volunteers who need a little direction and find it easier to have a set plan. If you have weekly plans or routines that you use and work for you, please continue!

## **Meditation**

At the end of the physical fitness manual, there is a supplement for your mental health. There, you can find a brief description of what meditation is and how you can develop your own practice.

# WARM-UP

A good warm-up should be done before you start your exercise. It should help get the body warm and the muscles ready to work. A warm-up is especially important if you are doing a resistance session.

A warm-up can be skipped if you are doing a cardio session, since a warm-up is mostly cardio in itself. To replace the warm-up you can start your cardio session with a less intense cardio circuit.

A good warm-up should be at least 5 minutes and no longer than 10 minutes. A suggested warm-up time would be somewhere between 5 and 7 minutes.

## Example Warm-ups

### *5 minute warm-up*

Complete each move below for the time indicated with no rests in between:

Jog in place 1 minute

Jumping jacks 1 minute

Butt kicks 1 minute

Jumping jacks 1 minute

Jog in place 1 minute

End

### *7 minute warm-up*

*(Adapted from Beach Body Insanity videos)*

Complete each move below for the time indicated with no rests in between

Jog in place 30 seconds

Jumping jacks 30 second

Heismans 30 seconds

1, 2, 3 Heismans 30 seconds

Butt kicks 30 seconds

High knees 30 seconds

Mummy kicks 30 seconds

Repeat all, no rest in between

End

# STRETCHING

Stretching can take place before an exercise after the warm-up, after the entire exercise is finished, or both before and after the exercise depending on how you feel. Stretching is a great way to remove the lactic acid that builds up in your muscles the day after a tough workout. Stretching also helps increase flexibility, which also helps protect against injury.

Stretching is usually based on which muscles groups you feel need loosening or which muscle groups you worked hard during your workout that day.

A good full body stretch session is recommended once a week if you are exercising all muscle groups regularly (5-6 days a week).

Stretching doesn't have to be a workout and can even be a great source of relaxation. Try doing a few floor stretches before bed to unwind.

A key to good stretching is breathing. When you are in a stretch, go as far as possible and hold. Continue to breathe into the stretch, but on every exhale, try to push yourself deeper into the stretch. A good stretch should last at least 30 seconds in each move.

# EQUIPMENT

## Equipment where there is no gym.

Finding ways around the gym equipment problem in the village can be easy! Most exercises require simple equipment: weights and benches.

### WEIGHTS

While in some of the more safe stores in Dar you might be able to find some small hand weights, it's not hard to make your own! To make some small varied weights, take some empty chupas and fill them with dirt or water. Then to add a little more weight to the chupas, fill them with water.

A small 500ml chupa filled with dirt or sand is roughly 1/2 lb.  
A liter chupa filled with dirt or sand is roughly a 1lb  
A liter and a half chupa filled with dirt or sand is roughly 2lbs



If you're looking for something heavier, you can make your own barbell. Take a sturdy bar—usually an old pipe if you can find one or even a very sturdy piece of wood, like a broom handle. Then you need two empty paint cans and some cement. Fill one paint can with cement and stick the bar into the wet cement. Allow it to dry and set. Fill the next paint can with the rest of the wet cement and put the other end of the bar into the wet cement. Allow this side to dry as well. Once both cans have dried, you will have a barbell. Use the barbell for squats, cleans, presses, bicep curls, etc.



Home Gym:  
Oatmeal Can  
Dumbbells, 6 liter  
Dumbbells, Med Kit  
Weights, 4 Liter  
Barbell, 12 Liter  
Barbell, Concrete  
Kettles of 20lb, 9lb,  
and 6lbs.



Oatmeal Can Dumbbells: 9lbs each with a metal bar and concrete



6 Liter Dumbbells: 20lbs each with the bottle cut to size, a metal bar and concrete



4 Liter Paint Can Barbell: 43lbs with two cans filled with concrete and a metal bar



12 Liter Barbell: 66lbs with bottles cut down, filled with concrete and a metal bar.

**BENCHES**

An easy substitute for a gym bench is a sturdy wooden chair.



**OTHERS**

Sometimes working out on the hard concrete or tile floors can be a bit painful or dirty. If you can get ahold of a yoga mat, that'd be the best. It's always a good idea to ask leaving volunteers if they have one to pass down. If not, a folded thin blanket with a kanga over it is a great substitute. For many of the workouts, you also need to keep time. A stop watch on any Tanzanian phone is perfectly adequate.

# WORKOUT STRUCTURES AND CIRCUITS

## CIRCUITS:

Circuits can be built on time, repetitions of each move, or both. A circuit by definition is meant to include a certain number of different moves. One circuit is completed when all the moves in that circuit are done. Circuits allow flexibility as you can make your own workout based on your own goals and time constraints.

Reps, short for repetitions, usually means one of something. For example: 12 reps of pushups would just be 12 pushups. It can also indicate a combination of moves. For example: if the move indicated is 'mountain climbers with pushups' when 8 mountain climbers and 2 pushups equal 1 rep, then 10 reps would be a total of 80 mountain climbers and 20 pushups. If not specified, a rep usually can be assumed to be one of something.

Below are examples of possible circuits. You would fill in the moves for each circuit.

### CIRCUITS BASED ON TIME:

*Ladder:* 90 seconds, 60 seconds, 30 seconds. Pick 3-4 moves and do each move for as many reps as possible for 90 seconds and then a 30 second rest. Then do each move for as many reps as possible for 60 seconds and then a 30 second rest. Finish by doing each move for as many reps as possible for 30 seconds.

- You can do this ladder twice with another 3-4 different moves to make it a full workout.

*Set Times:* Choose 10-16 moves, do each move for as many reps as possible for a minute each, and no rests in between each move

- This is a good circuit for cardio; choose 16 cardio moves and get a short cardio session in

*Set Times:* Choose 4-7 moves and do each move for 30 seconds without any rests in between. Do the circuit 2-3 times. Remember one circuit is doing all 4-7 moves each for 30 seconds.

- Make three circuits each with different 4-7 moves to make a full workout.

*Short Circuit:* Pick 3 moves and do each move for 1 minute with 30 second rests in between each move. Do the circuit 3 times.

- This circuit is good for strength and resistance training; make all 3 moves in the same muscle group.

*Alternating Times:* Pick 4-5 moves. Do each move for as many reps as possible for 30 seconds each. Take a 30 second rest. Then do each move for as many reps as possible for 60 seconds. Take a 30 second rest. Then do each move for as many reps as possible for 30 seconds each again.

- To make a more advanced or longer workout, add 90 seconds to the times. So each move for as many reps as possible for 30 seconds, then 60 seconds, then 90 seconds, then 60 seconds, then finish with 30 seconds. Remember to add a 30 second rest between each time change!



## EXAMPLE WORKOUT

### Leg Day: Short Circuit

Warm-up: short cardio 5-7 minutes

Circuit 1: squat jumps, lunges, wall sits.

- Start timer and for 1 minute do as many reps of squat jumps as you can. 30 second rest. Then 1 minute as many reps of lunges as possible (alternate legs). 30 second rest. Last, 1 minute of wall sit. End Circuit 1
- Repeat Circuit 1 two times.

Circuit 2: Snap jumps, sumo squat, tuck jumps

- Start timer and for 1 minute do as many reps of snap jumps as you can. 30 second rest. Then 1 minute as many reps of sumo squats as possible. 30 second rest. Last, 1 minute as many reps of tuck jumps as possible. End Circuit 2.
- Repeat Circuit 2 two times.

End of workout. Stretch for cool down. Workout is roughly 30 minutes.

## CIRCUITS BASED ON REPS:

*Alternating Reps:* Pick 2 moves. First, 25 reps move 1 and 5 reps move 2. 30 second rest. Next, 20 reps move 1 and 10 reps move 2. 30 second rest. Then, 15 reps move 1 and 15 reps move 2. 30 second rest. Next, 10 reps move 1 and 20 reps move 2. 30 second rest. Last 5 reps move 1 and 25 reps move 2.

*Ladder:* Pick 3-4 moves. Start with 10 reps of each move. 30 second rest. Then move down the ladder doing 9 reps of each move. 30 second rest. 8 reps of each move, rest. 7 reps of each move, rest. 6 reps of each move, rest. 5 reps of each move, rest. 4 reps of each move, rest. 3 reps of each move, rest. 2 reps each move, rest. And last, 1 rep each move, end.

*Simple Reps:* Pick 3 moves. Do 20 or 25 reps of each move without rest in between each move to complete 1 circuit. Rest after you have done 20/25 reps of all three moves. Do the circuit 3 times total.

- To make a complete workout create 2 or 3 circuits each with 3 different moves. Remember to do each circuit 3 times.
- You can alternate between circuits as well. For example do circuit 1, rest, circuit 2, rest, circuit 3, rest. Do this three times for the full workout.

## EXAMPLE WORKOUT

Arms and Legs: *Alternating Reps*

Warm-up: short cardio 5-7 minutes

Alternating Moves: Squat clean and press and Decline Pushups

Start with 25 reps Squat clean and press and then, with no rest between, 5 reps Decline pushups. Short rest.

Next, do 20 reps squat clean and press and then 10 Decline pushups. Short rest.

Follow with 15 reps squat clean and press then 15 decline pushups. Short rest.

Next, 10 reps squat clean and press then 20 decline pushups. Short rest.

Finish with 5 squat clean and press and 25 decline pushups.

End of workout. Stretch for cool down. Workout is roughly 15 minutes.

## CIRCUITS WITH TIME AND REPS:

*(Adapted from Kayla Itsines' BBG program)*

- Choose a time for the circuit. Recommended would be a 5 minute or a 7 minute circuit.
- Choose moves. Choose 2 moves for a 5 minute circuit and 4 moves for a 7 minute workout
- For each move choose a set amount of reps. The reps can be a different amount for the specific move. Choose somewhere around 15/20/25 reps.
- Then you will set your timer for the time allotted and in that time you will try to get through all the moves for their designated reps as many times as possible.
- Remember one circuit is when you complete the time, 5 or 7 minutes.
- To make the workout longer you can make two circuits and alternate between them. Meaning choose two 5 minute circuits each with 2 different moves or two 7 minute workouts each with 4 different moves. Once you finish circuit one you will do circuit two and then back to circuit one and last end with circuit two again. So each circuit is done twice.

### **Example Workout**

Five minute circuits with 2 moves each

Circuit 1: 20 reps pushup to plank and reach (10 reaches with each arm), 20 reps sumo squats with behind the head tricep lift

Circuit 2: 25 reps ab hold to table, 30 reps Donkey kicks (15 each leg)

Warm-up: short cardio 5-7 minutes

Circuit 1: Set timer for 5 minutes and begin by completing the 20 reps of move 1. Once finished complete the 20 reps of move 2. When you finish start again with move 1, finish, and do again all the reps of move 2. Take no breaks between moves and try to get through all the reps of both moves as many times as possible.

Circuit 2: Set timer for 5 minutes and begin by completing the 25 reps of move 1. Once finished complete the 30 reps of move 2. When you finish start again with move 1, finish, and do again all the reps of move 2. Take no breaks between moves and try to get through all the reps of both moves as many times as possible.

Now repeat circuit 1 and then repeat circuit 2. You can rest 30 seconds to 1 minute between each circuit.

End of workout. Stretch for cool down. Workout is roughly 30 minutes.

# LEGS AND GLUTES

## LEGS

Squats  
Weighted squats  
Squat jumps  
Sumo squats  
Sumo squats with jump  
Weighted sumo squats  
Calf raises (normal/jumping)  
Single leg split squat  
Single leg step up  
Weighted single leg step ups  
Lunges (weighted/walking)  
Reverse lunges (weighted)  
Duck walk  
Tuck jumps

Tuck jumps  
Squat pulses  
Squat jacks  
Wall sits  
Kettle ball swing  
Kettle ball press out  
Snap jumps  
Full squat and press  
X jumps  
Lunge jumps  
Lunge pulses  
Pendulum lunge  
Wide leg weighted bench squats

## GLUTES

Heel lifted squat  
Single leg squat  
Single leg squat with jump  
Marching hip raise (in bridge knee to chest)  
Hip thrust  
Glute Bridge (single leg) lifts  
Reverse table ups  
Laying side leg circles (small/wide)  
Side kicks (on hands and knees)  
Warrior III  
Rainbows  
Glute bridge walkout  
Donkey kicks  
Laying clams  
Lifted clams  
Straight leg lifts from hands and knees  
Curtsey lunges  
Step up with knee up

## ARMS

Pushups (normal)  
Pushup jacks  
Walking pushups  
Drop pushups  
Laydown pushups  
Decline pushups  
Tricep pushups  
Tricep dips (normal)  
Tricep dips (feet raised)  
Commandos  
Laydown arm press  
Overhead press  
Bicep curls

Tricep curls  
Tricep extension  
Serving bicep extension  
Two arm row  
One arm row  
Curl into press  
Bent over fly  
Overhead tricep extension  
Bent Arms in and outs  
Bent Arms up and downs  
Pike pushups

## CORE

Plank  
Plank with lifted leg  
Side plank  
Hallow man  
Lifting side plank  
Basic crunch  
Straight leg jackknife  
Bent leg jackknife  
Laying, arm to opposite foot lift  
Ab hold  
Plank and knee to opposite armpit  
Superman with forward press  
V-ups

In and outs  
C position bicycle  
Laying bicycle  
Cross leg wide leg sit ups  
Scissor kicks  
Hip raises  
Pulse ups  
Leg raises  
Oblique V-up  
Leg climb  
Mason twist  
Raised leg toe touch  
Standing oblique crunch

## CARDIO

Fast feet	Log jumps
Scissor run	Heismans
Jump rope	1,2,3 Heismans
Butt kicks	Vertical jumps
High knees (arms in/arms out at sides)	Hurdle jumps
Single leg jumps	Hit the floor
Plank jacks	Mummy kicks
Mountain climbers	X jumps
In and outs	Frog jumps
Squat jacks	Power knees
Ski jumps	Circle run
Tuck jumps	Walk out with squat jump
Jumping jacks with front kick	Suicides
Burpees	Jogging
Switch kicks	Power jacks

## COMBO MOVES

Weighted squat to shoulder press	Single leg bridge lift with arm press
Side lunge with bicep curls	Crescent pose with bicep pull
Forward lunge with bicep curls	Ab hold to table
Push up with row	Pushups elbow to knee
Single leg dumbbell row	Plank with row
Mountain climbers with pushups	Sumo squat with behind the head tricep lift
Pushup to plank and reach	Side planks with single leg lifts (up down)
Static squat with shoulder press	Side planks with single leg front back
Back bend with row	Plank Jacks
Static squat with jabs	Hop jumps to push ups
Static squat with fly	Belt kicks
Static squat with press	Pedal into jump lunges
Laydown pushups to tuck jump	Plank with ski jumps

# TIER I

Tier I workouts are designed for someone who needs something to do every once in a while. Nothing involving too much commitment; a quick energy booster or stress reliever. Because Tier I is less regular and the goals are simple, all muscle groups and cardio can be included in the one workout. Each workout can be roughly 15 to 30 minutes and can be done 1 to 2 times a week.

## **TIER I EXAMPLE WORKOUT 1**

*Set time workout:*

*Each circuit contains short cardio, short resistance, and short core specific moves. Try to do as many reps of each move as you can in the given time for that move. There are no rests between moves.*

### Circuit 1

30 seconds jumping jacks  
30 seconds high knees  
30 seconds jumping jacks  
30 seconds high knees  
1 minute single leg squat (30 seconds each leg)  
1 minute burpees  
1 minute static squat with fly  
30 seconds ab hold  
30 seconds plank  
30 seconds ab hold  
30 seconds plank  
30 second to 1 minute rest  
Repeat circuit 1

### Circuit 2

30 seconds ski jumps  
30 seconds frog jumps  
30 seconds ski jumps  
30 seconds frog jumps  
1 minute crescent pose with bicep pulls (30 seconds each leg)  
1 minute belt kicks  
1 minute tricep dips  
30 seconds mason twists  
30 seconds in and outs  
30 seconds mason twists  
30 seconds in and outs  
30 second to 1 minute rest  
Repeat circuit 2

End workout. Cool down with stretch. Workout is roughly 30 minutes

## **TIER 1 EXAMPLE WOROUT 2**

### *Alternating Reps*

Warm-up: short cardio 5-7 minutes

Alternating moves: Weighted squats and press and tricep dips with added sit ups

Start with 25 reps weighted squats then, with no rest between, 5 reps tricep dips. 5 Sit ups. Short rest.

Next, do 20 reps weighted squats and then 10 tricep dips. 5 sit ups Short rest.

Follow with 15 reps weighted squats then 15 tricep dips. 10 sit ups. Short rest.

Next, 10 reps weighted squats then 20 tricep dips. 5 sit ups. Short rest.

Finish with 5 weighted squats, 25 tricep dips, and 5 sit ups.

End of workout. Stretch for cool down. Workout is roughly 15 minutes.

## TIER II

Tier II workouts are designed for someone who has more time to commit to working out and for someone who is looking to remain at their current fitness level. Because you do the workouts more consistently single day workouts can be more body group specific. Have a day for just legs and glutes, a day just for cardio, or a day just for arms. Tier II means that you are committed to exercising 3-4 times a week for roughly 20-40 minutes. Organizing your workout plan is up to you and what you do each week can be different. Example weeks to organize your workout are below.

### An example weekly schedule for a Tier II workout plan:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
rest	Legs/glutes	rest	cardio	Rest	Arms/core	rest

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
rest	Legs/glutes	rest	Cardio	Arms/core	rest	Cardio

Below are two Tier II example workouts:

### EXAMPLE WORKOUT

#### Leg/glutes: Short Circuit

Warm-up: short cardio 5-7 minutes

Circuit 1: squat jumps, donkey kicks, X jumps.

- Start timer and for 1 minute do as many reps of squat jumps as you can. 30 second rest. Then 1 minute as many reps of donkey kicks as possible (alternate legs). 30 second rest. Last, 1 minute of X jumps. End Circuit 1
- Repeat Circuit 1 two times.

Circuit 2: Sidekicks, sumo squats, Glute Bridge

- Start timer and for 1 minute do as many reps of Side Kicks as you can. 30 second rest. Then 1 minute as many reps of sumo squats as possible. 30 second rest. Last, 1 minute as many reps of glute bridge as possible. End Circuit 2.
- Repeat Circuit 2 two times.

End of workout. Stretch for cool down. Workout is roughly 30 minutes.



## EXAMPLE WOROUT

Cardio: Set times workout

*(Adapted from Beach Body Insanity videos)*

Warm-up: short cardio 5-7 minutes

Do each of the following moves for 1 minute each. No rest in between the moves. Its cardio so your heart rate should be up for an extended period of time.

Circuit: 1 minute of each move for as many reps as possible in that 1 minute.

- Suicides
- Switch kicks
- Wide football stance
- X jumps
- Pedal
- Hook and jump rope (8 hooks one arm followed by 4 jump ropes then repeat with 8 hooks other arm followed by 4 jump ropes. Do as many reps as you can within the minute)
- Power jacks
- 8 pushups to 16 mountain climbers (that is one rep, do as many reps as possible in 1 minute)
- Frog jumps
- Power Knees (alternate leg after 30 seconds)
- Mountain climbers
- Ski jumps
- Scissor run
- Burpees
- Push up jacks

End of workout. Cool down with stretching. Workout roughly 25 minutes.

## TIER III

Tier III workouts are designed for volunteers who have fitness as the goal, do lose weight or finally see those biceps. Volunteers doing a Tier III workout are willing to put in the time and sweat. For Tier III you should be prepared to put in 30-60 minutes for a workout and 5 to 6 times a week.

An example monthly calendar for a Tier III workout scheme is below:

### EXAMPLE MONTHLY/ WEEKLY SCHEDULE FOR TIER III.

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	STRETCH	RESISTANCE 1	CARDIO 1	RESISTANCE 2	CARDIO 1	RESISTANCE 3	CARDIO 1
2	STRETCH	RESISTANCE 4	CARDIO 2	RESISTANCE 5	CARDIO 2	RESISTANCE 6	CARDIO 2
3	STRETCH	RESISTANCE 1	CARDIO 1	RESISTANCE 2	CARDIO 1	RESISTANCE 3	CARDIO 1
4	STRETCH	RESISTANCE 4	CARDIO 2	RESISTANCE 5	CARDIO 2	RESISTANCE 6	CARDIO 2
5	STRETCH	RESISTANCE 1	CARDIO 1	RESISTANCE 2	CARDIO 1	RESISTANCE 3	CARDIO 1
6	STRETCH	RESISTANCE 4	CARDIO 2	RESISTANCE 5	CARDIO 2	RESISTANCE 6	CARDIO 2

In this monthly schedule each week has a rest/stretch day and the rest are divided by cardio and resistance days. Each week will have different resistance workouts and different cardio workouts. However, the resistance workouts and cardio workouts can repeat within weeks. For example, weeks 1, 3, and 5 will have the same workouts, while weeks 2, 4, and 6 will be the same.

### EXAMPLE WORKOUT STRUCTURE FOR WEEKS 1, 3, AND 5

Resistance 1: Legs/glutes

Resistance 2: Arms

Resistance 3: Core

Cardio 1: can be the same throughout the week or vary

### EXAMPLE WORKOUT STRUCTURE FOR WEEKS 2, 4, AND 6

Resistance 4: Legs/glutes

Resistance 5: Arms

Resistance 6: Core

Cardio 2: can be same throughout the week or vary

Use the workout and circuit structures to make your 6 resistance workouts before starting so that you are prepared for each week. Use previous example workouts or create your own with your favorite moves.

An example resistance workout is below for legs and glutes. The example below would work for either resistance 1 or resistance 4 (leg and glute resistance days). You can use this structure with different muscle groups for each resistance day or find something else that works for you! For the other resistance days (resistance 2, 3, 5, 6) you can put in Core moves or Arm moves.

For Cardio, feel free to run outside, use previous cardio example workouts, use other workout/circuit structures to make your own cardio workout, or if you're willing to use your battery, even a workout video.

## **RESISTANCE EXAMPLE WORKOUT**

Legs and glutes: *Ladder*

Warm up: 7 minutes

Circuit 1: Jump lunges, step ups with weight, tuck jumps

Start by doing as many reps as possible of jump lunges (alternating legs) for 90 seconds, then as many reps as possible of step ups (alternating legs) for 90 seconds, then as many reps as possible of tuck jumps for 90 seconds. 30 second rest.

Repeat but do each move as many reps as possible for 60 seconds. Followed by a 30 second rest.

Repeat all moves but do each move as many reps as possible for 30 seconds.

End of circuit 1.

Circuit 2: wide leg weighted bench squats, kettle ball swings, single leg squat and jump

Start by doing as many reps as possible of wide leg weighted bench squats for 90 seconds, then as many reps as possible of kettle ball swings for 90 seconds, then as many reps as possible of single leg squat and jump (alternating legs) for 90 seconds. 30 second rest.

Repeat but do each move as many reps as possible for 60 seconds. Followed by a 30 second rest.

Repeat all moves but do each move as many reps as possible for 30 seconds.

End of circuit 2.

You can end workout here or repeat circuit 1 and 2 again for a full hour workout. Cool down with light stretches. Without circuit repeat workout is roughly 30 minutes.

## **End of Workout**

After completing your cool-down and stretching it is always a good idea to hydrate. You were sweating and your body wants that water back in order to function smoothly. So, drink water. Also, your body will be happy to get some food soon. Try to make a healthy, well-balanced meal to keep your metabolism balanced.

# Meditation: Why & How

Your mind has one job—thinking. It really likes that job. It comes up with all kinds of ways of doing that job. Sometimes it is on task and factual. Sometimes it is fictional. Sometimes it is difficult to see the difference. Meditation is a way to make the mind more even and clear. It is a method for viewing the world as it actually is. It is a method for abiding—not forcing. It is a method for being present and awake to the nature of reality.

The premise here is that the natural state of the mind is clear. It is calm. However, like a jar with silt resting at the bottom, the mind can become shaken and cloudy—maybe even murky. Once the agitation starts, it is easy for it to continue. Meditation provides a way to train our mind to discontinue that track and settle into its calm and clear state.

To do this we must learn how to slow down the mind, to analyze it and to see how it operates. What happens when it experiences the myriad of emotions of the human existence: suspicion, craving, sadness, annoyance, courage, depression, anxiety, revulsion, anticipation, love, sadness or maybe even harmony? Perhaps, after looking at the mind for a while in this unhurried state, we begin to realize that these emotions are not necessarily compulsory. Perhaps, they are dependent. Perhaps, we actually make a decision along the way to generate them. Perhaps, every thought we have does not need a reaction. Perhaps, we can just look at them as thoughts and abide. Maybe we just accept them as what they are: thoughts. Not edicts. Not laws. Not acts.

Sitting meditation is the means of slowing the mind down so that we can observe and examine it. It is not just sitting. It is also breathing. Since breathing is always with us, we use it as a tool or a point of concentration that we can return to over and over again in order to decelerate our thoughts and observe. Without the base of a point of awareness, our meditation home, our thoughts can run wild and create stories and conspiracies that may be entertaining but not truth. If we run along with these thoughts, following them wherever they go, we may end up far from home.

Meditation is a practice. It is an exercise. To have a strong and flexible mind, we must train it. If you want to play Scott Joplin's "Maple Leaf Rag," you do not sit at the piano for the first time and begin playing it effortlessly. You practice. You do exercises. You practice more. You practice every day. You train, you build and then you perform. This is meditation. We practice in a rehearsal space--over and over and over--and then we perform what we have learned in our lives and with our relationships.

So, find a place—a place that is somehow uplifting to you. An environment that is uncluttered, calm and works well for a meditation practice. Don't worry about something that is perfect. Just find some place that is private and peaceful. It is helpful if this is a place you can return to daily.

Daily: because a regular practice seems to be the best practice. Consistency and routine help keep you on track and training requires that type of attention. Moreover, picking a time of day and a length of meditation is also a best practice. Maybe 15 minutes every morning works best for you. It could be 30 minutes before you go to bed. Try things out. Experiment. Find what works best for you. When you find something that is fitting you comfortably, have some discipline with it and be consistent.

When you do sit down to meditate, use that knowledge of yourself to your benefit. If you are really agitated, you might want to take a little walk first just to settle down. If you're hungry, don't meditate just because the clock says it's that time. Go eat something. Meditation is not a punishment. It is a gift from you to you. Try to have a sense of humor about things. We can all be quite ridiculous. Don't beat yourself up trying to be the perfect this, the perfect that, the perfect meditator, the perfect human being. You are fine just the way you are today. And, you have a growth mindset, so, you are looking to expand your wealth of knowledge—that knowledge of you and who you are. Then, when you have taken care of those needs, sit yourself down.

Sit down in a comfortable fashion. Try sitting on the floor with your legs lightly crossed. You might have a small cushion that helps place your knees beneath your hips. You might have the flexibility to do this without a cushion. Maybe sitting on the floor doesn't work for you. Use a nice, firm chair. Sit away from the back rest and keep your feet flat on the ground. You might take a moment to acknowledge why you are meditating. Possibly, you want a little serenity in your own life. Perhaps, this little act by you is beneficial for the harmony of all beings. In a chair or on the floor, have an upright posture.

Think of a string that is attached to the top of your head. It is lightly pulling your spine upright yet comfortable. Your hands naturally find their place on your thighs. They are not holding you up or bending you down. Your shoulders, your arms, your hands and your fingers are all relaxed. You are relaxed but upright. Your face is relaxed. Your mouth is a little open and your tongue is just touching the back of your upper front teeth.

With a soft gaze, look out maybe 3-6 feet in front of you. Place your mind there. Keep it there. Your eyes are open because you are awake. You are awake to the world. You are not avoiding the world. You are part of it.

Find your breath. Observe it. Follow it in. Watch it flow out. You do not need any special breath. Just breathe normal. You have set a timer. It might be a kitchen timer. Another option might be one of the numerous meditation timers that are available for smart phones. No matter the preference, set a time and stick with it. Be disciplined. If you set it for 15 minutes, don't stop at 10 minutes because you are feeling uncomfortable. Be there with that state of uneasiness. On the other hand, if you decided on 30 minutes, don't continue after that because you are in such a state of bliss. It is time to carry that condition into the real world.

Your mind has one job—thinking. It really likes that job. When you sit and follow your breath, you might notice, in fact, you probably will notice, that your mind is capable of a great number of thoughts from numerous vantage points and covering a wide spectrum of subjects and emotional states. For many people, sitting and noticing these thoughts and their ferocity can be daunting. You might not have noticed the speed and number before. For years you have been running with the herd. Now you are suddenly sitting. Watching the thoughts race by can be scary. It's okay. They are only thoughts. They are not real. As you train your mind, you will begin to understand the nature of the wild beasts that are your thoughts. You might even begin to become friends with them. You are not asking them to change. You are just acknowledging them for what they are and becoming at ease in their presence. They begin to become domesticated. Of course, their nature is to run, so you must continue to sit with them and keep that friendship warm.

How do we train our minds to deal with thoughts? We recognize them. We follow the breath. A thought comes to mind. Maybe we think, "Pasta would be good for dinner." We notice that thought, call it by name..."thinking." Then we send it on its way. We do not become attached to it. We do not

follow it. We do not begin a grocery list of items we will need to prepare the desired pasta. But, sometimes that thought comes right back even after we labeled it, "Pasta with pesto, yes, pesto." That's okay. It is funny how determined your mind can be to have its thoughts. Have a sense of humor about it. Do not beat yourself up as a bad meditator. You are practicing. This is the practice. Those thoughts and the labeling of them--that is the practice. We are learning to slow down our thoughts. We are learning to steer the vehicle. Just say "thinking" to yourself and go back to following your breath again.

When you are first beginning to meditate, counting can be useful. Try focusing your attention on counting. Pick a number. Let's say 20. Begin counting to 20. Breathe in, and then out. That is one. Continue. If you forget what number you are on, you probably attached yourself to a thought. No problem. Start again. Once you are more settled, you can just follow your breath.

Sometimes, it feels difficult to follow your breath. The problem is usually posture. Your body tends to relax its attention to form. It succumbs to gravity. The mind follows. Feel that string pull you up from the top of your head. Begin again. When that thought comes, label it a thought and find your breath. You might completely succumb to the thought. You might organize a whole dinner party in your mind complete with guests, attire, aperitifs and desserts. Again, that's okay. When you do notice, smile. Begin again. Eventually, as you sit with the racing herd of thoughts, they will notice your peaceful abiding nature and begin to relax themselves. They will slow down. They will join you on the prairie, comfortable with the way that it is.

Expectations occur. They have a tendency to have associated problems. By having an expectation, sometimes we are disappointed when our anticipated result does not occur. We suffer. Often, people think of meditation as contemplation. It is not. We do not meditate to think. We meditate to slow down and abide. Contemplation is good for another time. People often think that meditation will reward us with profound harmony and joy everlasting. It can, but it can also bring up difficult thoughts that we often would prefer to suppress. In meditation, we are not suppressing. We are being. We are examining and abiding calmly. We are practicing being in the moment. We are not in the past. We are not predicting the future. We are in the moment and then we are in the next moment. We are breathing moment to moment. We are being mindful and present. We are participating in the now.

If you try meditation on for size and you like the way it fits generally, it can be good to find a tailor to help you make adjustments. Try finding an experienced meditator to help you make those adjustments. If you have the opportunity, being part of a meditating community and experiencing mediation together can be rewarding.

Breathe in. Breathe out. Be present. Be awake in the world.

### **Summary**

- Find a place to meditate. This should be a quiet, uncluttered area with privacy.
- Sit in a comfortable position. Keep an upright posture.
- Follow your breath.
- Label your thoughts "Thinking". Let them go.
- Be disciplined. Meditate for the time you allotted.
- Repeat daily.