

STRENGTH AND METABOLIC TRAINING FOR WALKING/RUNNING



NAME



STRENGTH - DO EACH EXERCISE 1 Time (Beginner) & 2 Times (Intermediate & Advanced)	BEGINNER EXERCISE	BEGINNER REST	INTERMEDIATE EXERCISE	INTERMEDIATE REST	ADVANCED EXERCISE	ADVANCED REST
CHAIR SQUATS - WITH OR WITHOUT WEIGHTS	:20	:40	:30	:30	:40	:20
JUMPING JACKS	:20	:40	:30	:30	:40	:20
STEP-UPS ON 8" STAIR - WITH OR WITHOUT WEIGHTS	:20	:40	:30	:30	:40	:20
SPEED SQUATS	:20	:40	:30	:30	:40	:20
ALT LEG LUNGES - WITH OR WITHOUT WEIGHTS	:20	:40	:30	:30	:40	:20
MOUNTAIN CLIMBERS	:20	:40	:30	:30	:40	:20
HEEL RAISES ON 8" STAIR - WITH OR WITHOUT WEIGHTS	:20	:40	:30	:30	:40	:20
BURPEES	:20	:40	:30	:30	:40	:20
PUSH-UPS	:20	:40	:30	:30	:40	:20
JUMPING JACKS	:20	:40	:30	:30	:40	:20
ONE-ARM ROW - WITH WEIGHTED CONTAINER OR WEIGHTS	:20	:40	:30	:30	:40	:20
SPEED SQUATS	:20	:40	:30	:30	:40	:20
SHOULDER PRESS - WITH WEIGHTED CONTAINER OR WEIGHTS	:20	:40	:30	:30	:40	:20
MOUNTAIN CLIMBERS	:20	:40	:30	:30	:40	:20
BICEP CURLS - WITH WEIGHTED CONTAINER OR WEIGHTS	:20	:40	:30	:30	:40	:20
BURPEES	:20	:40	:30	:30	:40	:20
OVERHEAD TRICEP EXTENSIONS - WITH WEIGHTED CONTAINER OR WEIGHTS	:20	:40	:30	:30	:40	:20