

Physical

Set aside 20 to 30 minutes a day in which you can work out. Keep in mind that a long workout (60 minutes or longer) is not necessary to get better results. It's all about the intensity at which you train.

It's also important to note that you can improve your muscular endurance and overall fitness level by developing simple habits you can do every day to challenge yourself. These can include:

1. Skipping the elevator. Take the stairs. If you have two healthy and capable legs, use them!
2. Walking to work if possible. If this isn't possible, challenge yourself to walk to get lunch instead of driving. Those extra steps will add up over time. This habit is especially important if your line of work requires you to sit behind a desk.

Aerobic or Cardio Exercise

Good Cardio exercise must meet two principles:

The first is intensity: It only counts as cardio when you elevate your heart rate into an aerobic zone, which is 55 to 85 percent of your maximum heart rate. You can calculate your target heart rate using the chart below. Simply check your pulse during any activity to find out if your activity counts as exercise.

Second is time: For any activity to count as cardio, it has to last at least 10 minutes per session. Shoot for a minimum of 10 to 20 minutes per session, building up to a full hour over time. And remember, time can be cumulative, so 10 minutes here and there throughout the day is a perfectly fine.

Good activities to consider are:

1. Running.
2. Brisk walking.
3. Swimming.
4. Biking.
5. Working out on cardio equipment.
6. Aerobic classes or DVDs.

Age	Maximum HR	50 percent	75 percent	85 percent
20	200	100	150	170
25	195	98	146	166
30	190	95	142	161
35	185	93	138	157
40	180	90	135	153
45	175	88	131	149
50	170	85	127	144
55	165	83	123	140
60	160	80	120	136
65	155	78	116	132
70	150	75	113	127
75	145	72	108	123
80	140	70	104	119
85	135	68	101	115



Physical

Endurance Exercises

To improve muscular endurance you must repeatedly work and contract the muscle groups you wish to develop. Strength and circuit training that involves body weight exercise such as sit-ups, press-ups, and squat thrusts are very effective. During training combine strength days with cardio days.

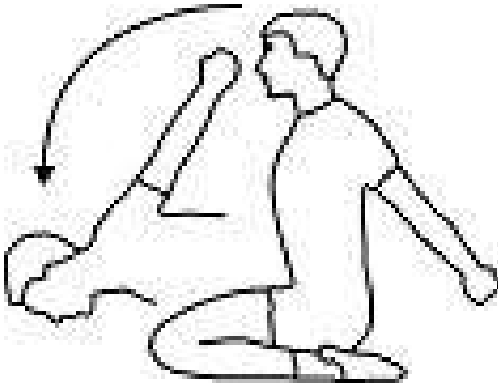
To increase your endurance design your route with the following in mind:

1. reduce your amount of rest between sets.
2. Choose compound movements over isolation.
3. Remember: Routine is the enemy.
4. Use for hybrid exercises.
5. Add explosive movements to your workout.

Flexibility

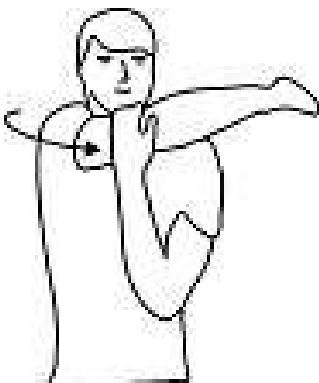
Stretch #1 Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



Stretch #2 Arm Across Chest

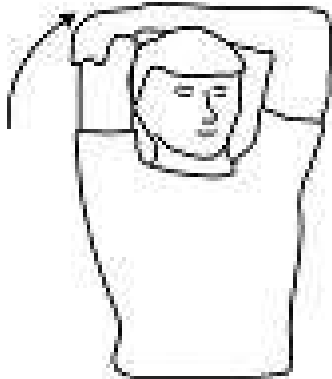
Place one arm straight across chest. place hand on elbow and pull arm towards chest and hold. Repeat with other arm.



Physical

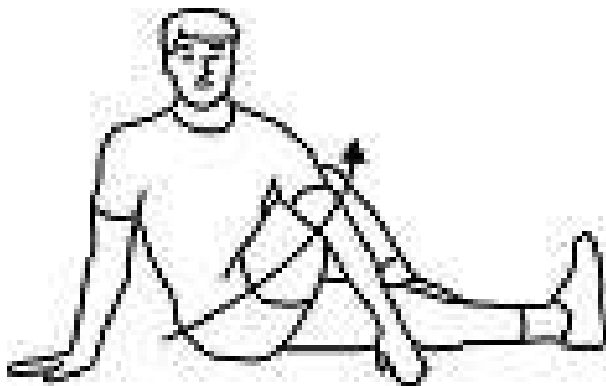
Stretch #3 Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



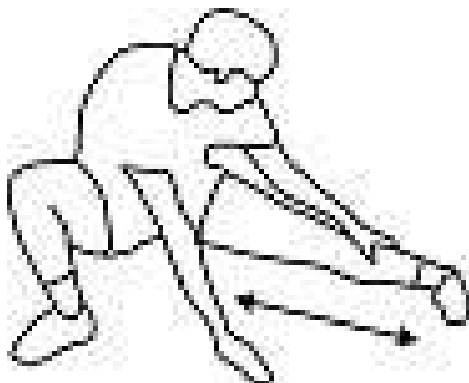
Stretch #4 Glute Stretch

Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.



Stretch #5 Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.



Physical

Stretch #6 Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.



Stretch #7 Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.

