

The Innate Physical Fitness Plan - Level 1 Exercises

Aerobic Endurance

Walk/Run

Complete as follows: Walk briskly or jog for 2 miles (3.2 km) or 30 minutes (whichever comes first). If 2 miles (3.2 km) complete before 30 minutes record time.

Aerobic Power

Intervals

Complete seven (7) sets of the following: One minute walking or jogging as fast as possible (AFAP) followed by three minutes of very slow walking for recovery (active recovery (AR)) TOTAL TIME = 28 minutes

Resistance Training

Bicep Curl

(Use resistance band or light dumbbell) 1 set x 10 reps (or less if to failure), rest 30 seconds; 1 set x 10 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 10 reps.

Back Muscles

(Use resistance band anchored to door and perform rowing motion (seated) or light dumbbell (standing)) 1 set x 10 reps (or less if to failure), rest 30 seconds; 1 set x 10 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 10 reps.

Pushups

1 set x 10 reps (or less if to failure), rest 30 seconds; 1 set x 10 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 10 reps.

Plank

1 set of holding for 15 seconds (or to failure if sooner). Rest 30 seconds. Second set of holding for 15 seconds (or to failure if sooner). Rest 30 seconds. If completed first two sets of 15 seconds, perform third set of 15 seconds (or failure if sooner).

Squats

1 set x 15 reps (or less if to failure), rest 30 seconds; 1 set x 15 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 15 reps.

Shoulder Press

(Use resistance band or light dumbbell) 1 set x 10 reps (or less if to failure), rest 30 seconds; 1 set x 10 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 10 reps.