



# NCA EAGLES FITNESS TRAINING

## Work-Out Program

### Workout Guidelines:

#### Resistance Training –

- 3 – 5 times per week
- 2 complimentary muscle groups exercised per day (+ 2 abdominal or lower back exercises)
- 2 exercises per muscle group
- 2 – 3 sets of each exercise
- 8 – 12 repetitions for each set

#### Aerobic Training –

- 3 – 5 times per week
- 55 – 90% THR (target heart rate) depending on fitness level
- 20 – 60 minutes of continuous or intermittent exercise (10 minute minimum bouts)
- Any activity that uses large muscle groups, which can be maintained continuously, and is rhythmical and aerobic in nature (e.g. walking, hiking, running, cycling, skiing, aerobic group exercise, rope-skipping, swimming)

MONDAY	WEDNESDAY	FRIDAY
<b>Chest (Pecs)</b> - Incline Bench Press - Dumbbell Bench Press - Push-ups - Pec Flys (dumbbell or machine)	<b>Upper Back (Lats)</b> - Pull downs - Bent-over rows - Seated Rows - Assisted Pull-ups	<b>Legs</b> - Dumbbell squats - Dumbbell lunges - Calf / Anterior raises (heel raises / toe raises) - Leg Extensions - Leg Curls
<b>Triceps</b> - Triceps Extensions - Triceps Pushdown - Kick-backs - Assisted Dips	<b>Biceps</b> - Standing Biceps Curl (preacher bar) - Seated dumbbell curl - Cable curls <div style="border: 1px solid black; padding: 2px; text-align: center;">Wrist Curls</div>	<b>Shoulders (Deltoids / Traps)</b> - Dumbbell military press - Front or side Dumbbell raises - Upright Row - Shoulder shrugs
<b>Abs / Core</b> - Sit ups - Crunches - Stability Ball exercises	<b>Lower back</b> - Incline Leg-Hip Raise - Vertical Leg-Hip Raise - Back Extensions - Dead lift	<b>Abs / Core</b> - Sit ups - Crunches - Stability Ball exercises
<i>RESISTANCE BANDS MAY BE USED AS AN ALTERNATIVE / EXTRA EXERCISE FOR MOST MUSCLE GROUPS.</i>		
Cardio	Cardio	Cardio
Flexibility	Flexibility	Flexibility