

3-4 days a week Cardio

- Brisk walking - 30 to 45 minutes (4 to 5 days a week) For advanced workouts use stair. Everyday tip, Park at the far end of the parking lot for grocery shopping. You will walk an extra mile a week on average.
- Interval training - Jog 1 minute and walk 2 minutes. Repeat for at least 30 minutes. This will allow you to get your heart rate up and increase your endurance.
- Advanced interval – Go to your closest high school football stadium. Run the bleachers for 30 minutes. The stairs will challenge you and your heart rate will soar.

Body weight - 30 to 45 minutes (4 set of 12-15 repetition are a good start)

- Squats – Use any items to get this great leg workout. You can do these with no weights or light dumb bells.
- Push-ups – Do as many as possible. Use this as you benchmark. Just try to improve each time on the number you can do. For beginners, start on your knees.
- Dips – Try to do 5. This is a good start and build from that.
- ABS – Do some basic crunches. Tuck your feet under your couch and go. This is my favorite. Watching Oprah and getting firm tight abs.

More advanced – With Dumb bells (For instruction on how to perform these exercises go to inletfitness.com and click on the Fox43inletfitness blog)

- Lunges – Go back and forth in the yard, kitchen, or den. Feel the burn.
- Basic Bicep curls. Use soup cans if you don't have weights. Do as many as possible until you feel fatigue.
- Chest press – us something small that weighs about 10 -20 lbs. I like to use my 2 year old. She has fun and I get a good burn.
- Back row – extend the arms backwards keeping body and abs tight. Soup cans work well if you don't have the weights.
- Dumbbell Tricep Extension – With 2 soup cans or dumbbells extend arms over your head. Bend your elbows, pointing your elbows forward. Exhale and press straight up. Inhale as you lower the weight. Try not to arch your back.
- Shoulder presses –sitting or standing bring arms up and parallel to the ground. Lift all the way up and exhale but not letting the weights touch each other and then inhale back to a parallel position.
- Leg raises – For your lower abdominal. Lay down on the floor and lift your legs straight up towards the ceiling and back down to the floor but not letting your feet touch the floor.

Go to my website to get 2 coupons for Inlet Fitness. Bring them in to Inlet and you will receive \$75 off a membership. Make sure to mention my segment and this ad.

Also, for those of you looking for the full body workout that is totally different and only 1 hour long. Mention this segment for a FREE session. Ask for Tish and her TRX Hardcore training session. More details are at Inletfitness.com

