

**Welcome to training!**

*Physical fitness is deemed medicine by many, building strong agile bodies to help prevent injury and even disease. And a recent study (The British Medical Journal) states that exercise can be 1.5 times more effective than medication for treating many mental health issues.*

*And besides, exercise is fun and you always feel great after!*

*Sandy*

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**Cross Train: Metabolic Burn with Counting Sets**

Get ready to brighten your brain, fire up your musculoskeletal, and get a good metabolic burn (burning calories longer after the workout)! 3 mini circuits, each with 3 exercises. Exercise A is consistently for 5 reps, exercises B and C are descending set (10, 8, 6, 4, 2). Fantastic!  
Props: weights, mat, towel, water. 45 minutes.

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**Cross Train: Absolute versus Functional Strength . . . It's a Win/Win**

Work through Super Sets, each pair has an Absolute Strength exercise and a Functional Strength exercise. (We do a lot of functional strength at Fit Journey, so it's good to compare!) Absolute . . . think of Bicep Curl, very isolated and controlled, and Functional . . . many muscle groups and joints working together, compound movements. Props: weights, mat, towel, water. 45 minutes.

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**Cross Train: 'Close to the Mat' and Mixed Tabata**

We begin this workout (on a hot day) close to the mat, which is an awesome way to check in with your body. Then work through opposites with Mixed Tabata (opposite movements or muscle groups), which goes really quick. Very satisfying! Props: weights, mat, towel, water. 45 minutes. .

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**Movement for Stiff Bodies: 30 – 30 - 30**

Bringing back a favourite . . . it goes quick and you don't repeat once your 90 seconds are done! All exercises are single sided (you know how important this is!), so you do the exercise for 30 seconds, HOLD for 30, and repeat for 30 on one side. Do the other side . . . and move on to the next exercise. Yum. Props: weights, mattowel, water. 45 minutes.

### **Movement for Stiff Bodies: Giant Set with Arms Ladder Set**

We work our way through a giant set (legs, shoulders, core) twice, and then jump on an Arms Ladder set: 10 Triceps Overhead Press, 20 Reverse Fly, 30 Chest Fly, 40 Alternating Bicep Curls, 50 seconds stretch, then all the way back down the ladder! Props: weights, mat, towel and water. 45 minutes.

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### **Movement for Stiff Bodies: HIIT (High Intensity Interval Training) YAY**

We benchmark this workout which is cool to see how much our body can adapt with movement! HIIT circuits: 45 seconds dynamic with 15 seconds active rest (who named it that??). We have woodchops, victory lunges, ribbons, gate lifts . . . paired with halo, body circles and cat/cow! Props: weights, mat, towel, water. 45 minutes

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### **Mindful Fitness for Aging Well: Mixed Tabata**

After a lovely warmup with the joint releasing series, we work through 6 mixed tabata (8 rounds of 20 seconds work, 10 seconds rest). The science behind tabata is that those 10 seconds of 'rest' give you just enough gas to keep going! Clock circle, upper skaters, leg swings, ribbons, shoulder release and more! Props: weights, mat, towel and water. 60 minutes.

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### **Mindful Fitness for Aging Well: Chair, Band and Core**

After a chair warmup (nice!), we work through mini circuits (each with a chair exercise, a theraband or belt exercise, and core work), 45 seconds done twice. Between the circuits, a focus on biceps and triceps. Props: your weights, sturdy chair, mat, towel and water. 60 minutes.

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### **Mindful Fitness for Aging Well: Close to the Mat, Set of Four**

Our warmup is close to the mat (and we repeat much of this as the cool down at the end to compare). Then move into the first 'Set of Four' focusing on our glutes, key stabilizers of our knee to hip. Second 'Set of Four' is circus abs, and the third 'Set of Four' works the arms. Props: weights, mat, towel and water. 60 minutes.