THE 5 CYCLONE 5-10-15

AT HOME, FITNESS ROUTINE

THE ADVICE

- Train with a partner: A partner provides motivation and support, assistance if an injury is sustained, and coaching on exercise technique.
- Train with music: Music can provide motivation and can help keep your energy up.
- Correct breathing: breathing properly improves performance. You should exhale during exertion against a resistance and inhale during the less stressful phase of the exercise.
- Proper footwear: training shoes are designed for specific activities. You should perform these exercises using the appropriate athletic footwear.
- Fuel and hydration: proper nutrition and hydration will optimize your performance during training and help promote recovery after your workout. You should seek assistance from a qualified fitness professional for additional information.

THE CAVEAT

- Proper technique: Incorrect technique can result in injury. You should seek assistance from a qualified fitness professional to assess and coach exercise technique, specifically when new exercises are attempted.
- Important: If you have pain, stop the workout immediately and seek medical advice.
- Quality versus quantity: The technical performance of each exercise is more important than completing the prescribed repetitions. Stop to rest if your exercise technique begins to deteriorate.
- Ensure proper rest between workouts, Rest days are an important part of your training. Rest will allow your body to adapt to the training workouts and decrease the chance of injury. Rest days can include no activity or light recreational activities such as walking and cycling.

THE WARM-UP

The warm-up consists of light aerobic activity, stretching, mobility, and specific movement preparation. Exercises progress gradually in both complexity and intensity. The warm-up will :

- Prepare your body for the demands of the workout
- Provide an opportunity for mental preparation
- Introduce skills through rehearsal
- Enhance performance

WARM-UP ROUTINE

- Light to low impact aerobic activity
- Walking or jogging in place, then with high-knees, then with butt-kicks
- Trunk rotations
- Knee rotations
- Arm rotations
- Head rotations

THE CONCEPT - 6 EXERCISES IN 2 GROUPS

Level 2 – HIIT format

- 10-15 minute warm up
- Rest between exercises – 10 seconds
- Rest between groups - Do the first 3 exercises, rest up to 30 seconds, then second 3 exercises
- Rest between rounds (All 6 exercises) - up to 1 minute
- Do 4-5 rounds
- 10-15 minute cool down

THE EXERCISES

GROUP 1

- 5 Knee Push-Ups
- 10 Bicycle Crunches
- 15 Squats

GROUP2

- 5 Half Burpees
- 10 Alternating Lunges (each leg)
- 15 Reverse Crunches

THE COOL-DOWN

The cool-down is performed after the workout and consists of low intensity aerobic and flexibility/stretching exercises. The cool-down will:

- Gradually transition your body to a normal resting state
- Restore your heart rate and blood pressure to pre-exercise levels
- Optimize your recovery process and improve flexibility

COOL-DOWN ROUTINE

- Light to moderate aerobic activity until your heart rate returns to almost normal
- Light to moderate stretching exercises, starting with the largest muscles, working your way through to the smaller muscles

THE FINALE

- We hope you enjoyed this at-home fitness challenge! 5 Cyclone is here to support you!
- For more information, or other challenges, contact info@5cycloneaircadets.ca