

BP7 MOVING MATTERS

RHYTHMIC & CONTINUOUS

BP7-DAY RECHARGE



Frequency – Every day for 7 days.

Intensity – Never exceeding your 80% of your maximum sustainable effort (see below), and, after a short warming period of 60% of your max effort (5 mins), hold your effort constant for the remainder of the workout. Avoid spikes in your effort.

Time – 20-30 minutes, only.

Type – Rhythmic & Continuous movement; eg, Walking, Jogging, Riding, Swimming, Rowing, X-Trainer Machine (Stepper, Elliptical) etc. A brisk walk would be most appropriate for many.

The result of 'your' 60-80% of your max sustainable effort!

How your effort should feel!	Post-workout feeling!	Signs it's working?
You can talk, easily, when training.	Knowing you could keep going.	Your ideal food choices appeal.
Your [good] form is never challenged.	Low, sugar, and, or, alcohol cravings.	You're led to your 'best' weight.
Your breathing is even and controlled.	You sleep soundly.	You're moving faster at your 80%.
Zero aching body parts.	Loads of lifestyle energy.	You're free of injury & illness.
You could work harder if required.	You're more tolerant.	You're psyched for your next session.

Attention those with a Heart Rate Monitor

Lifestyle Analysis Method (LAM) in determining your MAX moving effort.

What you need: An honest sense of your lifestyle & health.

Purpose: Determine your ideal maximum effort in Heart Rate Beats per Minute.

Questions

a) $183 \text{ minus your Age} = (\text{This is your Heart Rate in Beats per Minute})$

b) *If you've suffered major illness within the last five years; minus 6 =*

- c) You've been largely sedentary over the past two years; minus 3 =
- d) You have suffered more than one cold & flu over the past 12 months; minus 2 =
- e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =
- f) You know you're currently challenged with lifestyle stress; minus 3 =
- g) You've been largely healthy for two years; add 5 =
- h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI)

What is your 80% in heart rate beats per minute? =

Your Zone: From 10 beats lower up to your 80%. Eg. 122-132bpm.

***Every training session should fall within this range! Certainly no harder!

Spinal Balance Resistance Training Session

Frequency – Every day for 7 days.

Intensity – Performing slowly at your controlled pace.

Time – 3 minutes, only, after your R&C Action.

Type – 2 Sets of 8 reps, with 10 seconds rest between each set, performing the 3 spinal strengthening actions listed below.

**Safely bridge up to most advanced movement.*

