



commit to be fit

TRANSFORMATION

Welcome!

THEME: TRANSFORMING YOUR FITNESS HABITS

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WELCOME

Hi Transform Team! Welcome to the 8-week strength training program.

This at-home workout program is modeled after the program that ran in 2021, with a few extra features to keep you motivated to achieve your goals. This program focuses on motivation as much as exercise since exercise won't happen without it. If ever you have any questions along the way, please reach out the C2BF team. We are on this journey together! Also, we highly recommend that you find an accountability buddy. Whether it's a co-worker, neighbor, family member, or friend, having someone to share this program with will give you a huge advantage to see it through to the end. Try to find someone you can do some of the workouts with, but if that is not possible, at least find someone to check-in with regularly to keep each other on track.

Here is a breakdown of what you can expect to receive from this program.

- * You will receive this **booklet**, which shows and describes all of the exercises
- * You will receive a **weekly email** of upcoming workouts for the week
- * You will receive access to our **private FB group** (highly encouraged for ongoing motivation)
- * You will receive opportunities to win **prizes** throughout!!!



SPECIAL THANKS

While this type of online program usually ranges from \$100-\$200 (or more), it is absolutely free of charge for our Rapp family, courtesy of the **PATH Foundation**, which funds the Commit to Be Fit program. If you know anyone that works for this amazing foundation, please thank you them. We couldn't do what we do for our students, staff, or community without them.



THE TEAM

Learn more about your coaches at www.rappc2bf.com/meet-the-team



L-R: Kayla Midkiff, Holly Jenkins, Jermey Gates, and Jackie Tederick



ABOUT THE WORKOUTS

This program is meant to be done with very little exercise equipment. **All you need are a pair of dumbbells that are heavy enough to challenge you, but can be lifted for at least 12 reps with good form.** If you do not have access to dumbbells, you can use soup cans or even milk jugs filled to the appropriate weight. We also recommend a mat for floor based exercises, but a towel will work as well. Speaking of towels, have one handy for week 1. There is one exercise that incorporates this as well.

This is a progressive workout, which with time, builds to more challenging exercises as we get stronger. It is imperative that you listen to your body and do what works best for you. We all have limitations, whether it's from an old injury or medical condition, therefore you must follow a program that works best for you. There is no shame in taking lower-impact modifications or even swapping out exercises as needed. If in doubt, please consult your physician. **This is a generalized workout program and may not be suitable for everyone.** Your doctor knows your medical history and trumps everything any personal trainer may say, so please **make sure that you are consulting your doctor if you have questions.** We truly don't want anyone getting hurt or injured. Also, if you currently have an injury, please do not continue with this program. We truly care about your wellbeing.

Before beginning, please take a moment to complete this Physical Activity Readiness and Questionnaire.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

1. Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor? YES NO
2. Do you feel pain in your chest when you perform physical activity? YES NO
3. In the past month, have you had chest pain when you were not performing any physical activity? YES NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? YES NO
6. Is your doctor currently prescribing any medication for your blood pressure or for a heart condition? YES NO
7. Do you know of any other reason why you should not engage in physical activity? YES NO

If you have answered "Yes" to one or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which questions you answered "Yes". After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.



A NOTE ABOUT NUTRITION

If you are looking to change your body composition, your food intake is key. While this program focuses on strength training, which will help to boost your metabolism, true change comes from your nutritional habits. We recommend following a mindful approach to eating. Be aware of what you are consuming. Don't deprive yourself, but a generalized guideline is to **try to eat healthier options 80% of the time**. One awareness tip is to keep a food journal. Each day, jot down everything you eat and drink. Also, eat slowly and allow yourself time to enjoy your food and for your body to signal when you are full. *We have included a tracker in this booklet for you to log your food intake if you wish.*



A NOTE ABOUT HYDRATION

Water is the body's most important nutrient. Make sure that your body is well hydrated before the workout. Take sips of water throughout and replenish afterwards. Also, be mindful to drink water throughout the day. Since the body has a hard time differentiating between hunger and thirst, we sometimes mistake hunger for just needing water. Therefore, drink a glass of water before each snack and meal, which may help to not overindulge. Drink water often!



A NOTE ABOUT SLEEP

Sleep is key for body functioning. A lack of sleep leads to an overproduction of cortisol, which contributes to an accumulation of abdominal fat. While I know it isn't always possible to get 7-8 hours of sleep per night, aim to do your best if you are trying to change your body composition. Try to keep a consistent bedtime to allow for your body to find a natural rhythm for various sleep stages and a more restful experience.



A NOTE ABOUT STRESS

Stress also leads to an overproduction of cortisol (see sleep note above). If you experience high levels of daily stress, it's imperative that you **practice stress reduction techniques**. The good news is that exercise can lead to the body's production of "happy hormones" which can help to serve as a method of stress reduction. We also recommend deep breathing (meditation apps are great) or making time for the hobbies that you truly love.



A NOTE ABOUT BODY COMPOSITION

We are all completing this program for different reasons. You may be wanting to transform your workout habits and stick with a program long-term. Or you may be working out regularly but want a new routine to beat boredom or break through a plateau. Perhaps you want to make changes to your body composition.

What is body composition? In simple terms, it is the make-up of your body’s lean tissues vs. fat. However, this is not simply losing weight according to your scale. In fact, some of you may want to increase your weight by adding on more muscle weight. Keep in mind, we are all different and have different goals. The good news is that whether your personal goals is to lose fat or gain muscle mass, this program will help.

Before we kick off the program, take a moment to track your initial measurements. This is the easiest way to track change at home. Get a measuring tape and measure 3 key areas: chest, waist, and hips.

For **chest**, measure at your nipple line. At home, it is best to complete all measurements sans clothing. However, if you opt to measure over clothing, make sure it is a thin material and be mindful to wear the same shirt for future measurements. Ladies, if you are measuring over a bra, be mindful to always wear the same bra for subsequent measurements.

For **waist**, measure over your belly button. Take a deep breath in, EXHALE, and record measurement. Try not to pull the tape super tight, as tempting as it may be.

For **hips**, measure at the widest part of your bum.

MEASUREMENTS

AREA	MEASUREMENTS: WEEK 1 DATE:	MEASUREMENTS: WEEK 4 DATE:	MEASUREMENTS: WEEK 8 DATE:
CHEST			
WAIST			
HIPS			

Starting Weight (optional): _____ lbs.

Also, we encourage everyone to take a BEFORE pic. This pic is for your eyes only, but can be a helpful visual tool to keep you going with your exercise habits after the challenge has ended. I recommend taking one from the front, back, and side.



WARM-UP

Before every workout it's important to warm-up. Here is an easy warm-up that you can do each time.

Warm-up Circuit: Do each of the 3 exercises for 30 seconds each. Repeat for a total of 3 times. Complete at a slower, warm-up pace.





STRETCHES

Immediately **after** each workout, it's important to take some time to stretch your working muscles. This will help to reduce soreness and enhance your flexibility.

Back & Chest Stretch



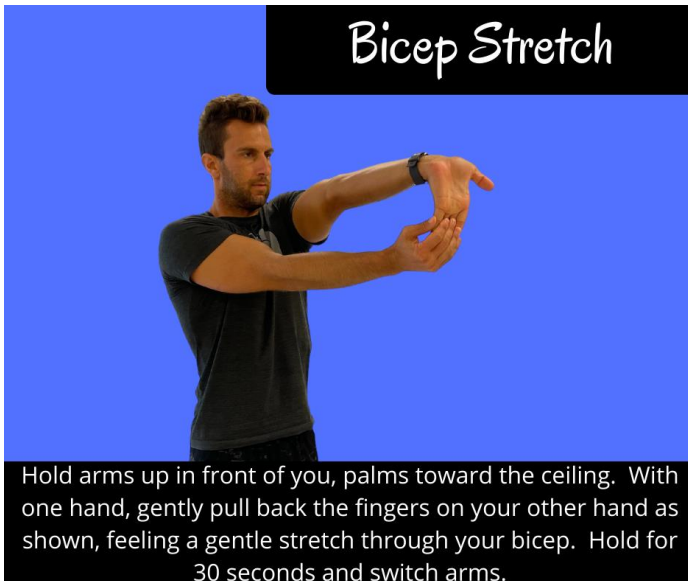
Back- Round your back, clapping your fingers together in front of you. Hold for 30 seconds while feeling a slight stretch through your back. Chest- Open arms wide to open chest. Hold for 30 seconds.

Shoulder Stretch



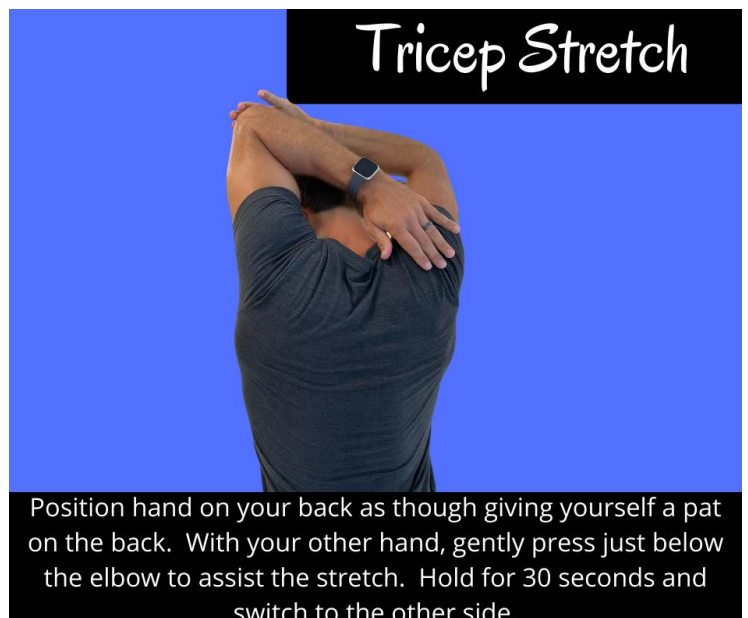
Extend one arm forward. With your other hand, resting just above your elbow, gently pull arm across the chest. Hold for 30 seconds and switch to the other side.

Bicep Stretch



Hold arms up in front of you, palms toward the ceiling. With one hand, gently pull back the fingers on your other hand as shown, feeling a gentle stretch through your bicep. Hold for 30 seconds and switch arms.

Tricep Stretch



Position hand on your back as though giving yourself a pat on the back. With your other hand, gently press just below the elbow to assist the stretch. Hold for 30 seconds and switch to the other side.

Hamstring Stretch



Sit with legs extended outwards in a V- shape. Reach and lean towards one side at a time to feel a gentle stretch in the hamstring on that side. Hold for 30 seconds then switch sides.

Quad Stretch



Standing on one foot, lift the other foot up towards your bottom, keeping your thighs and knees together. If you can, hold your foot in your hand, as shown, and press into your hand for a stretch through the front of your thigh. Hold for 30 seconds. Repeat on the other side.

Glute Stretch



Lay on your back with knees bent and feet flat on the floor. Cross one foot over your knee. Reaching forward, gently pull the thigh of your uncrossed leg, towards your chest. Hold for 30 seconds and then switch legs.



EXERCISES

ALL WEEKLY EXERCISE PHOTO TUTORIALS WILL BE INCLUDED IN WEEKLY WORKOUT PROGRAM instead of program booklet.

Each week, you will receive a weekly workout program with specific instructions on which exercises to complete, along with the photo tutorials. Additionally, we will include a short video featuring all the weekly exercises.

Each week, you will receive 1 upper body workout (to be done 2x during the week), 1 lower body workout (to be done 2x during the week), and a core workout. The following week, will be the same format, but with new exercises.

The workouts are structured for 4 days of strength training. Lower body is scheduled for Mondays and Thursdays. Upper body is scheduled for Tuesdays and Fridays. If there are days that are more convenient for your workout, **you have the flexibility to rearrange the days. However, be mindful to NOT do 2 upper body workouts or 2 lower body workouts on consecutive days.** After working that muscle group, it is imperative to have a rest day before working that same muscle group again.

Each week, you will received a workout program, which will specify the exercises, reps, sets, rest time, sequence, and pace. Refer to page 10 on how to read the workout plan.



MODIFICATIONS

This is a generalized workout program that may not be suitable for everyone. As mentioned before, please consult your physician or medical professional before beginning any exercise routine or with any specific questions related to exercise and your health. We will provide generalized modifications for some of the exercises, especially higher impact activities. These modifications will be included with the weekly workout plan. Remember, we ALL have special considerations and there is no shame in modifying appropriately. ***It doesn't mean you are weak; it means you are smart!***

How to Read Your Workout Plan

Exercise Name- Refer to weekly workout plan for exercise descriptions, pics, and modifications

Monday- **EXAMPLE**

Dead Bugs- 8 reps per side (= 1 set)

Total- Complete 3 sets with 30 second rest in between (*pace-moderate*)

Reps- (or repetitions) the number of times you do that exercise in a single set. In this example- 8 reps = 1 set

Sets- the number of times you repeat the sequence of exercises. In this example- you have 3 sets (each set has 8 reps). *So, truly you are completing the exercise 24 times, but it is broken down into sets to allow for rest.*

Circuit- Complete all exercises before repeating again. In this case, you are completing 10 squats, 8 lunges per side, 8 leg swings per side, and resting for 1 minute before repeating the entire circuit. After the circuit has been completed 3x, you would then move to Step-ups.

Circuit- Complete all exercises before repeating

1. **Squats-** 10x (*pace-moderate*)
2. **Lunges-** 8x per side (*pace-moderate*)
3. **Leg Swings-** 8x per side (*pace-moderate*)
4. **Rest** for 1 minute

Repeat circuit 3 times

Arrow- Once you have completed all sets, you are done. Rest for 1 minute and move on to the next exercise.

Pace- We will be adjusting the pace as we continue through the weeks.

Moderate- normal tempo

Step-ups (*stairs and curbs will work too*)- 15 per side (= 1 set)

Total- Complete 3 sets with 1 minute rest in between. (*pace-moderate*)



KEEP TRACK

Week 1

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 2

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 3

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 4

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 5

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 6

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 7

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?

Week 8

Exercise	Lower Body 1	Upper Body 1	Rest	Lower Body 2	Upper Body 2	Active Recovery	Rest
DATE							

How do you feel?

How was your food intake overall?

Food Intake	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are you most proud of this week?



QUESTIONS & ANSWERS

How do I know when to increase my weights?

If after the 3rd set you feel that you could add even more reps or another set, it may be time to increase the weight. But just because you opt for a heavier weight doesn't mean you can't increase slowly. For example, if you are using 10 lb. weights and want to increase to 12 lbs., start off with the heavier weight for your first set. Once the muscle starts to really fatigue, complete the rest of the sets with the lighter weight. As the month continues, you will find yourself being able to lift the heavier weight for longer periods of time.

When am I going to start seeing results?

Ah, this is a very common question. And truthfully, there are a ton of variables (food intake, genetics, etc.) that make this different for each of us. In the first few weeks, you won't see many changes, BUT you will feel them (better mood, increased energy, better sleep, ease of exercise, etc.). Generally speaking, after the first month, you will probably see a difference in how your clothes fit. After two months or three months, others may start to see it too. While this program is only 8-weeks long, it is designed to get you through the hardest part of a transformation, which is the beginning. Once you complete the 8-weeks, we are confident that you will want to continue on this journey and you will be equipped with the knowledge and motivation to do so. Keep in mind, if you are looking for a transformation in body composition, you will have to also be mindful of your food intake as well. Don't let this discourage you. It takes time, but every single day is one step closer to your goal!

What about cardio?

We highly recommended incorporating cardio or additional physical activity to improve your cardiovascular health as well. Plus, if you are looking to change your body composition, additional cardio can be a great way to burn additional calories while performing the activity. Strength training, however, will increase your metabolism, even after the workout is completed. Therefore, if you only have 30 minutes a day to devote to working out and changing your body composition is your goal, grab your weights.

More questions? Please email us at c2bf@rappahannockschools.us. Also, be sure to join our private FB group! This is not required, but highly encouraged since we will be sharing tips, building community for motivation, and more. For those not on FB, we will be sharing important information and prize opportunities by email as well. However, we really recommend joining the FB group for additional social support.

To join the private group, search C2BF Transformation 2024.