

TimberForm® Fitness Events

INTRODUCTION

Welcome to the TimberForm Fitness Events

Before engaging in this or any regular exercise program, we encourage you to consult with a physician to determine your physical condition, and your ability to participate in strenuous exercise.

The routine use of these Fitness Events can have a beneficial impact on the body. Improved flexibility, increased stamina, muscle toning, and cardiovascular conditioning may be expected with regular participation.

TimberForm Fitness Events are a series of four groups of exercise apparatus, identified as **A, B, C,** and **D**. Each Fitness Group is accompanied by a graphic display to help explain the exercise activities to be done.

Group A consists of six warm-up and cool-down activities which should be attended at the beginning and end of your exercise regimen.

Groups B, C, and **D**, provide three strengthening exercises each; with one activity per station addressing the legs, torso, and upper body muscle groups.

Three ability levels are indicated for each exercise, with a suggested number of repetitions shown for each; **Stage 1, Stage 2,** and **Stage 3.**



After completing each group of exercises it is suggested that five minutes of cardiovascular conditioning be performed. Any vigorous activity such as jogging, walking, running or bike riding can serve this purpose. It is important that you follow the **Target Heart Rate Guide** appearing on the back of this panel to obtain maximum benefits and avoid overexertion.

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Your Exercise Program

CAUTION, the American Heart Association suggests that anyone starting a program of regular exercise, and especially a person who has been sedentary, should **not** go all out from the start. Begin easily, and after becoming accustomed to a certain level of exercise, proceed to a more demanding level. Check with your doctor if you have any discomfort in your chest or surrounding areas. Don't wait for pain to get a heart check-up.

This exercise program combines the three essential forms of fitness activities into a coordinated series of events. Stretching, strengthening and cardiovascular conditioning are all addressed.

Begin your exercise with a warm-up period of at least five minutes. This will increase respiration, circulation and body temperature, while stretching muscles, tendons and connective tissues.

Follow the warm-up portion of your program with a short period of cardiovascular conditioning (walking, jogging, etc.). Check your heart rate. Proceed through the three groups of strengthening exercises and following each group do at least five minutes of cardiovascular conditioning. Again, monitor your heart rate after completing each group.

Remember to exercise at moderate, not exhaustive, intensity. You should be aware of increased breathing and a faster heart rate. This is essential to increase fitness and is a sign that you are challenging your system. **DON'T EXERCISE TO A POINT OF TOTAL BREATHLESSNESS.** You should feel recovered a few minutes after exercising, not totally exhausted for the day.

After completing the strengthening and conditioning period, "**cool-down**" for a few minutes. Don't stand still or lie down. Walk around for a few minutes or return to the stretching exercises at Group A. Let your body gradually readjust to the decreased physical demand.

Follow the program regularly and develop it to your potential.

Cardiovascular Conditioning

Target Heart Rate Check

Target Heart Rate Chart

The crucial part of your workout is that period spent within the target heart rate zone. This zone is 70 to 85 percent of your maximum attainable heart rate. Your maximum attainable rate depends upon your age, health, and state of physical fitness. This Heart Rate Guide is based upon a person in excellent health and good physical condition. Adjust your personal guide accordingly.

Determine your Target Heart Rate Zone now and remember these limits throughout your exercise activities. Monitor your rate often. You will be reminded to perform cardiovascular exercise within these limits after each group of strengthening and stretching activities.

Using the Target Heart Rate Chart

To determine if you are within the Target Heart Rate Zone, learn to count your pulse. Anywhere where the heart beats (guide can be felt) is satisfactory. The neck, wrist, chest, inside of the elbow, all give the same count.

Count your pulse immediately upon stopping exercise. Count for 10 seconds. If your heart is beating at below the 70% mark, exercise more vigorously. If above the 85% mark, reduce your activities immediately.

Check your heart rate now to determine your starting level. After completing your exercise program, cool down slowly to a rate close to your starting level.



10 Second TARGET ZONE 70%-85% of Maximum Heartbeat (Healthy, Active Adult)

Age	Target Heart Rate Zone
25 & under	23-28
30	22-27
35	22-26
40	21-25
45	20-25
50	20-24
55	19-23
60 & over	18-22

Target Heart Rate Zone