



A Division of Island Fitness Express, INC.

How to Use the Fit-X San Diego Fitness Focus Calendar:

- We have focused on the components of a **sound fitness program**.
- Try to practice a **well rounded fitness program** but be sure to focus on the fitness assignment for each week.
- **Plan implementation** for the entire week, write it in your personal organizer, put up signs and notes to remind yourself.

Your **Fit-X San Diego** Trainer is:

858-715-8611
www. Fitxsandiego.com



Fit-X San Diego's Fitness Focus Calendar



**NATIONAL HEALTH AND FITNESS MONTH!
LET'S GET SHAKIN' WITH THE ENTIRE NATION!**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| <p>GOAL SETTING WEEK</p> <p><i>Make a list and check it twice.</i> You can be your own private Santa Claus. Make your body's wish list and then break it into smaller attainable goals and be your very own Santa Claus by giving yourself the leaner, healthier and stronger body you've always wanted.</p> | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| <p>WEIGHT TRAINING WEEK</p> <p><i>Perform a total body workout</i> including an exercise for each major muscle group 3 times per week. General recommendations are for 2-3 sets of 12-16 repetitions per exercise. Perform each exercise with control and mental focus on the muscle you are training.</p> | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| <p>CARDIO TRAINING WEEK</p> <p><i>For Health Benefits</i> – Perform cardiovascular training 3 times per week for a minimum of 20 minutes per session. <i>For Fitness Benefits</i> – Perform cardiovascular training 4-5 times per week for a minimum of 30-45 minutes each. <i>For Performance Benefits</i> – Cardiovascular training 5-6 times per week for a minimum of 45-60 minutes each. For best results be sure to train in your target heart rate range and....choose an activity you enjoy.</p> | | | | | | |
| 24 | 25 | 26 | 27 | 29 | 29 | 30 |
| <p>FLEXIBILITY TRAINING WEEK</p> <p>Be sure to warm up before and perform a total body stretch after every exercise session and athletic event. Concentrate on areas specifically trained or engaged in your sport and spots that tend to be tight and cause you regular discomfort.</p> | | | | | | |
| 31 | June 1 | June 2 | 3 | 4 | 5 | 6 |
| <p>NUTRITION WEEK</p> <p>By exercising and following <i>sound nutrition guidelines</i> you can reduce fat, increase muscle mass and become a lean mean machine. Drink those 8 glasses of water per day, eat a combination of 5 fruits and veggies and follow the food pyramid staying within your daily caloric requirements.</p> | | | | | | |