



# Overcoming A Fitness Plateau

# Fitness Plateaus Are Normal:

Plateau happens when our bodies learn to adapt to the stressors that we place on them, and no longer have to work as hard to accomplish a workout.

While these adaptations are an incredible sign of the resilience and adaptability of our bodies, it can be frustrating when you don't see the physical evidence of all of your hard work.

One way to combat this hurdle is by changing up your routine.

# What do you do most? What do you avoid?

## Low Intensity Cardio Training:

*Barre classes, pilates walk, jog, leisurely bike/cycle ride*

## Mid Intensity Cardio Training:

*Barre+, Express, or MIIT classes, shorter/easier run, ride, or swim*

## High Intensity Cardio Training:

*MIIT classes, HIIT classes, longer/harder run, ride or swim*

## Mobility & Flexibility Training:

*Yoga or Myofascial Release classes, stretching, pilates, etc.*

## Strength Training:

*Resistance work, weight lifting, specific muscle group circuits*

# ← Scale of Intensity →

*Decide, based on your current workout regiment, which areas you have currently been investing, and in which areas you want to improve:*

- Power (explosive strength, coordination, sustained intensity)
- Endurance (heart health, breath control, muscle longevity)
- Agility (speed, efficiency, coordination, reaction time)
- Strength (muscle density and recovery, control, metabolism)
- Mobility (active range of motion, motor control, joint health)
- Stabilization (balance, core strength, muscle control)
- Flexibility (passive range of motion, muscle longevity, recovery)

# Here's how ours and other class offerings fit in to your fitness goals:

<b>Barre</b>	mobility, stabilization, strength
<b>Express</b>	mobility, balance, strength, power
<b>Barre+</b>	stabilization, strength, power, agility
<b>MIIT</b>	agility, stabilization, endurance, power
<b>HIIT</b>	endurance, agility, power, strength
<b>Yoga</b>	mobility, stabilization, strength, flexibility
<b>Weights</b>	strength, power, stabilization
<b>Cardio</b>	endurance, power, agility

# Make a Plan of Action

Now that you know where your literal strengths lie, let's make a plan for a well-rounded weekly workout regimen.

To keep the body learning and changing, incorporate different types of workouts on different days of the week.

That schedule doesn't work for your real life? Instead try switching up your workouts over different weeks. For example, one week focus on strength and resistance training, the next week work on cardio-endurance training, etc.

# Choose a Starting Level

**DAY 1**

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**

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## **BEGINNER:**

LI Cardio

LI Cardio/Strength

MI Cardio

Mobility/Rest

LI/MI cardio

Strength

Rest

## **INTERMEDIATE:**

MI/HI Cardio

LI/MI Cardio

MI Cardio

Barre/Mobility/Rest

MI Cardio

Strength

Rest

## **ADVANCED:**

MI/HI Cardio

MI Cardio

MI Cardio

MI Cardio/Mobility/Rest HI Cardio

Strength

HI Cardio

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# Example

-Jenny's Weekly Schedule-

**LEVEL: Advanced**

	<u>Day of the Week</u>	<u>Exercise Focus</u>	<u>Specific Plan</u>
DAY 1	Monday	MI Cardio	<i>Michelle's MIIT Class (45 min)</i>
DAY 2	Tuesday	MI Cardio	<i>3-4 mile run (30+ minutes)</i>
DAY 3	Wednesday	Strength	<i>Resistance training circuit or Barre+ (60 min)</i>
DAY 4	Thursday	Mobility	<i>Usha's yoga class (60 min)</i>
DAY 5	Friday	HI Cardio	<i>Long run: 6-8 mile run (40+ minutes)</i>
DAY 6	Saturday	OFF	<i>Stretch and walk</i>
DAY 7	Sunday	HI Cardio	<i>HIIT workout + weights (45 min)</i>



# Now It's YOUR Turn!

Choose a starting level, assign specific days of the week, and decide on specific exercises. Print this page out the next page to keep you on track.

**LEVEL:** \_\_\_\_\_

	<u>Day of the Week</u>	<u>Exercise Focus</u>	<u>Specific Plan</u>
DAY 1	_____	_____	_____
DAY 2	_____	_____	_____
DAY 3	_____	_____	_____
DAY 4	_____	_____	_____
DAY 5	_____	_____	_____
DAY 6	_____	_____	_____
DAY 7	_____	_____	_____