

Intermediate Fitness Bingo

For those who currently exercise 2-3x/week

Walk the straights & Jog the curves for 10 laps in the Fieldhouse	Complete 2 sets of 10 repetitions of the designated strength training exercises 3x/week	Water Walking 45 minutes 3x/week	Deep Water Running 45 minutes 3x/week	Walk/Jog 30 minutes 3x/week
Stretch 15 minutes 3x/week using the designated stretches	Complete 100 Abdominal Crunches in 6 weeks *Arms across chest*	Complete 100 Pushups in 6 weeks *modified on knees*	Complete 60 Pull-ups in 6 weeks *Body Row or Assisted Pull-up*	Hold Hover for 2 minutes on knees or toes
Swim Laps 45 minutes 3x/week	Complete 100 reps each of shallow water Leg & Quad exercises in 6 weeks	Campus Walk *mandatory w/ a buddy	Climb a total of 1,500 Stairs in 6 weeks	Treadmill Walk w /2.5% incline 30 minutes 3x/week
Water Walking 45 minutes 3x/week	Hold Hover for 2 minutes on knees or toes	Stretch 15 minutes 4x/week using the designated stretches	Complete 2 sets of 10 repetitions of the designated strength training exercises 3x/week	Complete 100 reps each of shallow water Ab Jumps, Scoops & Scissors in 6 weeks
Treadmill Walk w /2.5% incline 30 minutes 3x/week	Deep Water Running 45 minutes 3x/week	Walk the straights & Jog the curves For 15 laps in the Fieldhouse	Walk/Jog 30 minutes 3x/week	Swim Laps 45 minutes 3x/week

Fitness Bingo Instructions

Novice & Intermediate

1. Register online for the Spring Into Fitness Challenge at www.msmary.edu/springintofitness
2. Choose which Bingo level (Novice or Intermediate) you want to “play” and notify Lisa Martin at ext. 3810 or lmartin@msmary.edu by March 15, 2013.
3. You have 6 weeks to achieve Bingo as many times as you want beginning Monday March 18, 2013.
4. To achieve Bingo, you must complete the prescribed exercise(s) in the boxes in one of the following ways.....
 - *diagonally from each corner (X)
 - * vertically & horizontally (+)
 - * vertically & diagonally (\ /)
 - *horizontally & diagonally (/ \)
 - * complete the entire card for “Black-Out”
5. **PLEASE NOTE:** each Bingo must include the “**Campus Walk**” which is the center box of each card
6. Log your weekly total minutes of exercise online beginning Monday March 25, 2013.

Remember...this is for FUN!!!! The reward is your improved health & wellness!!!!



Intermediate Water Exercises

Stand by the side of the pool in shallow water so the water reaches between your naval and chest.

Ab Jump

Stand toward the center of the pool with your legs spread wide. Jump upwards as high as you can, pulling your knees in toward your body as you do so. Land with your legs extended and repeat.

Ab Scoop

Stand with your legs hip width apart and your hands together in front of you, forming an upward scoop. Pull your arms upward, scooping the water as you do so. Perform this move to the left and right to target your obliques. You'll also tone your arms and shoulders at the same time you get a great core workout.

Ab Scissors

Stand with your back to the side of the pool and your arms extending outward to either side. Grasp the side of the pool for support and lower yourself slightly into the water so you are submerged to your shoulders. Extend your legs upward so they are parallel to the bottom of the pool. Spread your legs open as far as you can and then bring them together, crossing one over the other, i.e. left over right. Spread your legs open again, and place the opposite leg on top when crossing, i.e. right over left. This move will target your inner and outer thighs while also hitting your abs.

Leg Press

Stand up straight with your back flat against the wall. Hold the ends of the noodle so that it is in a “U” shape. Push it underwater and step on it in the middle of the “U” with the right foot. Then let go if you can. Lift your right knee up. Then straighten your right leg and press out with the heel. Bend the knee again. Then replace the foot on the pool floor. Keep your lower back against the pool wall and the abdominal muscles contracted. Then repeat with the left leg.

Quadriceps Exercise

Stand up straight, facing the wall. Hold the ends of the noodle so that it is in a “U” shape. Push it underwater and step through it with your left foot. Place your left foot on the pool floor. You are now straddling the noodle with both feet on the floor. Bend your right knee and catch the noodle behind you with your right foot or ankle. Keeping the body straight, press the right foot and noodle toward the floor. Then slowly bring it back up. For this exercise, you are just straightening and bending the knee. Do not push the leg back at all. Be careful not to tip the body forward as you lift. Then repeat with the left leg.

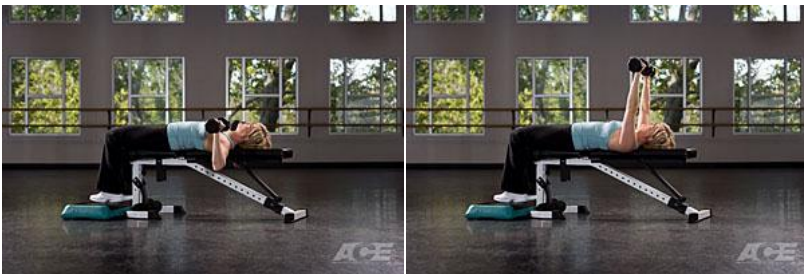
Intermediate Strength Training Exercises & Descriptions

Dumbbell Bench Press



Target Body Part: Arms, Chest, Shoulders

Equipment Needed: Dumbbells, Bench



Step 1

Starting Position: Lie on your back on a flat bench or raised platform with your feet firmly on the ground, your spine in neutral position and a dumbbell in each hand. If working with a spotter, signal the spotter for assistance in handing you the dumbbells.

Step 2

Pull your shoulder blades down and back so that they make firm contact with the bench. Your head, shoulders, and butt should make contact with the bench and your feet should make contact floor throughout the exercise. Signal your spotter for assistance in moving to your starting position. Grasp each dumbbell with a palms facing forward, and thumbs wrapped around the handles. Keeping your wrists in neutral, press the dumbbells toward the ceiling. With the elbows fully extended, the dumbbells should be over the eyes or just below eye level.

Step 3

Downward Phase: Inhale. In a slow and controlled manner, lower the dumbbells in unison. The dumbbells should come toward level with the mid-chest, but about as wide as the armpits. Keeping your wrists in neutral, gently touch the dumbbells to your chest without bouncing. With elbows close to your sides the exercise emphasizes more triceps. If the elbows are flared out from the body the exercise emphasizes more pectorals. Do not allow the back to arch away from the bench. Maintain all points of contact with the bench and keep your feet firmly on the floor/riser.

Step 4

Upward Phase: Exhale and gently press upward to straighten the elbows with the dumbbells positioned at or just below the level of your eyes. Wrists are in neutral position. Do not allow the back to arch away from the bench. Maintain all points of contact with the bench and keep your feet firmly on the floor/riser throughout the exercise.

Step 5

At the end of the set, signal your spotter to assist you in taking the dumbbells and maintain a firm grip until the dumbbells are taken from your hands. Safety is very important in this exercise. A spotter should adopt a split-stance position or half-kneeling position with the hands positioned as close to the wrist joint. Keep the hands near, but not touching the wrists unless needed.

Single-arm Dumbbell Row



Target Body Part: Back

Equipment Needed: Dumbbells, Bench



Level: Intermediate



Step 1

Starting Position: Holding a dumbbell in your right hand, bend over to place your left knee and left hand on a bench to support your body weight. Your left hand should be directly under your shoulder and your knees should be positioned directly under your hips. Engage your abdominal / core muscles stabilize your spine. Your back should be straight and strong and your head aligned with your spine. Pull your shoulder blades down and back. Do not allow your low back to arch. Maintain these engagements throughout the exercise. Straighten your right arm (with the dumbbell) toward the floor. Do not allow your torso to rotate or your shoulder to droop toward the floor.

Step 2

Upward Movement: Exhale and slowly pull the dumbbell toward your side body. Keep your arm close to the side of your body as you bend your elbow and pull the dumbbell up. Continue pulling the dumbbell upward until you are unable to lift any further without rotating your torso. Do not rotate your body or change the position of your spine throughout the lift.

Step 3

Downward Movement: Inhale and gently lower the dumbbell to your starting position. Keep the back straight and strong, abdominals engaged and shoulder blades pulling down and back.

Single Leg Squat



Target Body Part: Butt/Hips, Legs - Calves and Shins, Legs - Thighs

Equipment Needed: No Equipment



Step 1

Starting Position: Stand with your feet hip width apart. The right foot should be slightly forward with the heel of the right foot lined up with the toes of the left foot. Your body weight should be over the right foot. Only the toes of the left foot should be touching the floor to help with balance and stabilization throughout the exercise. Gently engage your abdominal / core muscles to stabilize your spine. Pull your shoulder blades down and back. Keep these engagements throughout the exercise.

Step 2

Downward Movement: With your weight balanced on the right foot and the toes of the left foot still on the floor, slowly begin to bend forward at the hips. Keep the abdominals braced. Do not allow the torso to shift or rotate. Keep your back flat and head aligned with your spine.

Step 3

Keep the abdominals braced and the spine elongated. Push your weight back into your right hip while allowing the right knee to bend. Your arms may be at your side (as pictured) or held front of your body as a counter-balance. As you are lowering yourself, keep your weight into the standing (supporting) foot. Try to keep your pelvis level throughout the exercise. Do not allow your hips to shift or rotate.

Step 4

Upward Movement: Keep your bodyweight in your right side, exhale and slowly push the right foot into the ground to straighten hip and knee and return to start position. The core should be bracing through the entire movement to support the spine; keep the hips level and control balance.

Step 5

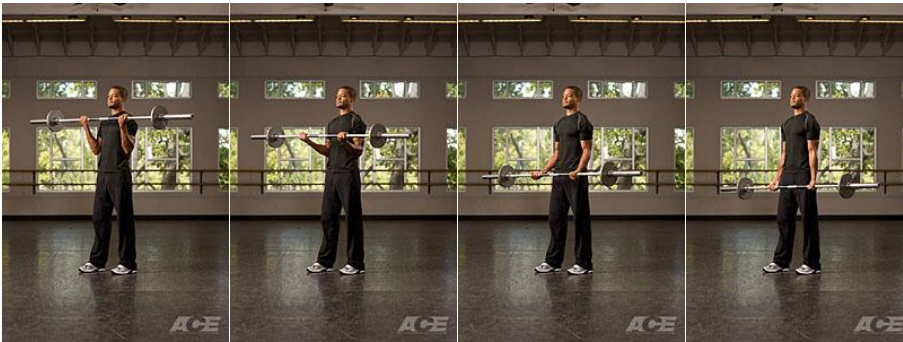
Perform a prescribed number of repetitions. Change sides and complete another set of repetitions on the other leg.

Standing Barbell Curl



Target Body Part: Arms

Equipment Needed: Barbell



Step 1

Starting Position: Stand holding a barbell with your thumbs around the bar and your with your palms facing the wall in front of you. Your grip should be shoulder-width apart to allow your arms to hang at your sides, touching your torso. The bar should rest on the front of your thighs with your wrists straight, not bent (neutral).

Step 2

Stand in a split-stance position with knees slightly bent to stabilize your body. Brace your torso by contracting your abdominal/core muscles. Pull your shoulder blades down and back. Your head and neck should be aligned with your spine. Maintain these engagements throughout the exercise.

Step 3

Upward Phase: Exhale. Bend your elbows, raising the bar toward the front of your shoulders in a slow and controlled manner. Keep your torso erect and the wrists in neutral. Do not allow the shoulders to shrug, the back to arch or sway or the elbows to move forward throughout the movement.

Step 4

Downward Phase: Inhale. Straighten the elbows and lower the barbell back to your start position in a slow and controlled manner. Your elbows remain by your sides and are straight but not locked. Do not bounce the bar off the front of your thighs. Maintain your split-stance, torso, shoulder and wrist positions.

As some of us show structural differences at the elbow, we may not be able to grip the barbell with our arms against our sides in the lowered position unless we force a bend at our wrists. The grip position you select should be the one that is most comfortable and enables you to keep the wrists aligned with the forearm. For extra forearm strength, squeeze the bar as hard as possible throughout the full range-of-motion of the movement.

Stability Ball Dumbbell Overhead Triceps Extension



Target Body Part: Abs, Arms

Equipment Needed: Dumbbells, Stability Ball



Level: Intermediate



Step 1

Starting Position: Sit on a Stability Ball with both feet firmly placed on the floor, hip-width apart or wider. Hold a dumbbell with both hands wrapped around the dumbbell handle. Brace your abdominal/core muscles to stabilize the spine. Pull your shoulder blades down and back. Do not allow your back to arch. Your head should be aligned with your spine. Maintain these engagements throughout the exercise.

Step 2

Upward Phase: Exhale. Slowly press the dumbbell overhead. Straighten your elbows until your arms are vertical to the floor. Your elbows are pointing forward; straight but not locked. The dumbbell should be positioned directly over your head with your palms facing upwards and the dumbbell hanging vertically from your palms. Maintain your balance. Do not change the position of your head, torso, upper arms, wrists or feet. Keep your feet pressed into the floor and abdominals engaged to maintain stability throughout the entire exercise.

Step 3

Downward Phase: Inhale. Bend your elbows in a slow and controlled manner, lowering the dumbbell behind your head. Do not allow the upper arms to move. Continue to bend the elbows to a 90 degree bend or until your upper arms begin to move backward. Do not make contact with the back of your head. Do not change the position of your head, torso, upper arms, wrists or feet. Slowly straighten the elbows and return to start position. Repeat.

Attempt to keep your upper arms vertical to the floor throughout the exercise and keep your elbows shoulder-width apart. Avoid arching in your low back as you extend your elbows overhead.

Forward Lunge



Target Body Part: Abs, Butt/Hips, Legs - Thighs

Equipment Needed: No Equipment



Step 1

Starting Position: Stand with your feet together. Pull your shoulder blades toward your hips. Engage your abdominal/core muscles ("brace") to stabilize your spine.

Step 2

In preparation to step forward, slowly lift one foot off the floor and find your balance on the standing leg. Try not to move the standing foot and maintain balance without wobbling. Pause. Hold this position briefly before stepping forward. The raised foot should land on the heel first. Slowly shift your body weight onto the lead foot, placing it firmly on the floor. As you shift your body weight to the lead foot/leg, avoid the tendency to tilt or sway the upper body and try not to move the forward foot.

Step 3

As you step forward into the lunge, focus on a downward movement of your hips toward the floor. Avoid driving your hips forward. This will help control the forward movement of your shinbone over your foot. Continue lowering your body to a comfortable position or until your front thigh becomes parallel with the floor and your shinbone is in a slight forward lean. During the movement, slightly bend forward at your hips. Keep the back straight.

Step 4

Firmly push off with the front leg, activating both your thighs and butt muscles to return to your upright, starting position.

We suggest you first learn how to perform single leg-stands on the ground before performing this forward lunge. Once you master the forward lunge, you can progress to doing a lunge using arm drivers and multi-directional glute activation lunges.

Prone Reverse Fly on Stability Ball



Step 1

Set yourself up behind a stability ball, weights in hand.



Step 2

Roll yourself out so you are lying prone (facedown) on the ball. The ball should be right under your belly. Weights should be down in front, palms facing in.



Step 3

With legs straight and using a lighter set of dumbbells, do a reverse fly by raising your arms out to the sides. You should be squeezing your shoulder blades together, and the weights should not lift higher than shoulder level. Pause at your highest point, then lower back down. That's one rep.

Dumbbell Upright Row



The dumbbell upright row works all three portions of your deltoids (front, middle, and rear). It also involves the trapezius, biceps, lower back, and abdominal muscles.

Step 1

Stand with a dumbbells in front of your thighs, your feet slightly less than shoulder-width apart. Grab the dumbbells with an overhand grip, your hands at shoulder width or slightly wider.

Step 2

Draw the dumbbells up toward your chin, keeping it close to your body. Go slowly and under control--take 3 seconds to lift the dumbbells from your thighs to your mid-chest line.












Step 3

Your elbows should remain flared outward during the movement but stop just below shoulder height. When the dumbbells are at mid-chest line, pause for 2 seconds and contract your shoulders and trapezius.

Step 4

Slowly lower the dumbbells until your arms are straight, elbows unlocked.

Recommended Stretches

Chest		Upper Back
		
Triceps	Biceps	Shoulders
		
Quadriceps	Hamstrings	Calves
		
Gluteal/Hip		
		
Lower Back		
