

## HIGH RIVER PCN 12-WEEK PROGRAM

### Introduction

This beginner program introduces several exercises to begin your journey toward a healthier lifestyle. It is imperative that you seek medical clearance before beginning this program or any of our exercise programs. If you feel pain doing any of the exercises stop immediately, and consult your physician. This program is only intended as a guideline and does not replace your own common sense or physician's advice. Since this is a total body workout, this program can be used on non-consecutive days (ex. Monday, Wednesday, and Friday). On Tuesday, Thursday, and Saturday opt for 30 minutes of cardio (ex. Air walker, or cardio component of your choice) and extend the stretching component. Sunday is a great opportunity to either rest or go for a relaxing walk, bike ride or activity of your choice.

***Begin every workout with this 10 minute warm-up:***

### 10 min. Warm Up

- 5 min of the Air Walker machine or cardio component of your choice to gradually increase body temperature.
- 5 min. functional/dynamic non-resistive movements (ex. Taichi and Arm wheel, twists & touches, lunge side reaches, hip twists, deep squats, arm circles, etc.).

***End every workout with this 10 minute cool-down:***

### 10 min. Cool Down

- 5 min. functional/dynamic non-resistive movements (ex. Arm wheel, twists & touches, lunge side reaches, hip twists, deep squats, arm circles, etc.).
- 5 min of the Air Walker machine or cardio component of your choice to gradually decrease body temperature, and increase the recovery process.

***End every cool-down with 5-10 minutes of static stretching.***

## BRONZE MEDAL PROGRAM (Week 1-4)

### First Week Program

What does 1 set, 12 reps mean?

Example: Complete the leg stretcher 12 times before moving to the pull chair exercise.

What does Tempo of 2:2 mean?

Example: For the Leg Stretcher, straighten the legs for a count of 2 and return to the bend knee position for a count of 2 (the tempo is to encourage a controlled speed of movement).

What does rest mean?

Before moving to the next exercise, rest for one minute by taking a drink of water and doing a dynamic stretching movement that compliments the exercise just completed.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	1	12	2:2	1 MIN
Pull Chair	ARMS/BACK	1	12	2:2	1 MIN
Push Chair	ARMS/CHEST	1	12	2:2	1 MIN
Air Walker	LEGS/CARDIO	1	2 MIN	2:2	1 MIN
Pull-up Bars	ARMS/BACK	1	2-4	2:2	1 MIN
Bicycle	LEGS/CARIO	1	2 MIN	2:2	1 MIN
Exercise Bars – body Rows	ARMS/BACK/CORE	1	2-4	2:2	1 MIN
Walking Machine	LEGS/CARDIO	1	2 MIN	2:2	1 MIN

### Second Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	1	15	2:2	1 MIN
Pull Chair	ARMS/BACK	1	15	2:2	1 MIN
Push Chair	ARMS/CHEST	1	15	2:2	1 MIN
Air Walker	LEGS/CARDIO	1	3 MIN	2:2	1 MIN
Pull-up Bars	ARMS/BACK	1	2-4	2:2	1 MIN
Bicycle	LEGS/CARIO	1	3 MIN	2:2	1 MIN
Exercise Bars – body Rows	ARMS/BACK/CORE	1	2-4	2:2	1 MIN
Walking Machine	LEGS/CARDIO	1	3 MIN	2:2	1 MIN

### Third Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	1	18	2:2	1 MIN
Pull Chair	ARMS/BACK	1	18	2:2	1 MIN
Push Chair	ARMS/CHEST	1	18	2:2	1 MIN
Air Walker	LEGS/CARDIO	1	4 MIN	2:2	1 MIN
Pull-up Bars	ARMS/BACK	1	2-4	2:2	1 MIN
Bicycle	LEGS/CARIO	1	4 MIN	2:2	1 MIN
Exercise Bars – body Rows	ARMS/BACK/CORE	1	2-4	2:2	1 MIN
Walking Machine	LEGS/CARDIO	1	4 MIN	2:2	1 MIN

### Fourth Week Program – earned a Bronze Medal

Make sure to complete the warm-up first, and end the program with the cool down and stretch. This is called the rejuvenation week in order to prepare the body for the next phase of the program: weeks 5 - 8.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	1	15	2:2	1 MIN
Pull Chair	ARMS/BACK	1	15	2:2	1 MIN
Push Chair	ARMS/CHEST	1	15	2:2	1 MIN
Air Walker	LEGS/CARDIO	1	3 MIN	2:2	1 MIN
Pull-up Bars	ARMS/BACK	1	2-4	2:2	1 MIN
Bicycle	LEGS/CARIO	1	3 MIN	2:2	1 MIN
Exercise Bars – body Rows	ARMS/BACK/CORE	1	2-4	2:2	1 MIN
Walking Machine	LEGS/CARDIO	1	3 MIN	2:2	1 MIN

## SILVER MEDAL PROGRAM (Week 5-8)

### Introduction

This intermediate program introduces several exercises to continue your journey toward a healthier lifestyle. It is imperative that you've already obtained medical clearance before starting this or any of our programs. If you feel pain doing any of the exercises stop immediately, and consult your physician. This program is only intended as a guideline and does not replace your own common sense or physician's advice.

Since this is a total body workout, this program can be used on non-consecutive days (ex. Monday, Wednesday, and Friday). On Tuesday, Thursday, and Saturday opt for 30 minutes of cardio (ex. Air walker, or cardio component of your choice) and extend the stretching component. Sunday is a great opportunity to either rest or go for a relaxing walk, bike ride or activity of your choice.

### Fifth Week Program

What has changed? Some sets have increased to 2 and the rest intervals between exercises have decreased to 30 seconds. What does increasing the sets to 2 mean? Example: Leg Stretcher: complete one set of 12 reps, rest for 30 sec., and then complete another set of 12 reps before moving to the Pull exercise.

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	2	12	2:2	30 SEC
Pull Chair	ARMS/BACK	2	12	2:2	30 SEC
Push Chair	ARMS/CHEST	2	12	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	4 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	2	4-6	2:2	30 SEC
Bicycle	LEGS/CARIO	1	4 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	1	4-6	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	4 MIN	2:2	30 SEC

## Sixth Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	2	15	2:2	30 SEC
Pull Chair	ARMS/BACK	2	15	2:2	30 SEC
Push Chair	ARMS/CHEST	2	15	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	5 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	2	4-6	2:2	30 SEC
Bicycle	LEGS/CARIO	1	5 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	2	4-6	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	5 MIN	2:2	30 SEC

## Seventh Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	2	18	2:2	30 SEC
Pull Chair	ARMS/BACK	2	18	2:2	30 SEC
Push Chair	ARMS/CHEST	2	18	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	6 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	2	4-6	2:2	30 SEC
Bicycle	LEGS/CARIO	1	6 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	2	4-6	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	6 MIN	2:2	30 SEC

## Eighth Week Program – earned a Silver Medal

This is called the rejuvenation week and is a repeat of the sixth week's program. Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	2	15	2:2	30 SEC
Pull Chair	ARMS/BACK	2	15	2:2	30 SEC
Push Chair	ARMS/CHEST	2	15	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	5 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	2	4-6	2:2	30 SEC
Bicycle	LEGS/CARIO	1	5 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	2	4-6	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	5 MIN	2:2	30 SEC

# GOLD MEDAL PROGRAM (Week 9-12)

## Introduction

This intermediate – advanced program introduces several exercises to continue your journey toward a healthier lifestyle. It is imperative that you've already obtained medical clearance before starting this or any of our programs. If you feel pain doing any of the exercises stop immediately, and consult your physician. This program is only intended as a guideline and does not replace your own common sense or physician's advice.

Since this is a total body workout, this program can be used on non-consecutive days (ex. Monday, Wednesday, and Friday). On Tuesday, Thursday, and Saturday opt for 30 minutes of cardio (ex. Air walker, or cardio component of your choice) and extend the stretching component. Sunday is a great opportunity to either rest or go for a relaxing walk, bike ride or activity of your choice.

## Ninth Week Program

What has changed? Some sets have increased to 3. What does increasing the sets to 3 mean?

Example: Leg Stretcher: complete one set of 12 reps, rest for 30 sec., then complete another set of 12 reps, rest for 30 sec., and complete a final set of 12 before moving to the Pull exercise.

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	3	12	2:2	30 SEC
Pull Chair	ARMS/BACK	3	12	2:2	30 SEC
Push Chair	ARMS/CHEST	3	12	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	6 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	3	6-8	2:2	30 SEC
Bicycle	LEGS/CARIO	1	6 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	3	6-8	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	6 MIN	2:2	30 SEC

## Tenth Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	3	15	2:2	30 SEC
Pull Chair	ARMS/BACK	3	15	2:2	30 SEC
Push Chair	ARMS/CHEST	3	15	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	6 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	3	6-8	2:2	30 SEC
Bicycle	LEGS/CARIO	1	6 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	3	6-8	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	6 MIN	2:2	30 SEC

## Eleventh Week Program

Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	3	18	2:2	30 SEC
Pull Chair	ARMS/BACK	3	18	2:2	30 SEC
Push Chair	ARMS/CHEST	3	18	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	6 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	3	6-8	2:2	30 SEC
Bicycle	LEGS/CARIO	1	6 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	3	6-8	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	6 MIN	2:2	30 SEC

## Twelfth Week Program - Earned a Gold Medal

This is called the rejuvenation week and is a repeat of the tenth week's program. Make sure to complete the warm-up first, and end the program with the cool down and stretch.

Activity	Type	Sets	Reps	Tempo	Rest
Leg Stretcher	LEGS	3	15	2:2	30 SEC
Pull Chair	ARMS/BACK	3	15	2:2	30 SEC
Push Chair	ARMS/CHEST	3	15	2:2	30 SEC
Air Walker	LEGS/CARDIO	1	6 MIN	2:2	30 SEC
Pull-up Bars	ARMS/BACK	3	6-8	2:2	30 SEC
Bicycle	LEGS/CARIO	1	6 MIN	2:2	30 SEC
Exercise Bars – body Rows	ARMS/BACK/CORE	3	6-8	2:2	30 SEC
Walking Machine	LEGS/CARDIO	1	6 MIN	2:2	30 SEC