

# H.I.P EXERCISE PLAN & DIRECTORY

At Home and Faculty based exercise plans for H.I.P participants +  
illustrations and guidelines

*Beginner &  
Intermediate  
Programs*

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## Beginner Exercise Program (Home & Fitness-Facility Based)

### Strength Training

- Perform the following Full Body Workout 2-3 times per week on non-consecutive days. Choose a variation which you prefer (A,B,or C in a given workout).
- It is best to obtain an exercise ball and resistance band to properly perform these exercises in absence of free weights or adequate resistance.
- Aim to perform 1-2 sets of 12-15 repetitions of each exercise to the point of fatigue (RPE 10-12).
- Rest around 60 seconds between sets.

<b>Home-Based Full Body Workout</b>		
A	B	C
<ul style="list-style-type: none"> <li>- Squats</li> <li>- Lat pulldown</li> <li>- Pushup</li> <li>- Shoulder press</li> <li>- Split squats</li> <li>- Single hand row</li> <li>- Chest flyes</li> <li>- Bodyweight calf raises</li> <li>- Hammer curl</li> <li>- Tricep kickback</li> <li>- Russian twists</li> </ul>	<ul style="list-style-type: none"> <li>- Sumo squats</li> <li>- 2-handed row</li> <li>- Chest press</li> <li>- Alternating shoulder presses</li> <li>- Step ups</li> <li>- High row</li> <li>- Incline flyes</li> <li>- Calf raises</li> <li>- 2-handed curl</li> <li>- Tricep dips (on step/chair)</li> <li>- Leg lifts</li> </ul>	<ul style="list-style-type: none"> <li>- Lunges</li> <li>- Seated narrow row</li> <li>- Incline chest press</li> <li>- Lateral to front raise</li> <li>- Wall squats (hold)</li> <li>- Low row</li> <li>- Pushup (hands on step)</li> <li>- Donkey calf raises</li> <li>- 1-hand curls</li> <li>- Tricep overhead extension</li> <li>- Ab walkouts</li> </ul>

<b>Fitness-Facility Based Full Body Workout</b>		
A	B	C
<ul style="list-style-type: none"> <li>- Leg press</li> <li>- Barbell row</li> <li>- Pushup</li> <li>- Leg curl</li> <li>- Seated cable row</li> <li>- Assisted dip machine</li> <li>- Military press</li> <li>- Glute bridge</li> <li>- Barbell curl</li> <li>- Tricep kickback</li> <li>- Russian twist</li> </ul>	<ul style="list-style-type: none"> <li>- Sumo squats</li> <li>- Lat pulldown</li> <li>- Barbell bench press</li> <li>- Stiff-legged deadlifts</li> <li>- Dumbbell row</li> <li>- Incline dumbbell press</li> <li>- Front to lateral raises</li> <li>- Lunges</li> <li>- Dumbbell curl</li> <li>- Tricep overhead extension</li> <li>- Ab walkouts</li> </ul>	<ul style="list-style-type: none"> <li>- Kettlebell swings</li> <li>- Assisted pullup machine</li> <li>- Dumbbell flat chest press</li> <li>- Reverse lunges</li> <li>- T bar row</li> <li>- Chest flyes</li> <li>- Dumbbell shoulder press</li> <li>- Ball curls</li> <li>- Dumbbell hammer curl-</li> <li>- Tricep pushdown</li> <li>- Ball passes</li> </ul>

### Cardiorespiratory Training

- Adults should perform daily cardiorespiratory activity at a moderate to vigorous intensity most days of the week.
- 60 minutes is recommended for very light activity, but with higher intensity, less time is needed to achieve similar health benefits.
- For the following training options, choose a method you are comfortable with.
- For steady-state exercise, perform approximately 45 minutes of exercise at a moderate intensity

<b>Steady State</b> (pace that you can work at without immediate exhaustion)	
45 minutes Moderate Intensity	
Home Options	Fitness Facility Options
<ul style="list-style-type: none"> <li>- Walking</li> <li>- Light jogging</li> <li>- Cycling</li> </ul>	<ul style="list-style-type: none"> <li>- Walking</li> <li>- Light jogging</li> <li>- Cycling</li> <li>- Elliptical</li> <li>- Rowing machine</li> </ul>

- For interval training, aim to perform around 25-30 minutes of exercise in the same intensity level as above, which increases to a higher intensity during “work intervals”.
- The Work:Rest ratio should be between 1:4 – 1:5, meaning performing 30 seconds of a jog (higher intensity), followed by 120-150 seconds of a walk (light/moderate intensity).

<b>Interval Training</b>	
25-30 minutes Rest Interval = <b>Moderate Intensity</b> Work Interval = <b>High Intensity</b> 1:4-1:5 Work:Rest Ratio	
Home Options	Fitness Facility Options
<ul style="list-style-type: none"> <li>- Brisk walking/Jogs</li> <li>- Light jogging/Run</li> <li>- Light cycling/Cycling sprints</li> </ul>	<ul style="list-style-type: none"> <li>- Brisk walking/Jogs</li> <li>- Light jogging/Runs</li> <li>- Light cycling/Cycling sprints</li> <li>- Elliptical/Increased pace or resistance</li> <li>- Rowing machine/Increased resistance</li> </ul>

## Intermediate Exercise Program (Home & Fitness-Facility Based)

### Strength Training

- Perform the following Upper/Lower 2-3 times per week. Choose a variation which you prefer (1 Upper and 1 Lower per workout)
- It is best to obtain an exercise ball and resistance band to properly perform these exercises in absence of free weights or adequate resistance.
- Aim to perform 2-3 sets of 8-12 repetitions of each exercise to the point of fatigue.
- Rest around 60-90 seconds between sets.

<b>Home-Based Upper/Lower Split</b>	
Upper A	Lower A
<ul style="list-style-type: none"> <li>- 2-hand row</li> <li>- Low row</li> <li>- Chest press</li> <li>- Chest flyes</li> <li>- Shoulder press</li> <li>- Front raise</li> <li>- Upright row</li> <li>- 2-hand bicep curl</li> <li>- Tricep dips</li> </ul>	<ul style="list-style-type: none"> <li>- Squats</li> <li>- Split squat</li> <li>- Ball curl</li> <li>- Step ups</li> <li>- Reverse lunges</li> <li>- Kickbacks</li> <li>- Standing calf raise</li> <li>- Russian twist</li> <li>- V sit (hold)</li> </ul>
Upper B	Lower B
<ul style="list-style-type: none"> <li>- Lat pulldown</li> <li>- Pushup</li> <li>- Alternating shoulder press</li> <li>- 1-hand row</li> <li>- Incline chest press</li> <li>- Lat raise</li> <li>- Shrugs</li> <li>- Hammer curl</li> <li>- Tricep kickbacks</li> </ul>	<ul style="list-style-type: none"> <li>- Sumo squats</li> <li>- Lunges</li> <li>- Stiff-legged deadlift</li> <li>- Wall squats (hold)</li> <li>- Glute bridge</li> <li>- Band pull-through</li> <li>- Seated calf raise</li> <li>- Ab walkouts</li> <li>- Planks (hold)</li> </ul>

<b>Fitness-Facility Based Upper/Lower Split</b>	
Upper A	Lower A
<ul style="list-style-type: none"> <li>- Assisted pullup machines</li> <li>- Pushup</li> <li>- Arnold press</li> <li>- Chest flyes</li> <li>- Seated cable row</li> <li>- Front raises</li> <li>- Upright rows</li> <li>- Dumbbell curl</li> <li>- Tricep kickback</li> </ul>	<ul style="list-style-type: none"> <li>- Kettlebell swing</li> <li>- Lunges</li> <li>- Back squat</li> <li>- Ball curl</li> <li>- Sumo deadlift</li> <li>- Glute-hamstring raise</li> <li>- Standing calf raise</li> <li>- Leg lifts</li> <li>- V sits (hold)</li> </ul>
Upper B	Lower B
<ul style="list-style-type: none"> <li>- Barbell row</li> <li>- Assisted dip machine</li> <li>- Dumbbell shoulder press</li> <li>- Incline dumbbell press</li> <li>- T bar row</li> <li>- Rear delt flyes</li> <li>- Shrugs</li> <li>- Cable curl</li> <li>- Tricep pushdown machine</li> </ul>	<ul style="list-style-type: none"> <li>- Front squats</li> <li>- Step ups</li> <li>- Kettlebell swings</li> <li>- Single leg stiff-legged deadlift</li> <li>- Split squats</li> <li>- Leg curl</li> <li>- Seated calf raise</li> <li>- Russian twist</li> <li>- Planks (Hold)</li> </ul>
Upper C	Lower C
<ul style="list-style-type: none"> <li>- Lat pulldown</li> <li>- Barbell bench press</li> <li>- Military press</li> <li>- Pec dec machine</li> <li>- Dumbbell row</li> <li>- Lateral raises</li> <li>- Farmers walk</li> <li>- Barbell curl</li> <li>- Rope overhead tricep extension</li> </ul>	<ul style="list-style-type: none"> <li>- Goblet squat</li> <li>- Leg press</li> <li>- Stiff-legged deadlift</li> <li>- Reverse lunges</li> <li>- Leg curl</li> <li>- Glute bridges</li> <li>- Standing calf raise machine</li> <li>- Ab walkouts</li> <li>- Side planks (hold)</li> </ul>

### Cardiorespiratory Training

- Adults should perform daily cardiorespiratory activity at a moderate to vigorous intensity most days of the week.
- 60 minutes is recommended for very light activity, but with higher intensity, less time is needed to achieve similar health benefits.
- For the following training options, choose a method you are comfortable with.
- For steady-state exercise, perform approximately 40-45 minutes of exercise in a moderate –high intensity level.

<b>Steady State</b> (pace that you can work at without immediate exhaustion)	
40-45 minutes <b>Moderate-High Intensity Level</b>	
Home Options	Fitness Facility Options
<ul style="list-style-type: none"> <li>- Walking</li> <li>- Light jogging</li> <li>- Cycling</li> </ul>	<ul style="list-style-type: none"> <li>- Walking</li> <li>- Light jogging</li> <li>- Cycling</li> <li>- Elliptical</li> <li>- Rowing machine</li> </ul>

- For interval training, aim to perform around 25-30 minutes of exercise in the same intensity level as above, which increases to **High intensity level** during “work intervals”.
- The Work:Rest ratio should be between 1:2–1:4, meaning performing 30 seconds of a jog (higher intensity) followed by 60-120 seconds of a walk (moderate intensity).

<b>Interval Training</b>	
20-25 minutes Rest Interval = <b>Moderate-High Intensity</b> Work Interval = <b>High Intensity Level</b> 1:2-1:4 Work:Rest Ratio	
Home Options	Fitness Facility Options
<ul style="list-style-type: none"> <li>- Brisk walking/Jogs</li> <li>- Light jogging/Run</li> <li>- Light cycling/Cycling sprints</li> </ul>	<ul style="list-style-type: none"> <li>- Brisk walking/Jogs</li> <li>- Light jogging/Runs</li> <li>- Light cycling/Cycling sprints</li> <li>- Elliptical/Increased pace or resistance</li> <li>- Rowing machine/Increased pace or resistance</li> </ul>

# Strength Training Exercise Directory

- Refer to the following illustrations for direction on how to perform the exercise found above.
- Follow the provided links for further information on the exercises.
- If further guidance is required, feel free to approach a H.I.P coordinator or trainer for assistance.

### Ab Walkouts

<http://www.bodybuilding.com/exercises/detail/view/name/inchworm>



### Alternating Shoulder Press

<http://www.bodybuilding.com/exercises/detail/view/name/alternating-cable-shoulder-press>



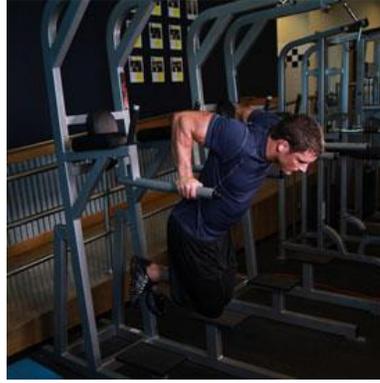
### Arnold Press

<http://www.bodybuilding.com/exercises/detail/view/name/arnold-dumbbell-press>



### Assisted Dip

<http://www.bodybuilding.com/exercises/detail/view/name/dips-chest-version>



### Assisted Pullup

<http://www.bodybuilding.com/exercises/detail/view/name/pullups>



### Back Squat

<http://www.bodybuilding.com/exercises/detail/view/name/barbell-squat>



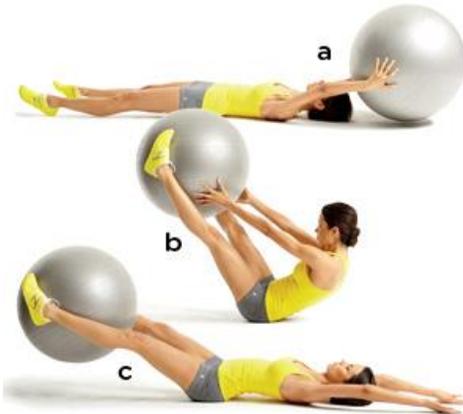
### Ball Curls

<http://www.bodybuilding.com/exercises/detail/view/name/ball-leg-curl>



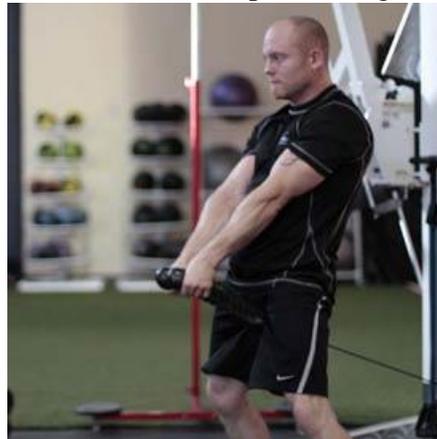
### Ball Passes

<http://www.womenshealthmag.com/fitness/stability-ball-v-pass>



### Band Pull-Through

<http://www.bodybuilding.com/exercises/detail/view/name/pull-through>



**Barbell Bench Press**

<http://www.bodybuilding.com/exercises/detail/view/name/wide-grip-barbell-bench-press>

**Barbell Curl**

<http://www.bodybuilding.com/exercises/detail/view/name/barbell-curl>

**Barbell Row**

<http://www.bodybuilding.com/exercises/detail/view/name/bent-over-barbell-row>



### Bodyweight Calf Raises

<http://www.exrx.net/WeightExercises/Gastrocnemius/BWStandingCalfRaise.html>



### Cable Curl

<http://www.bodybuilding.com/exercises/detail/view/name/standing-biceps-cable-curl>



### Calf Raises

<http://www.bodybuilding.com/exercises/detail/view/name/standing-calf-raises>



### **Chest Flyes**

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-flyes>



### **Chest Press**

<http://www.bodybuilding.com/exercises/detail/view/name/bench-press-with-bands>



### Donkey Calf Raises

<http://www.bodybuilding.com/exercises/detail/view/name/donkey-calf-raises>



### Dumbbell Curl

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-alternate-bicep-curl>



### Dumbbell Flat Chest Press

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-bench-press>



### Dumbbell Hammer Curl

<http://www.bodybuilding.com/exercises/detail/view/name/alternate-hammer-curl>



### Dumbbell Row

<http://www.bodybuilding.com/exercises/detail/view/name/one-arm-dumbbell-row>



### Dumbbell Shoulder Press

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-shoulder-press>



### Farmer's Walk

<http://www.bodybuilding.com/exercises/detail/view/name/farmers-walk>



### Front Raise

<http://www.bodybuilding.com/exercises/detail/view/name/front-dumbbell-raise>



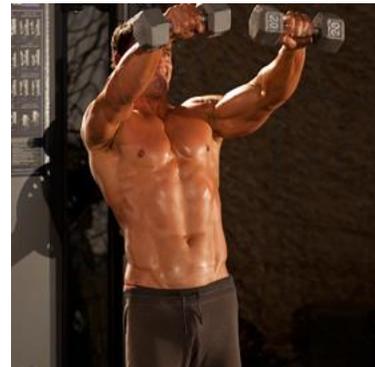
### Front Squats

<http://www.bodybuilding.com/exercises/detail/view/name/front-barbell-squat>



### Front To Lateral Raises

<http://www.bodybuilding.com/exercises/detail/view/name/side-laterals-to-front-raise->



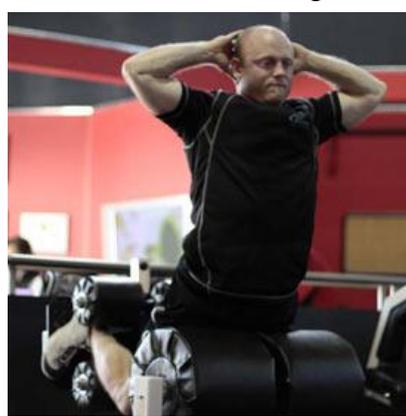
### Glute Bridges

<http://www.bodybuilding.com/exercises/detail/view/name/butt-lift-bridge>



### Glute-Hamstring Raise

<http://www.bodybuilding.com/exercises/detail/view/name/glute-ham-raise>



### Glute Kickbacks

<http://www.bodybuilding.com/exercises/detail/view/name/glute-kickback>



### Goblet Squat

<http://www.bodybuilding.com/exercises/detail/view/name/goblet-squat>



### Hammer Curl

<http://www.bodybuilding.com/exercises/detail/view/name/alternate-hammer-curl>



### High Row

<http://www.bodybuilding.com/exercises/detail/view/name/kneeling-high-pulley-row>



### Incline Chest Press

<http://www.bodybuilding.com/exercises/detail/view/name/incline-cable-chest-press>



### Incline Dumbbell Press

<http://www.bodybuilding.com/exercises/detail/view/name/incline-dumbbell-press>



### Incline Flyes

<http://www.bodybuilding.com/exercises/detail/view/name/incline-cable-flye>



### Kettlebell Swings

<http://www.bodybuilding.com/exercises/detail/view/name/one-arm-kettlebell-swings>



### Lat Pulldown

<http://www.bodybuilding.com/exercises/detail/view/name/wide-grip-lat-pulldown>



### Lateral Raise

<http://www.bodybuilding.com/exercises/detail/view/name/lateral-raise-with-bands>



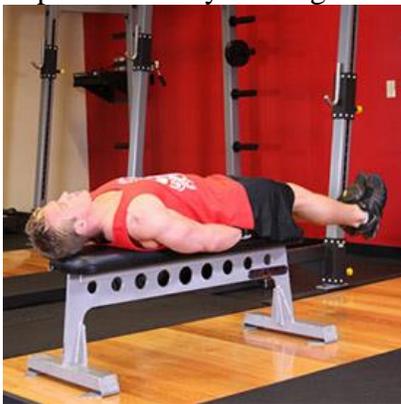
### Leg Curl

<http://www.bodybuilding.com/exercises/detail/view/name/lying-leg-curls>



### Leg Lifts

<http://www.bodybuilding.com/exercises/detail/view/name/flat-bench-lying-leg-raise>



### Leg Press

<http://www.bodybuilding.com/exercises/detail/view/name/leg-press>



### Low Row

<http://www.bodybuilding.com/exercises/detail/view/name/elevated-cable-rows>



### Lunges

<http://www.bodybuilding.com/exercises/detail/view/name/bodyweight-walking-lunge>



### Military Press

<http://www.bodybuilding.com/exercises/detail/view/name/standing-military-press>



### One-Handed Curls

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-alternate-bicep-curl>



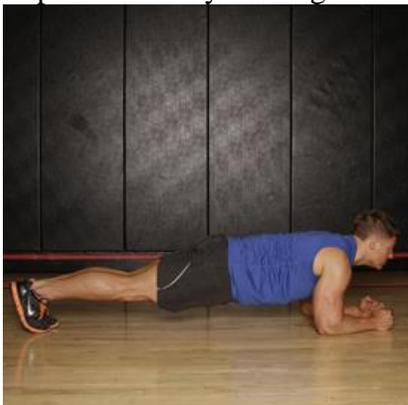
### Pec Dec Machine

<http://www.bodybuilding.com/exercises/detail/view/name/butterfly>



### Planks

<http://www.bodybuilding.com/exercises/detail/view/name/plank>



**Pushup**

<http://www.bodybuilding.com/exercises/detail/view/name/pushups>

**Pushups (Hands On Step)**

<http://www.bodybuilding.com/exercises/detail/view/name/incline-push-up>

**Rear Delt Flyes**

<http://www.bodybuilding.com/exercises/detail/view/name/back-flyes-with-bands>



### Reverse Lunges

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-rear-lunge>



### Rope Overhead Tricep Extension

<http://www.bodybuilding.com/exercises/detail/view/name/cable-rope-overhead-triceps-extension>



### Russian Twist

<http://www.bodybuilding.com/exercises/detail/view/name/russian-twist>



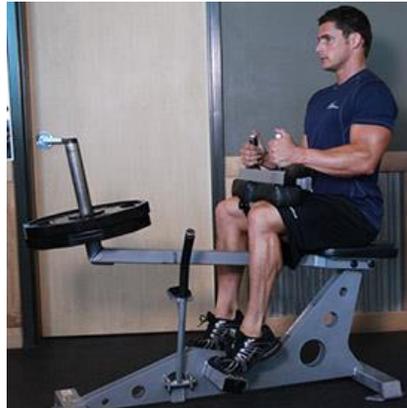
### Seated Cable Row

<http://www.bodybuilding.com/exercises/detail/view/name/seated-cable-rows>



### Seated Calf Raise

<http://www.bodybuilding.com/exercises/detail/view/name/seated-calf-raise>



### Seated Narrow Row

<http://www.bodybuilding.com/exercises/detail/view/name/seated-cable-rows>



### Shoulder Press

<http://www.bodybuilding.com/exercises/detail/view/name/shoulder-press-with-bands>



### Shrugs

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-shrug>



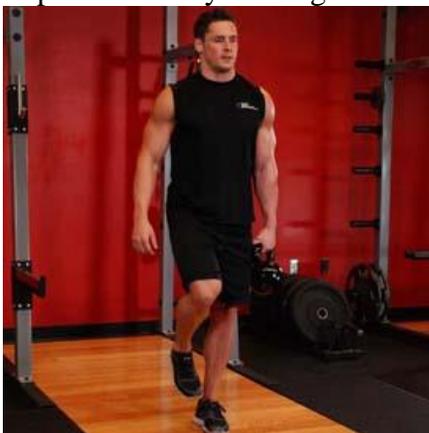
### Single Hand Row

<http://www.bodybuilding.com/exercises/detail/view/name/one-arm-dumbbell-row>



### Single Leg Stiff-Legged Deadlift

<http://www.bodybuilding.com/exercises/detail/view/name/kettlebell-one-legged-deadlift>



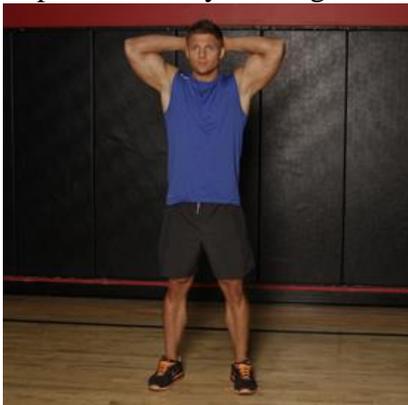
### Split Squats

<http://www.bodybuilding.com/exercises/detail/view/name/split-squat-with-dumbbells>



### Squats

<http://www.bodybuilding.com/exercises/detail/view/name/bodyweight-squat>



### Standing Calf Raise

<http://www.bodybuilding.com/exercises/detail/view/name/standing-calf-raises>



### Step Ups

<http://www.bodybuilding.com/exercises/detail/view/name/dumbbell-step-ups>



### Stiff-Legged Deadlift

<http://www.bodybuilding.com/exercises/detail/view/name/stiff-legged-dumbbell-deadlift>



### Sumo Deadlift

<http://www.bodybuilding.com/exercises/detail/view/name/sumo-deadlift>



### Sumo Squats

<http://www.bodybuilding.com/exercises/detail/view/name/plie-dumbbell-squat>



### T Bar Row

<http://www.bodybuilding.com/exercises/detail/view/name/lying-t-bar-row>



### Tricep Dips (On Step/Chair)

<http://www.bodybuilding.com/exercises/detail/view/name/bench-dips>



### Tricep Kickbacks

<http://www.bodybuilding.com/exercises/detail/view/name/tricep-dumbbell-kickback>



### Tricep Overhead Extension

<http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-triceps-extension>



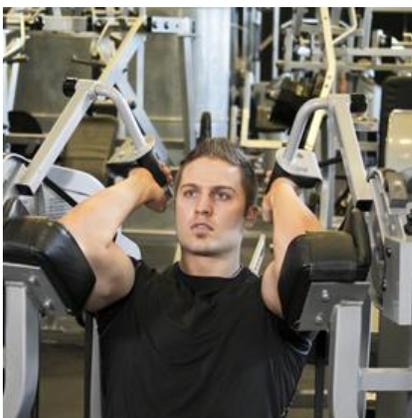
### Tricep Pushdown

<http://www.bodybuilding.com/exercises/detail/view/name/triceps-pushdown>



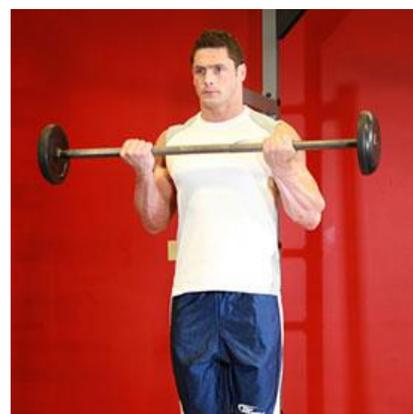
### Tricep Pushdown Machine

<http://www.bodybuilding.com/exercises/detail/view/name/machine-triceps-extension>



### Two-Handed Curl

<http://www.bodybuilding.com/exercises/detail/view/name/barbell-curl>



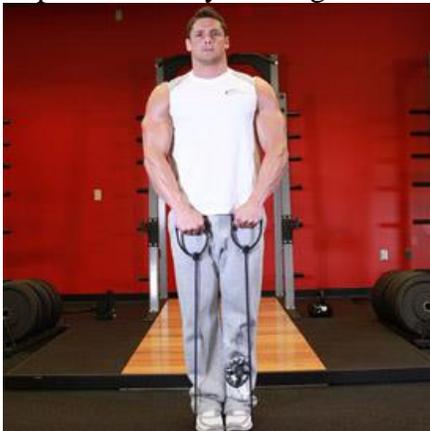
### Two-Handed Row

<http://www.bodybuilding.com/exercises/detail/view/name/bent-over-barbell-row>



### Upright Row

<http://www.bodybuilding.com/exercises/detail/view/name/upright-row-with-bands>



### V Sit

<http://sportsmedicine.about.com/od/abdominalcorestrength1/qt/V-Sit.htm>



## Wall Squats

<http://www.muscleandfitness.com/workouts/leg-exercises/videos/bodyweight-wall-squat>

