Novice Fitness Bingo
For those who do not currently exercise regularly.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Exercise Details</th>
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<tbody>
<tr>
<td>Walk 10 laps in the Fieldhouse</td>
<td>Complete 1 set of 10 repetitions of the designated strength training exercises</td>
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<tr>
<td>Water Walking 30 minutes 3x/week</td>
<td>Complete 100 Wall Pushups in 6 weeks</td>
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<tr>
<td>Deep Water Running 30 minutes 3x/week</td>
<td>Complete 60 Pull-ups in 6 weeks</td>
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<tr>
<td>Walk/Jog 20 minutes 3x/week</td>
<td>Hold Hover for 1 minute on knees</td>
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<tr>
<td>Stretch 10 minutes 3x/week using the designated stretches</td>
<td>Complete 100 Abdominal Crunches in 6 weeks <em>Arms at sides</em></td>
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<tr>
<td>Swim Laps 30 minutes 3x/week</td>
<td>Campus Walk *mandatory w/ a buddy</td>
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<tr>
<td>Water Walking 30 minutes 3x/week</td>
<td>Climb a total of 1,200 Stairs in 6 weeks</td>
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<tr>
<td>Treadmill Walk w/1.5% incline 30 minutes 3x/week</td>
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<tr>
<td>Water Walking 30 minutes 3x/week</td>
<td>Hold Hover for 1 minutes on knees</td>
</tr>
<tr>
<td>Stretch 10 minutes 4x/week using the designated stretches</td>
<td>Complete 1 set of 10 repetitions of the designated strength training exercises</td>
</tr>
<tr>
<td>Complete 100 reps each of shallow water</td>
<td>Complete 100 reps each of shallow water Pendulums &amp; Ab Crunches in 6 weeks</td>
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<tr>
<td>Inner/Outer Thigh exercises in 6 weeks</td>
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<tr>
<td>Treadmill Walk w/1.5% incline 30 minutes 3x/week</td>
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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 ( \ or / )
   * horizontally & diagonally ( \ or / )
   * 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


Remember…this is for FUN!!!! The reward is your improved health & wellness!!!!
Campus Walk
Start at any building on Main or East Campus. You should pass by Bradley Hall, McGowan Center, Knott Auditorium, the Science building. The Walk should also include a walk through the tunnel 2x, a walk through the ARCC, as well as part or all of the DeNunzio Trail. The Campus Walk ends where you started.
Novice Water Exercises

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

Pendulum
Stand with your back at the edge of the pool and your arms extending along the top out to either side. Bring your legs straight out in front of you, and then swing them up and to the right before bringing them down. Repeat to the left in a swinging pendulum motion.

Ab Crunch
In the same starting position as the pendulum, extend your legs in front of you, feet together. Pull your knees in toward your chest and release.

Outer Thigh Exercise
Stand up straight with your left side at the wall but don’t lean 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 leg straight out to the side. Try to turn your foot so that the heel leads and the toes are slightly turned in. Make sure the toes do not point up. Lift up until you feel the hip and outer-thigh muscles contract. Be careful not to tip the body sideways as you lift. Then repeat with the left leg.

Inner Thigh Exercise
Stand up straight, with the noodle in the same position as before. Stand with your left side to the wall, but do not lean on the wall. Lift your right leg straight out to the front, about waist high. Keeping the knee and back straight, press your right foot toward the wall, touching the wall if you can. You are bringing the right foot and leg across in front of the body. Then bring the leg back, only going as far as you can without swinging the hips out to the side. The leg is merely going from its position in front of the body to the pool wall. Then repeat with the left leg.
Novice- Strength Training Exercises & Descriptions

Dumbbell Incline Press

**Target Body Part:** Chest, Shoulders  
**Equipment Needed:** Dumbbells, Bench

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**Step 1**  
Starting Position: Grasp a dumbbell in each hand and lie on your back on an incline bench angled between 45 and 60 degrees. Your feet should be firmly on the floor or on a raised platform in order to allow your spine to be in a neutral to flat position.

**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 and feet should make contact floor throughout the exercise. If working with a spotter, signal the spotter for assistance in moving to your starting position. Grasp each dumbbell with your palms facing forward and thumbs wrapped around the handle. Press the dumbbells to a position over your eyes or slightly higher, with your elbows straight. Wrists should be in a neutral position.

**Step 3**  
Downward Phase: Inhale. In a slow and controlled manner, lower the dumbbells toward your upper chest, but slightly wider toward the armpits. Gently touch the dumbbells to your chest. Keep the elbows under the wrists and the wrists in a neutral position. Performing the exercise with the elbows close to your sides emphasizes more triceps. Performing the exercise with the elbows flared out from the body emphasizes more pectorals. Maintain all points of contact with the bench and keep your feet firmly on the floor throughout the exercise.

**Step 4**  
Upward Phase: Exhale and gently press upwards to full elbow extension with the dumbbells positioned over your eyes. Maintain your points of contact with the bench and floor. Do not allow your back to arch. Keep the wrists in neutral position throughout the movement.

**Step 5**  
At the end of the set, signal your spotter to assist you in taking the dumbbells. 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 with the hands positioned as close to the most distal (wrist) joint. Keep the hands near, but not touching the wrists unless needed.
Seated Row with Resistance Band

**Exercise Instructions:**
This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.

**Targeted Muscles:** Upper back, shoulder, and neck

**What You Need:** Resistance band and sturdy, armless chair

**Tip:** As you progress, use a heavier strength band.
**Bodyweight Squat**

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

**Equipment Needed:** No Equipment

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**Step 1**
Starting Position: Begin standing with your feet slightly wider than hip-width and your toes turned out slightly. Your hands are by your sides with your palms facing inward. Pull the shoulders down your back toward your hips.

**Step 2**
Engage your abdominal/core muscles to stabilize your spine ("bracing"). Keep your chest lifted and your chin parallel to the floor. Shift your weight back into your heels as your hips begin to push toward the wall behind you.

**Step 3**
Downward Phase: Begin this phase by hinging at the hips, shifting them back and down. Your hips and knees bend simultaneously. As you lower your hips the knees bend and will start to shift forward slowly. Try to prevent your knees from traveling too far forward past the toes. Keep the abdominals/core muscles engaged and try to keep your back flat (do not tuck the tail or arch the low back).

**Step 4**
Continue to lower yourself until your thighs are parallel or almost parallel to the floor. If your heels begin to lift off the floor or your torso begins to round, return to start position. Be aware of any movement that may occur at your feet, ankles and knees. Work to ensure that the feet do not move, the ankles do not collapse in or out and the knees remain lined up with the second toe.

**Step 5**
From the Lowered Position: Keep the knees aligned with the second toe and body weight evenly distributed between the balls and heels of both feet. If you can view this from the side, your shinbone should be parallel with your torso and the low back should appear flat or may be showing the beginning of some rounding.

**Step 6**
Upward Phase: While maintaining the position of your back, chest and head and with the abdominals engaged, exhale and return to start position by pushing your feet into the floor through your heels. The hips and torso should rise together. Keep the heels flat on the floor and knees aligned with the second toe.

Think about inhaling on the way down and exhaling while exerting on the way back to the initial standing position.
Seated Dumbbell Bicep Curl

**Target Body Part:** Arms

**Equipment Needed:** Dumbbells, Bench

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**Step 1**
Starting Position: Sit with your back against a backrest so that your head, shoulders and butt make contact with the bench and your feet firmly on the floor. Grasp a dumbbell in each hand with thumbs wrapped around the handles. Your arms are at your sides, close to your body and your palms are facing forward. Pull the shoulder blades down and back.

**Step 2**
Upward Phase: Exhale and slowly bend your elbows bringing the dumbbells toward your shoulders. Do not allow your back to arch or your elbows to move forward. Keep the wrists in line with your forearms (neutral). Do not allow the wrists to bend throughout the exercise. Your head, shoulders and butt should stay in contact with the bench. Keep your feet firmly on the floor. Do not allow your shoulders to shrug.

**Step 3**
Downward Phase: Inhale. Straighten your elbows and lower the dumbbells back to your start position in a slow and controlled manner.

**Step 4**
Variation to this exercise: To emphasize more biceps activity, change your starting position. Turn your palms towards your sides and rotate them forward (or up) during the upward phase before your forearms reach horizontal. During the downward phase rotate your forearms back inward as your forearms reach horizontal. Curl the dumbbells higher by allowing the elbows to move forward as the dumbbell reaches your chest, moving the upper arm towards horizontal with the floor. This places a little more emphasis on the biceps and some anterior shoulder muscles.

As some of us show structural differences at the elbow, we may not be able to hold the dumbbells against our sides in the lowered position unless we force a bend at our wrists. The dumbbell position selected should be one that is most comfortable for you and keeps the wrists aligned straight with the forearm.
Dumbbell Lateral Raise

Target Body Part: Shoulders
Equipment Needed: Dumbbells

Step 1
Starting Position: Stand holding dumbbells at your sides, elbows relaxed, palms facing your body and thumbs wrapped around the dumbbell handles. Your feet slightly wider than hip-width apart or in a split-stance position to help stabilize your body.

Step 2
Brace your torso by contracting your abdominal and core muscles. Pull your shoulder blades down and back. Keep these engagements throughout the exercise. Your head should be aligned with your spine.

Step 3
Upward Phase: Exhale and slowly raise the dumbbells up and out to your sides. Your elbows and upper arms should rise together and lead the movement ahead of the forearms and dumbbells. As your arms near shoulder level, turn your thumbs slightly upward. Continue raising the dumbbells until your arms are level with your shoulders and approximately parallel with the floor. Keep your torso erect. Do not allow the back to arch or the torso to rock. Keep the wrists in neutral position. Do not allow the wrists to bend.

Step 4
Downward Phase: Inhale and gently lower the dumbbells back to your starting position. Keep your elbows almost straight, maintaining the neutral grip position. While lowering the dumbbells rotate the thumbs back to start position (slightly downward). Your foot, torso, shoulder and wrist positions are maintained throughout the exercise.

As this exercise traditionally positions the arms into internal rotation during the lift, the slight external (upward) rotation initiated at the 60-70 degree mark may reduce potential impingement in the shoulder joint.
<table>
<thead>
<tr>
<th>Recommended Stretches</th>
<th>Chest</th>
<th>Upper Back</th>
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</thead>
<tbody>
<tr>
<td>Triceps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biceps</td>
<td></td>
<td></td>
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<tr>
<td>Shoulders</td>
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<td>Quadriceps</td>
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<tr>
<td>Calves</td>
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<tr>
<td>Gluteal/Hip</td>
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<td></td>
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<tr>
<td>Lower Back</td>
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## Fitness Bingo Exercise Log

<table>
<thead>
<tr>
<th>Exercise Log</th>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
<th>Time</th>
<th>Program/Level</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise/Machine</td>
<td>Weights/reps</td>
<td>Weights/reps</td>
<td>Weights/reps</td>
<td>Cardio Exercises</td>
<td>Cardio Exercises</td>
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<table>
<thead>
<tr>
<th>Exercise Log</th>
<th>Total Cardio Time</th>
<th>Total Other Exercise Time</th>
<th>Grand Total</th>
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<tbody>
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