

Face Off 2010
Week #2
January 18 – January 24

Name: _____ Team Number: _____

High Energy Cardio Workouts/Winter Sports = Fun

We have 2 focuses this week: Cardiovascular Training and Winter Sports, which equal fun!

We have posted 5 High Energy Cardio Workouts, designed by different trainers around the country that will help you rev up your metabolism, blast fat, and build lean muscle! Please use the RPE scale (again posted on our website) to gauge your intensity level.

RPE = rate of perceived exertion.

Cardio Exercise (s) of the Week

Perform 1 of the following workouts for **500 points** _____

1. Elliptical Refresher Course
2. Do-anywhere intervals (for Beginners)
3. Mega Calorie Blaster
4. Lower Body Sculptor (Erika's favorite!)
5. Three-way Fat Burner (for Advanced participants). Use one of our upright bikes, or recumbent bikes instead of a group cycling bike and eliminate the "standing".

Winter Sports = FUN

Have some fun outside. Yes it is cold, but, we must make the best of it. So let's embrace winter...

Try skiing at Ski Big Bear on Thursday, January 21, 12pm. \$25 includes a group ski lesson, lift ticket, and ski rental. Or Saturday, January 23, and Sunday, January 24: \$25 for a lift ticket and \$16 for a rental package. Group lesson will begin at 10am (must be there by 9:30am). Ski Big Bear is offering this rate to Face Off Participants only.

-OR-

Try Snow Shoeing on Friday, January 22, at 10am. Anyone can Snow Shoe! It is safe and fun. (more info posted on our website).

These activities do count for exercise points (consider them done at the Sports Complex) but, you will not receive any additional points for participating. We are encouraging you to try something new.

New Strength Training Exercises Perform one of the following: _____ **200 points**

Descriptions are posted in the Aerobic Room and on the website

Beginners: Waist Cincher (Remember to loose the dumbbell if you are a beginner, and keep both hips facing forward. In other words, do NOT turn your hip bones).

Intermediate: Ball Plank

Advanced: Rolling Ball Push-up

Education/Nutrition

Read The Article of the Week: *10 Rules to Eating Healthy in 2010* 100 points _____

It is a long one. But I think there is some very valuable information in it.

Motivation Write a positive, uplifting QUOTE, and post it on your board with your picture
_____ **300 points.**

Erika's: "Change comes from within. When you believe in yourself, you can change your life"

Recipe of the Week: Eggplant-Ricotta Rolls with roasted Red Pepper Sauce: Posted on Website.

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Daily Activity Sheet

15 minutes = 25 points
30 minutes = 50 points

45 minutes = 75 points
60 minutes = 100 points

Monday, January 18:

_____ Total Points: _____

Tuesday, January 19:

_____ Total Points: _____

Wednesday, January 20:

_____ Total Points: _____

Thursday, January 21:

_____ Total Points: _____

Friday, January 22:

_____ Total Points: _____

Saturday, January 23:

_____ Total Points: _____

Sunday, January 24:

_____ Total Points: _____