

**Light of Day Wellness LLC**  
**Strong Over 70 Video Channel Workout Guide**



*Workouts in your video channel are alphabetized and named according to the format or focus for each workout. Below explains the different formats. Descriptions for each workout are provided when you open the video, located on the right side bar of your screen.*

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**WORKOUT FOCUS**

**STRENGTH:** Primary focus is weight training or weight bearing exercise with no weights. (Weight bearing means using your own body weight and body resistance). Beginners start with lite weights and work your way up. Beginner Advanced to Advanced, it is best to have different size weights as you grow and work each muscle with the appropriate weight needed to achieve your “Muscle burn” or Muscle Fatigue”. You should always feel your set once it is complete.

**CARDIO:** Primary focus is to burn more fat, more calories and build stamina. Cardiovascular exercise improves heart and lung health as well. These workouts are important and must be included regularly into your workout routine. Some cardio is weight bearing (meaning no weights) and some workouts have you use lite weights for a strength format. (Weight bearing means using your own body weight and body resistance)

**CORE:** Core focus, formats vary. Primary focus is to strengthen, tone and stabilize the core muscles of the back (upper and lower), sides, mid-section and waistline. Working the front and back of the body.

**FULL BODY:** These workouts target all the major muscle groups and include all aspects of fitness in one workout. Strength, core, cardio, balance and coordination.

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**WORKOUT FORMATS**

*Most workouts work all the major muscle groups of the body and include balance, stability and coordination exercises unless named for specific muscles. Focus will vary.*

**COMPOUND:** Each move combines 2 exercises into one exercise.

**CONDITIONING:** Perform as many reps as you can in the timed set. Challenge your stamina and agility.

**FAT BURN:** Although most workouts burn fat, these workouts burn MORE FAT due to their nature keeping the heart rate elevated during the workout. Sometimes it can be cardio based and sometimes strength based.

**MAT WORKOUTS:** All exercises are performed on the floor using a mat. These workouts are only recommended to those individuals who can get up and down from the floor safely. Usually a full body workout using your weights.

**OPPOSITION:** Exercises are designed and formatted to work the front of the body than the following exercise works the back of the body. When working the front and back of the body separately we are working in opposition. This can bring a better muscle burn or fatigue in a shorter period of time which enhances toning.

**PURE STRENGTH:** Weight training only. NO cardio. Core exercises are included in these workouts.

**TRIPLE DIP:** This can mean two things. One format of Triple Dip is repeating exercises for 3 sets instead of two sets. Another Triple Dip format may have 3 segments to the workout, one circuit of upper body, one circuit for lower body and one circuit of cardio exercises, combining the 3 main aspects of fitness. Your workout description for the video will advise you.

**Follow the 4-Week Workout Plan provided for your channel so you understand how to combine your workouts through the week for best results.**