

PRE-CONDITIONING: THE TURTLE TRACK FITNESS METHOD

Here is a sample of suggested weights for the Turtle Track method. This routine is ideal for individuals with challenges that make it difficult to lift weights, and it is a gradual “dialing up” of workout demands for the body over the course of a year.

MONTH	1	2	3	4-6	7-9	10-12
FREQUENCY (or times per week)	2	3x	3-4x	3 - 4x	3-4x	4-5x
INTENSITY Weight	No weight	No weight	Light weight	Light to medium	Medium	Medium plus
Repetitions (reps)	10 reps	10-15 reps	10-15 reps	10-12 reps	10-12 reps	8-12 reps
Sets	1 set	2 sets	1-2 sets	2 sets	2-3 sets	2-3 sets
TIME (minutes)	20	25-30	20-40	20-40	30-45	45-60
TYPE	Gentle conditioning	Light conditioning	Light strengthening, endurance	Strength, endurance	Strengt h	Strength, power

Note that the program starts with no weight lifting but simply performing the BenchFit™ Workout, and building up to 2 sets of 15 repetitions on the moves your body tolerates well. Add weight gradually. If you miss more than two workouts, reduce the amount of weight you lift until you build back up. This slow path to fitness can work with those who never thought they could lift weights, and it is a method to condition muscles and joints to gradually gain strength and power, burn fat, and tone and sculpt your body.