

Examples of time performing exercises

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Year	Gym Avg hrs/mo	Running Avg hrs/mo	Total Avg hrs/mo	Body wt / BMI (72" male): normal 19-24.9, overwt 25-29.9, obese 30 and over
2013	6.4	9.8	16	Dec 2012 186 lb/BMI 25.3 Dec 2013 191 lb/BMI 26.0
2014	7.9	8.0	16	Dec 2014 189 lb/BMI 25.9 (body fat 25%, muscle 34, body age 65 vs 70 actual age)
2015	10.2	12.4	22.6	Dec 2015 175 lb/BMI 23.8 (body fat 18-20%, muscle 34-36, body age 61-63 vs 71 actual)
2016 (9 mo)	18.4	7.6	26	Sep 2016 175 lb/BMI 23.8 (body fat 19%, muscle 35, body age 62 vs 71.9 actual)

Training emphasis is altered between Aerobic endurance (cardio) and Core for 6-12 months to increase strength and conditioning followed by ongoing maintenance of the desired standard described below:

- Aerobic endurance - running and stair climbing at high intensity (80-85%) long duration (30-60 minutes)
- Core - maintain mixed planks at 20 minutes a day with 5 lb weight for 10 hours a month; maintain ab machine, ab wheel, side bends, roman chair
- Lower body – maintain balance and stretches; one leg squats; running with weight; increase stair climbing with weight; knee raises
- Upper body - maintain rotator cuff, curls, rings, and shrug