

FAST Sailing Foundation Workout				
Exercise	Target	Monday	Wednesday	Friday
Press-Up	3 sets of REP no.*			
Stomach Crunches	3 sets of REP no.*			
Scissor Kicks	5 each leg, then hold legs in air for 10 secs			
Cardiovascular	2 Cardio activities per week			

<b>To establish your REP no.:</b>	<p>Determining your MAX:            Step 1. In normal position attempt to do as many push-ups as possible without stopping and write the number you accomplished on paper.            Step 2. In normal position attempt to do as many stomach crunches as possible without stopping and write the number you accomplished on paper.            The numbers recorded from Step 1 and 2 will be considered your MAX.</p> <p>Calculating your REP number:            Take your MAX and multiply by .80. Round up if the number is not whole. Example:            10 (pushups on the MAX test) x .80= 8 pushups            This number is your REP number and will be the number of repetitions you will do for each respective activity.</p>
<b>Press-Up</b>	<p>Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that your are looking down toward the floor. This is the starting position. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushup from your knees.</p>
<b>Crunches</b>	<p>Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum</p>
<b>Scissor Kicks</b>	<p>Start by lying on your back with your arms by your sides and your palms facing down. Extend your legs fully with a slight bend in your knees. Lift your heels about 6 inches off the floor. Make small, rapid up and down scissor-like motions as you lift each leg to about 45 degrees into the air and lower your heel until it is about 2 - 3 inches off of the floor. Right after you finish hold your legs in the air for 10 seconds.</p>
<b>Cardio</b>	<p>Choose from: running, speed walking, swimming, jump rope, biking, aerobics, etc.</p>