

# FITNESS PROGRAMS



**Abs & Arms:** This twenty minute toning workout will focus on the abdominals and the arms. This ultimate muscle challenge will help sculpt the upper body and arms.

**Abs & Lower Half:** This dynamic workout will help to strengthen abdominal and lower back muscles as well as effectively sculpt the legs and glutes.

**Cardio Low:** High intensity, low impact workout that focuses on fat burning and muscle conditioning. Weights and resistance bands are used in this class.

**Step:** A class easily adaptable to all fitness levels. Beginner to advanced step movements balance aerobic and strength training to work all major muscle groups.

**Step Attack:** This class incorporates more challenging choreography for the intermediate to advanced steppers who have a demand for a higher level, physical workout.

**Step & Slide:** This intense workout combines the thrill of vertical movements on the step and the challenge of lateral movements on the slide in two separate segments.

**Step & Sculpt:** This workout combines aerobic training on the step and training the muscles with hand held weights.

**Slide:** This lateral workout will give participants the basics in slide choreography. This is a low impact, high intensity, cardiovascular workout. This workout is great for toning and strengthening the inner and outer thighs as well as the glutes.

**Water Exercise Training/ Water Aerobics:** High intensity, low impact aerobics in the water. This is a great workout for all fitness levels. The water provides extra resistance making every move more challenging. All movements help to improve cardiovascular fitness and overall strength and flexibility while minimizing musculoskeletal stress. This workout is done in shallow water and participants do not need to know how to swim to take part in the class.

**Staff Enrichment Aerobics:** The Staff Enrichment Committee and the Office of Campus Recreation invite all Staff and Faculty who contributed to the Family fund to participate in this aerobics class. There is no charge to those who have contributed to the Family Fund.

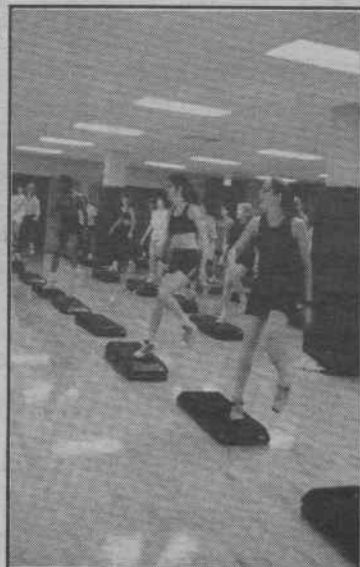
Each participant must pay \$5 for Maymester, Summer I and Summer II as well as sign a waiver for access to scheduled classes. This fee covers attendance to any and all classes that participants wish to attend. To register and pay, stop by the Office of Campus Recreation, 202 Blatt PE Center. Make checks payable to USC. For further information, call 777-5261.

## AEROBIC CLASS PARTICIPATION ON THE RISE

With the opening of the new state-of-the-art aerobics studio in the PE Center, the aerobic class participation numbers, as well as class offerings, have been on the rise. This spring, classes were offered every day of the week at a variety of times, and getting involved was easy. The number of class participations and the number of those registered for aerobics classes has almost doubled the fall participations and registration.

The studio features a specialized suspended wood floor, pitch control sound system, steps, slides, exercubes as well as a variety of stationary cardiovascular equipment. Any student, faculty or staff at USC could find a variety of opportunities to find a fitness activity to fit their specific needs.

For information about Maymester or Summer aerobics, see the schedule on page 2. Fall aerobic class information will be coming out in early August. For specific exercise information or questions stop by the Office of Campus Recreation.



## Conditioning Guidelines

### The FIT Principle

Every time you plan a personal workout, you should adhere to certain basic principles. All workouts should include a warm-up, a cool-down, and stretching exercises. The warm-up time consists of five or more minutes of light activity, which allows your body to prepare for the workout. The cool-down time, which follows the workout, allows your heart rate to return to normal. Stretching exercises can be done during the warm-up or cool-down or both. Slow sustained stretching is best after your body is already warmed up.

All workouts should be planned with the FIT principles in mind:

- **F** stands for **Frequency**, the number of workouts per week. Three to five times are recommended.
- **I** stands for **Intensity**, the degree or amount of demand above normal placed on the body, causing it to adapt and strengthen. For cardiovascular activities, 60 percent to 85 percent of your maximum heart rate - or a perceived exertion of 5 (somewhat hard) to 8 (hard) on a scale of 1 to 10 - is recommended. For weight training, the recommended intensity is 50 percent to 85 percent of 1 repetition maximum.
- **T** stands for **Time**, the duration of a workout; 20-60 minutes of exercise three to five times a week is recommended.

Health Magazine, 9/96

## TREADMILL

USC fitness fanatics have been running wild on the Treadmill that was purchased in the fall. The Precor 964 has been in use non-stop since it was plugged in for use in the aerobics studio. The treadmill is user friendly and has many features to help anyone from the recreational walker to the serious runner maintain optimal fitness. Some of its features include a weight loss program and heart rate control as well as 10 other individualized workouts.

Since there is only one treadmill for use, there are some rules for participants to follow.

1. Treadmill use is limited to 30 minutes per person including cool down.
2. Reservations for workouts may be made one day in advance.
3. Users can sign up for the same time three times a week. (ex: if you sign up at 12:30 PM on Monday, you can only sign up for that time twice more that week).
4. No phone reservations may be made for the treadmill.
5. If you are late for your reserved time, you can only use the treadmill for the time remaining.
6. If you are 10 or more minutes late, another user may use the treadmill in your reserved time slot.
7. Reservations for weekends and Mondays will be kept in Equipment Issue.
8. Do not reserve any time slots for other participants. There are plenty of opportunities to begin a workout program, and the treadmill is a great start. Stop by soon and give it a try.