

THE  
F.I.T.  
adventure

a young woman's guide to building up her heart,  
mind and body to be strong inside and out.

**WARM-UP**

to become

**INSIDE-OUT STRONG**

# THE F.I.T. adventure WARM-UP

Welcome!!!! We are so glad to have you be a part of our strong community. We can't wait to see how you transform, inside and out through this experience.

*We are here to guide all women (young and old) to unleash their potential through discovering their self-worth and recognizing their unique strengths, inside and out.*

At Inside-Out Strong we believe health and wellness should be looked at as a whole. Health is all encompassing and it's also always evolving as life changes. Health is not just physical, although our culture loves to place most of its attention on that one aspect of it. It is critical that we also seek spiritual, relational, mental, and even social health.

For example, you could be thriving mentally and spiritually, yet struggle to be physically healthy and strong. You may feel very confident physically, yet unsure and insecure on the inside. Your insides don't match your outsides and vice versa. Both are equally important, but we believe the inside strength is the precursor and fosters the outside strength.

I've worked with a number of athletes who are physically strong and work hard in their sport, but I'm saddened because their character is weak and they haven't strengthened the inside. Sometimes it was a battle with a destructive and negative mindset or they lacked confidence and self-worth or sadly struggled through an eating disorder or self-harming behaviors.





# THE F.I.T. adventure WARM-UP

As a coach and trainer, I hated to see those stories and I was desperate to find ways to bring about healing and strength to these girls heart's and mind's, not just physical bodies. To show them they are worthy and they belong. That they are loved...so Inside-Out Strong was born.

Maybe that's not your story, but I'm guessing there are things you struggle with that are preventing you from becoming strong inside and out. Are your relationships messy and challenging for you? Do you feel trapped by comparison from social media? Do you often feel anxious, overwhelmed or depressed from the stressors in life. Do you only see yourself as valuable because of what you do, not because of who you are. Can you relate to any of these internal or external struggles?

*You weren't created to do life alone. At Inside-Out Strong, we want to walk alongside you to equip and mentor you to be confident and strong inside then out.*

We have a few tools that we want to introduce you to to kick start the process to be strong in heart, mind and body.

1. Inside-Out Strong's Wheel of life which will guide you to self-reflect and assess your current state of wellness. We'll reassess at the end of this journey to see if you've improved!
2. The VIA strengths survey is a quick, easy and fun tool to have access to! It will support you with identifying your personal character strengths so that you can tackle life's challenges and remember your value and worth. This world needs you to show up!

Throughout this journey always remember that

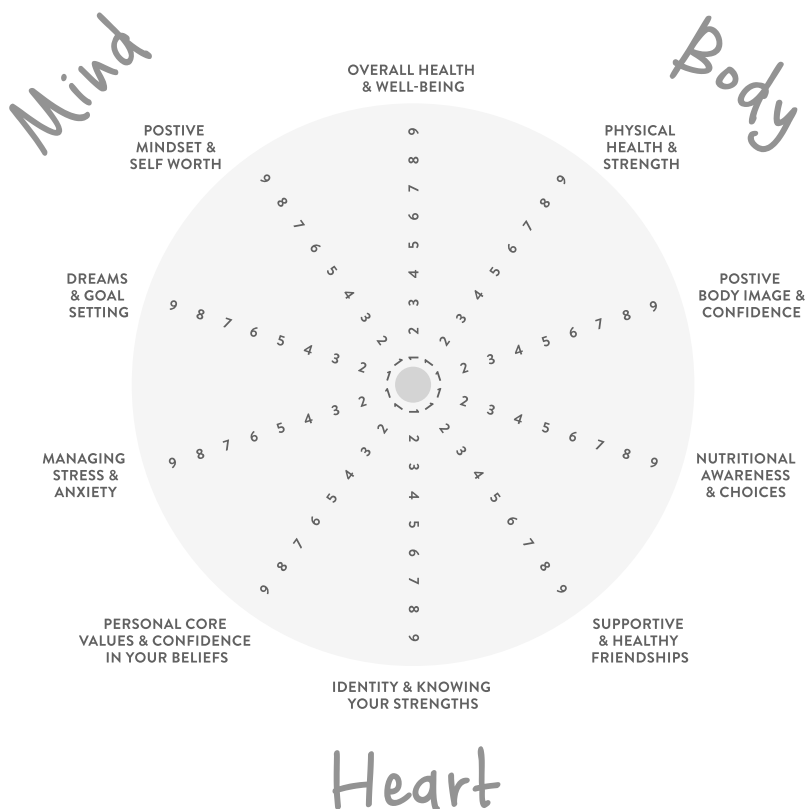
*you are worthy, you are loved and you belong. Stay strong.*

## Work-In

### TOOL #1: WELLNESS WHEEL OF LIFE

*You may have already completed our wheel of life before joining our journey. If so, you can refer to that one or you can retake it and re-assess. It's always healthy to self-reflect and re-assess your life as our seasons and circumstances change.*

Let's focus on creating a well-rounded person and using our wheel of life to determine if your life is smooth or bumpy! We desire to see all people, especially girls and women focus on and reach wholistic health...a well-rounded wheel. Self-reflect on your life evaluating your heart, mind and body as you rate each area of your life on a scale of 1-10. 1 = not at all satisfied and 10 = fully satisfied.



## QUESTIONS:

*Reflect on your wellness wheel of life as you answer these questions...*

- How do you feel about your current wheel shape?

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- Which area(s) of your life needs the most attention?

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- Envision what you want this wheel to look like in 1 year. Where would you like to start to get there?

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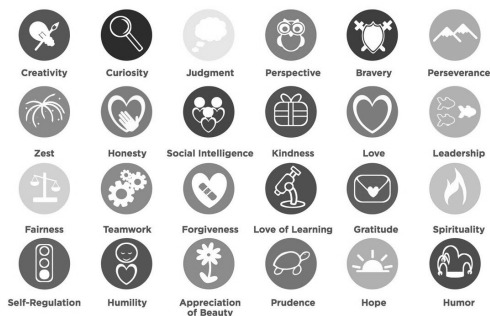
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## Work-In

### TOOL #2: THE VIA STRENGTH SURVEY

[www.viacharacter.org/www/Character-Strengths-Survey](http://www.viacharacter.org/www/Character-Strengths-Survey)

#### VIA Classification of Character Strengths



Discover your best qualities in 15 minutes with our scientific survey of character strengths.

We believe that all people have these 24 character strengths, but discovering them in yourself and recognizing them in others is the challenge. Taking this survey can open up your eyes to recognizing how you operate and becoming aware and compassionate to how those around you operate too!

We all carry these strengths, but in different orders and to different degrees. Discover your top 3-5 signature strengths and see what strengths surround you. This is a great activity to do inside a family, with a team or in a workplace!

Write your top 5 Signature strengths here. We encourage you to put them on your mirror or in a place where you'll see them often. Share them with 2 people closest to you and your family. Write down 1 other person's signature strengths here too. Discuss with each other what you think.

My 5 Signature Strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Others 5 Signature Strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## BONUS MODULE FOR BEGINNERS

*\*Disclaimer: These lessons are for those new to strength training or who don't have access to a gym or trainer... if you already work with a certified strength trainer or train at a credible gym, continue with those sessions.*

### Work-In

## FITTR PRINCIPLE



*"Start where you are, do what you can, use what you have" - Arthur Ashe*

One of the first things I learned about health and wellness as a health and PE teacher was the FITT principle. (You may notice that mine says, FITTR principle...more on that soon) FITT is an acronym, for Frequency, Intensity, Type and Time. FITT applies to creating a workout and understanding the important factors in fitness.

I think the FITT principle helps guide people in formatting a strong workout, but it was missing a key ingredient that many younger (and older) women need. Rest. I believe rest is a critical ingredient in your health and the piece of the formula ignored most often. So I added it myself. R = rest.

In order to care for your body and strengthen it, you need to know the how and the principles. I want you to become empowered to do workouts on your own or with a buddy, which is more fun. If you utilize and gain some understanding on how to train your body in a safe and effective way as a teen girl, you will set a strong foundation for a lifetime of health.

So let's break down the FITTR principle so you can begin your own training program with effectiveness:

**Frequency** - The number of times you will workout in a week. It is recommended to be active 3-5 days a week.

**Intensity** - How hard you workout. The lower your intensity, the longer the workout. The higher your intensity, the shorter your workout should be.

I tend to rate my intensity on a scale from 1-3. Level 3 being all out effort and 1 being more leisure effort. No need to spend more than 15-20 minutes at a level 3, with breaks built in. Expect to spend more than 30 minutes at a level 1-2.

**Type** - The kind of workout you are performing. It's important to implement a variety of workouts into your week as to not "burn-out," get bored, stuck on a plateau or injure yourself.

There are a variety of ways to workout: cardio, weight training, plyometrics, yoga, biking, swimming, walking, jogging, sprints, interval training, dancing, hiking. The list is only limited to your imagination and interests.

I encourage you to categorize your workouts into "training days" and "active days" Training days are more intentional workouts with a specific goal in mind (interval training, sprints, weight training, plyometrics, practice) Active days are for pleasure and movement for the sake of enjoyment. These activities tend to stay with you for a lifetime (walking, hiking, biking, swimming, yoga).

**Time** - The duration of each workout or exercise. Also, refers to the number of times you repeat an exercise, called "repetitions" or "reps."

Many effective workouts can happen in as little as 15 min. "Training Days" and higher intensity workouts should be 15-30 min. Lower intensity workouts or "Active Days" can be 30 minutes-1 hour. When determining repetitions for an exercise, if the weight is heavy, the reps should be lower. When the weight is light, the reps can be higher. (Ex. squat your body weight = 20-50 reps. Squatting under a load = 5-8 reps). With the Inside-Out Strong workouts, we like to do exercises based on time or seconds of activity. We recommend 30-60 seconds of activity (high intensity) for each exercise with 10-15 seconds of rest (low intensity) between each. You can have a longer rest between circuits.

**Rest** - Taking time to recover. This is the most underutilized activity for everyone!

Your body (and mind) needs time to recover from the activity it's asked to do. Each time you exercise, especially lift weights, your muscles experience microscopic tears. This is natural and healthy, but only if the muscle can heal and build back up to become stronger, hence "building muscle." Your muscles and body need time (about 24-48 hours) to heal. This doesn't only apply to your body; think about your mind and spirit in the same way. When you rest and take time to heal, you get stronger.



QUESTIONS:

Reflect on your personal health and wellness practices as you answer these questions...

- What activities do you participate in that shows you are taking good care of your body?

- Make a list of the types of movement that you enjoy. Categorize them into “Training” and “Activities”

- List and identify the roadblocks to consistent movement. How can you overcome those?

Make a plan that works for your life following the FITTR principles. If you are an athlete in season, write a plan for what you can do in the off season to stay strong. Make an appointment with yourself to be active or train each day as you implement this plan! Fail to plan, plan to fail...

SAMPLE:

	MON	TUE	WED	THURS	FRI	SAT	SUN
FREQUENCY	Training	Active	Training	Active	Training	Active	Rest
ITENSITY	2	2	3	1	3	2	Rest
TYPE	Weights + HIIT	Yoga	Weights	Walking	HIIT	Hiking	Rest
TIME	30 min	30 min	30 min	30 min	30 min	1 hour	Rest

YOUR PLAN:

	MON	TUE	WED	THUR	FRI	SAT	SUN
FREQUENCY							
ITENSITY							
TYPE							
TIME							

## Work-Out

### BASIC MOVEMENT AND CORRECTIVE EXERCISES

These circuits can be used as a warm-up, to check of proper form and activate proprioception muscles

Video demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

BASIC MOVEMENT PATTERNS		CORRECTIVE EXERCISES	REPS
<i>Equipment: Brookmstick</i>		<i>Equipment: there-bands (light or medium)</i>	
Posture- get organized	Repeat until form is consistent and accurate	Air Squats	40
Lunge to each side		Squat Jumps	20
Plank		Monster Walks	20/side
Squat		Clamshells	20/side

#### FREQUENCY:

- Repeat Basic movement patterns often and check form before adding load through weights or impact through jumping
- Use either or both circuits (basic movement patterns or Corrective Exercises) as a warm-up to a workout

#### INTENSITY:

- As a warm-up this should not be intense, but you should work on your mechanics often to stay safe through movement and lifting
- You can never work on these mechanics too often or for too long :)

**TYPE:** Weight Training

**TIME:** 3-5 minutes

- Basic Movement Patterns = 3-5 minutes
- Corrective Exercises = 3-5 minutes. Repeat 2x

**REST:** These circuits can also be performed on your days off or “active days”