

NO EXCUSES:

THE WEEKEND WARRIOR WORKOUT

By Chris Cosich

In my 16 years in the health and fitness profession, I've been the recipient of a myriad of excuses—ranging from the hilarious to downright outlandish by potential clients—as to why they cannot exercise or no longer do. In fact, the catch-phrase on my company T-shirt reads "What's your excuse?"

By far, the most commonly heard is "I don't have the time." At this juncture I continually must refrain from endless explanations as to why this is simply a false reality. I strategize ways to structure workouts into a busy individual's limited parameters of time. At this point, I must also maintain that finding 180 minutes in 6,720 waking minutes a week is wholly possible and quite necessary—if one wants to maintain physical wellness.

I can assure you that in terms of resulting benefits, scheduling exercise is as important as anything on one's social calendar. It would be safe to surmise that if you are reading this, you are departing the stresses of the Big Apple for down time on the East End.

Here is a workout that can be done in 45 minutes a day—Saturday and Sunday. The weight workout takes 20 minutes and your choice of cardio takes 20 minutes. It is applicable to both men and women. Your investment is a mere \$40-\$50 for a pair of adjustable dumbbells. Your gym is your home, your backyard, the park and beaches of the East End. Each exercise is done for 3 sets of 15-20 repetitions.

Dumbbell weights for men are 20-25 pounds, for women 10-20. If you are easily accomplishing all sets and reps your weight should increase by 5 pounds or so your next workout.



So you can't revolve your life around exercise? Revolve exercise around your life. With a promise to feel better, look better and live better, what excuses are there?

