



# Getting Started

The first step in the **I Am Powerful Workout with Eric Harr** is to set your goals and determine exactly what's driving you toward them. You want to get motivated, fix your eyes on your target and choose the exercise prescription that's going to get you there. Spend a few moments really thinking about why you want, and need, to get on an exercise program and/or get in the best shape of your life. This "intrinsic motivation" will help keep you on track when you're feeling, well, not so motivated!

The **I Am Powerful Workout** programs will not only deliver the results you're after, but they will do so in a way that keeps you revved and ready for more. Why? Rather than prescribing a six- or 10-week program, which can feel daunting, you'll only commit to an entirely doable – and enjoyable – 10-day "mini-plan" (performed over the course of just two weeks). Research shows that people have little trouble adhering to exercise for 10 days; it's the period after that where motivation falters and people give up. The **I Am Powerful Workout** programs will show you just how manageable it can be to take your workouts to new heights, and my bet is you'll want to continue with a second program and a third and so on. Before you know it, you'll find that you want to keep going for good!

Because the **I Am Powerful Workout** programs are customized to your current fitness level, your available time, and your energy levels on any given day, we need to look at a few more factors. Once we've got all this information, you'll be able to get rolling. Let the final countdown – and your final pre-exercise exams – begin!

## TEST #1: ARE YOU EXPERIENCED?

First off, we're going to need to get a read on your current fitness level. Perhaps you used to compete on a superhuman level, maybe you've been exercising consistently for the past few months or more, there's even a chance you've been challenging yourself on occasion. Then again, perhaps you haven't been doing much of anything.

In order to prescribe the best possible program for you, we need to assess how fit you are right now. Therefore, you're going to do some actual exercise – a self-test of sorts. Hey, it will be fun! After all, don't you want to know how fit you are and then keep track of the progress you make? Of course you do!

So, get out your walking or running shoes (that's all the gear you'll need) and take the following strength and cardiovascular fitness tests. These will help you determine which level workout will help you meet your goal. After you complete your 10-day program (and every subsequent one), I recommend taking the tests again to see how your score has improved – and whether it's time to move to the next level.

**UPPER-BODY STRENGTH TEST** Do as many push-ups as you can, continuously and with perfect form (no time limit) and record the number on the scorecard that follows.

### HOW TO PERFORM A PUSHUP:

1. Support your body on the balls of your feet and your palms, positioning your hands about three inches wider than shoulder-width on either side, palms flat on the floor. Straighten your arms without locking your elbows. Your butt should be slightly above the line of your body so your back doesn't sag.
2. Lower your torso until your chest is almost to the floor. Push yourself up to the starting position and repeat, if possible.



**LOWER-BODY STRENGTH TEST** Do as many squats as you can in one minute, continuously and with perfect form, and record the number on the scorecard.

HOW TO PERFORM A SQUAT:

1. Stand with your hands on your hips and feet shoulder-width apart. Keep your shoulder blades back and your toes pointed straight ahead.
2. Initiating your descent at the hips (not the knees), lower yourself as though sitting back into a chair (making sure to not go any lower than the point where your thighs are parallel to the floor). Keep your lower back in its natural alignment and avoid moving your knees forward past your toes. Return to the starting position by standing as you push down through your heels and repeat.

**ABDOMINAL STRENGTH TEST** Do as many crunches as you can in one minute, continuously and with perfect form, and record the number on the scorecard.

HOW TO PERFORM A CRUNCH:

1. Lie on your back with your knees bent and your feet flat on the floor about hip-width apart. Place your fingertips lightly behind your ears to gently support your head.
2. Use your abs to lift your head and shoulder blades four to six inches off the floor. Keep your lower back pressed firmly against the floor and your elbows pointing straight out (not forward). Hold as you exhale, then slowly lower back to the starting position and repeat.

**CARDIOVASCULAR STRENGTH TEST\*** Walk, jog or run as fast as you comfortably can either on flat terrain or on a treadmill set at zero incline. When you hit 1.5 miles, record your time on the scorecard. Be sure to warm up and cool down with 5-10 minutes of easy walking (but do not count that distance as part of the 1.5 miles or include those minutes as part of your total time). Don't eat anything two hours prior to taking this test. Also, make sure you don't push yourself too hard; you want to do well, but you don't want to make yourself sick just for the sake of your score!

\* BASED ON THE COOPER INSTITUTE'S AEROBIC FITNESS TEST

## FITNESS LEVEL SCORECARD

### Upper-Body Strength Test

Number of push-ups: \_\_\_\_\_

### Lower-Body Strength Test

Number of squats: \_\_\_\_\_

### Abdominal Strength Test

Number of crunches: \_\_\_\_\_

### Cardiovascular Strength Test

Time: \_\_\_\_\_

### YOUR RESULTS

To determine the program you should begin with, find the fitness test in which you scored lowest and use that as your starting point. (So, if you're a 25-year-old woman and were able to do 50 crunches and 12 squats, but only 4 push-ups and 13 minutes on your cardio test, you should still start with Level 3 or 4, rather than Level 5 or 6 and build from there.)

### WOMEN

FITNESS LEVEL	AGE: UNDER 20	AGE: 21-35	AGE: 36-45	AGE: 46 AND OVER
LEVELS 1 & 2	0-5 push-ups 0-9 squats 0-25 crunches Cardio: 13:50 or above	0-3 push-ups 0-6 squats 0-20 crunches Cardio: 14:15 or above	0-2 push-ups 0-4 squats 0-15 crunches Cardio: 14:45 or above	0-1 push-up 0-3 squats 0-10 crunches Cardio: 15:15 or above
LEVELS 3 & 4	6-15 push-ups 10-16 squats 26-50 crunches Cardio: 10:46-13:49	4-10 push-ups 7-10 squats 21-40 crunches Cardio: 11:31-14:14	3-5 push-ups 5-8 squats 16-30 crunches Cardio: 12:16-14:44	2-4 push-ups 4-6 squats 11-20 crunches Cardio: 12:46-15:14
LEVELS 5 & 6	16+ push-ups 17+ squats 51+ crunches Cardio: 10:45 or less	11+ push-ups 11+ squats 41+ crunches Cardio: 11:30 or less	6+ push-ups 9+ squats 31+ crunches Cardio: 12:15 or less	5+ push-ups 7+ squats 21+ crunches Cardio: 12:45 or less

### MEN

FITNESS LEVEL	AGE: UNDER 20	AGE: 21-35	AGE: 36-45	AGE: 46 AND OVER
LEVELS 1 & 2	0-25 push-ups 0-16 squats 0-35 crunches Cardio: 13:20 or above	0-20 push-ups 0-12 squats 0-30 crunches Cardio: 13:45 or above	0-15 push-ups 0-8 squats 0-25 crunches Cardio: 14:15 or above	0-10 push-ups 0-6 squats 0-15 crunches Cardio: 14:45 or above
LEVELS 3 & 4	26-40 push-ups 17-24 squats 36-60 crunches Cardio: 10:16-13:19	21-30 push-ups 13-18 squats 31-50 crunches Cardio: 11:01-13:44	16-25 push-ups 9-12 squats 26-40 crunches Cardio: 11:46-14:14	11-20 push-ups 7-10 squats 16-25 crunches Cardio: 12:16-14:44
LEVELS 5 & 6	41+ push-ups 25+ squats 61+ crunches Cardio: 10:15 or less	31+ push-ups 19+ squats 51+ crunches Cardio: 11:00 or less	26+ push-ups 13+ squats 41+ crunches Cardio: 11:45 or less	21+ push-ups 11+ squats 26+ crunches Cardio: 12:15 or less



Now you know your fitness level, you're almost ready to get started. But before you proceed, you'll need to assess how you're feeling and how much time you have available each day. Then, do the corresponding workout within your goal-oriented program.

### **TEST #2: ARE YOU AMPED?**

First, answer the following questions as True or False

1. I'm well rested. TRUE/FALSE
2. I'm not experiencing any aches or pains. TRUE/FALSE
3. I feel moderately, if not supremely, energetic. TRUE/FALSE
4. I'm ready to give my workout at least 80 percent. TRUE/FALSE
5. I want to sweat! TRUE/FALSE

\* If you answered at least three of the preceding questions as TRUE, you're geared up and ready to do the Level 4-6 programs.

\* If you answered at least three of the preceding questions as FALSE, begin with the Level 1-3 programs.

### **TEST #3: ARE YOU AVAILABLE?**

This one's pretty simple, as tests go. You'll have two final options within each program – a FULL-FLEDGED [FF] plan and a TIME-SAVER [TS] version. If you have an hour available to exercise, go with FF. If not, go with TS. See? I told you it would be easy (meaning no cheating allowed!).