

CERG´S GET FIT IN 7 WEEKS!

The mission of NTNU (the Norwegian University of Science and Technology) is to share knowledge and create solutions to improve the world in order to improve everyday life for as many persons as possible. NTNU Health is one of NTNU's strategic research areas, their aim is to create innovative solutions to complex health challenges.

The Cardiac Exercise Research Group (CERG) aims to define optimal exercise programs for everyday people in order to increase the likelihood of development and preservation of good health throughout life. The group study the effect of exercise as a medicine in order to treat heart and lifestyle related diseases. The group consists of eminent scientists, technicians, medical doctors and promising research talent from all over the world. CERG is localised in the fully integrated [St. Olavs University Hospital](#) in Trondheim, Norway. In 2011, CERG achieved the prestigious honour of becoming a [K.G. Jebsen Center for Medical Research](#). The group is headed by Professor Ulrik Wisløff.

One of the projects at CERG that has revived more attention in the media is the development of the program "GET FIT IN 7 WEEKS!". This is a training program of 7 weeks which aims to improve the cardiovascular health, no matter what you initial fitness level is like. The program is based on a wide investigation aiming to obtain best possible results, without spending too much time. For this reason the training program is within reach for almost everyone, no matter how busy their schedule or current lifestyle is.

On behalf of the Corporate Athlete Team we invite you to try this 7 week fitness program to improve your general and cardiovascular health.

¡GET FIT IN 7 WEEKS!

Welcome to a 7-week journey towards improved fitness and better health. Our 7-week fitness program is a research-based and time-efficient way to boost your health - and it fits both those who hate and those who love exercise.

CERG's 7 week program is time efficient and gives a robust training effect for body and soul. The endurance activities are described as walking or running, but feel free to swim, cycle, row or perform any other activity that involves dynamic work with large muscle groups. If you prefer running or walking, we recommend you to do the intervals up a hill or on a treadmill with some inclination.

We also refer to % of maximum heart rate, but you don't have to use a heart rate monitor. Many find motivation in using monitors, but the exercise effect is similar without. If you think the program progression is a bit too tough for you, you could use an extra week or two. But make sure you complete the program! If you for one reason or another drop out, just go back and perform week 1 and then jump back into the program where you left.

WEEK 1

MONDAY

Endurance program: 1x4 minutes KICK-START

1. 10-minute warm-up, slow jog or brisk walk to get you sweating a little, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate towards the end of the 4-minute period.
3. 5-minute cool-down – and lo and behold, you're back home where a hot shower awaits, and the rest of your evening is free for other activities: not to mention you're on the path to improved fitness!

Note that it's important that the four minutes truly are high-intensity. If you find yourself unable to keep up the intensity for the entire four minutes, you've overshoot it; next time, go a little slower so you can manage the whole distance. Conversely, you should be so tired and out of breath that you're unable to maintain a conversation.

WEDNESDAY

Endurance program: 20 minutes FUN-RUN

1. Warm up for 10 minutes at a comfortable pace.
2. Run or walk for 20 minutes at an intensity you are comfortable with, but a bit harder than the speed at the warm-up – without stopping.

Core & strength program

1. 10 PUSH-UPS
Either with bent knees, or as in the picture below.



2. 15 SQUATS
Exercise the front of your thighs (quadriceps), buttocks and lots of stabilizer muscles. Keep your hands behind your neck and keep your legs a shoulder width apart. Keep your back upright (look up and forward, and tighten your abdominal muscles somewhat), bend your legs and “go down” as far as you can without losing your balance. Go down slowly and upwards relatively quickly.



3. 10 SQUAT JUMPS
Same movements as for squats described above, but move so quickly up that you jump up in the air.



FRIDAY

Endurance program: 2x4 min HEALTH BOOST

1. 10-minute warm-up to get you sweating lightly.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 5 minutes of calm walking – and just like that, you're done for the week!

Give yourself an hour or two and check the feeling you have now – well done!

WEEK 2

MONDAY

Endurance program: 1x4 min KICK-START

1. 10-minute warm-up, slow jog or brisk walk to get you sweating a little, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate towards the end of the 4-minute period
3. 5-minute cool-down – and lo and behold, you're back home where a hot shower awaits, and the rest of your evening is free for other activities – not to mention you're on the path to improved fitness!

REMEMBER that it's important that the four minutes truly are high-intensity. If you find yourself unable to keep up the intensity for entire four minutes, you've overshoot it; next time, go a little slower so you can manage the whole distance. Conversely, you should be so tired and out of breath that you're unable to maintain a conversation.

WEDNESDAY

Endurance program: 3x4 min INTERVAL

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.

If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate towards the end of the first 4-minute period. During the rest of the intervals it should take you about 2 minutes to reach 85-95% of your maximum heart rate. 5-minute cool-down, and you're done for the day!

VIERNES

Core & strength program

Perform 5-10 repetitions of all three exercises (number depending upon your fitness level), 30 seconds rest between each exercise, and 1-minute rest between each of 3 series.

1. 10-minute warm-up to get you sweating.

2. SPLIT-SQUAT

Keep your hands behind your neck. Take a big step forward with one foot so that your knee comes in contact with or close to the ground - slide quickly back to the starting position - repeat on the opposite leg.



3. SQUAT JUMPS

Keep your hands behind your neck and keep your legs a shoulder width apart. Keep your back upright (look up and forward, and tighten your abdominal muscles somewhat), bend your legs and “go down” as far as you can without losing your balance. Go down slowly and upwards relatively quickly.



4. PUSH-UPS

Either with bent knees, or as in the picture below.



Weekend assignment

Is it really harmful not to undertake regular physical activity? The answer is undoubtedly yes. Inactivity causes about 5.5 million deaths annually worldwide, while in comparison, about 5 million die annually as a direct result of smoking. Inactivity is a risk factor for death, and health authorities worldwide have estimated that the strength of the risk factor “inactivity” is equal to the smoking, high blood pressure and unhealthy cholesterol status risk factors combined. Do your favourite activity involving large muscle groups and dynamic movements (walking, jogging, swimming, cross-country skiing, squash, five-a-side soccer etc.) be active more than 60 minutes. Bring a friend or your family so it becomes easier to get off the couch :o)

WEEK 3

MONDAY

Endurance program: 3x4 min INTERVAL

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.
7. 5-minute cool-down – and you're done for the day!

WEDNESDAY

Choose an activity involving large muscle groups and dynamic movements (walking, jogging, swimming, cross-country skiing, squash, five-a-side soccer etc.) that you normally do not do, and be active more than 60 minutes. Bring a friend or your family so it becomes easier to get off the couch.

FRIDAY

Our brain is often seen as the overarching control-centre that regulates the rest of the body. We are born with about 130 billion brain cells that are completely dependent on physical movement and good blood circulation with the supply of oxygen and proper "fuel" for them to develop and function optimally. It has been shown that people who are regularly physically active have a slower aging of the brain, larger brain volume, better learning, improved memory and less risk of developing neurological disorders (such as Parkinson's, Alzheimer's, dementia and reduced cognitive function).

Endurance program: 1x4 min KICK-START

1. 10-minute warm-up, slow jog or brisk walk to get you sweating a little, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate.
3. 5-minute cool-down.

Enjoy your weekend off – next week is going to be intense.

WEEK 4

MONDAY

Endurance program: 4x4 HEALTH BOOSTER

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.
7. 3 minutes of relaxed walking.
8. 1 x 4 minutes of walking or running so you're very short of breath.
9. 5-minute cool-down – well done.

Check the feeling after a warm/cold shower: amazing – enjoy!

WEDNESDAY

Endurance program: 4x4 HEALTH BOOSTER

Repeat the Monday session from this week – a real booster for your health! You are really on your way to improved fitness and younger fitness age!

FRIDAY

Endurance program: 1x4 min KICK -START

1. 10-minute warm-up, slow jog or brisk walk to get you sweating a little, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate (see the FAQ on how to find this).
3. 5-minute cool-down – and lo and behold, you're back home where a hot shower awaits, and the rest of your evening is free for other activities – not to mention you're on the path to improved fitness!

Core & strength program

1. SQUATS 10 reps



2. SPLIT-SQUAT 7 reps each leg



3. SQUAT JUMPS - 5 reps



4. PUSH-UPS - as many as you can do



5. SQUATS - 7 reps (pic. 1)
6. SPLIT-SQUAT - 5 reps each leg (pic. 2)
7. SQUAT JUMPS - 5 reps (pic. 3)
8. PUSH-UPS - as many as you can do

You will feel this week of training in your body and mind – you will like it. Weekend off: if you do exercises over the weekend anyway.... Keep them at low-to-moderate intensity.

WEEK 5

MONDAY

Endurance program: 1x4 minutes KICK-START

1. 10-minute warm-up, slow jog or brisk walk to get you sweating a little, preferably on an incline or hill to get your heart rate up more quickly, and to limit the stress on your knees.
2. 4 minutes of walking or running uphill so you feel tired and winded. If you have a heart rate monitor, you should be at around 85-95% of your maximum heart rate towards the end of the 4-minute period (see the FAQ on how to find maximal heart rate).
3. 5-minute cool-down – and lo and behold, you're back home where a hot shower awaits, and the rest of your evening is free for other activities – not to mention you're on the path to improved fitness!

REMEMBER (again) that it's important that the four minutes truly are high-intensity. If you find yourself unable to keep up the intensity for the entire four minutes, you've over-shot it; next time, go a little slower so you can manage the whole distance. Conversely, you should be so tired and out of breath that you're unable to maintain a conversation.

WEDNESDAY

Endurance program: 20 minutes FUN-RUN

1. Warm up for 10 minutes at a comfortable pace.
2. Run or walk for 20 minutes at intensity you are comfortable with, but a bit harder than the speed at the warm-up – without stopping.

Core & strength program

Perform 5-10 repetitions of all exercises (number depending upon your fitness level), 30 seconds rest between each exercise, and 1-minute rest between each of 3 series.

1. 10 PUSH-UPS
Either with bent knees, or kneeling with handholds.



2. 15 SQUATS



3. 10 SQUATS JUMPS



4. 15 SQUATS (Pic. 2)

5. 10 SQUAT (Pic. 3)

6. 10 PUSH-UPS - choose your level (Pic. 1)

7. 15 SQUATS (Pic. 2)

8. 10 SQUAT-JUMPS (Pic. 3)

9. 10 PUSH-UPS - choose your level (Pic. 1)

FRIDAY

Choose an activity involving large muscle groups and dynamic movements (walking, jogging, swimming, cross-country skiing, squash, five-a-side soccer etc.) that you normally do not do, and be active more than 60 minutes. Bring a friend or your family so it becomes easier to get off the couch

WEEK 6

MONDAY

Endurance program: 4x4 HEALTH BOOSTER

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.
7. 3 minutes of relaxed walking.
8. 1 x 4 minutes of walking or running so you're very short of breath.
9. 5-minute cool-down – well done.

Check the feeling after a warm/cold shower – amazing – enjoy!

TUESDAY

Endurance program: 20 minutes FUN-RUN

1. Warm up for 10 minutes at a comfortable pace.
2. Run or walk for 20 minutes at an intensity you are comfortable with, but a bit harder than the speed at the warm-up – without stopping.

Core & strength program

1. 10 PUSH-UPS
Either with bent knees, or as in the picture below.



2. 15 SQUATS



3. 10 SQUAT JUMPS



THURSDAY

Endurance program: 4x4 HEALTH BOOSTER

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.

7. 3 minutes of relaxed walking.
8. 1 x 4 minutes of walking or running so you're very short of breath.
9. 5-minute cool-down – well done.

FRIDAY

Endurance program: 20 minutes FUN-RUN

1. Warm up for 10 minutes at a comfortable pace.
2. Run or walk for 20 minutes at an intensity you are comfortable with, but a bit harder than the speed at the warm-up – without stopping.

Core & strength program

1. 10 PUSH-UPS
Either with bent knees, or as in the picture below.



2. 15 SENTADILLAS



3. 10 SENTADILLAS con salto.



4. 15 SQUATS (Pic. 2)
5. 10 SQUAT (Pic. 3)
6. 10 PUSH-UPS - choose your level (Pic. 1)
7. 15 SQUATS (Pic. 2)
8. 10 SQUAT-JUMPS (Pic. 3)
9. 10 PUSH-UPS - choose your level (Pic. 1)

MONDAY

Endurance program: 4x4 HEALTH BOOSTER

1. 10-minute warm-up to get you sweating.
2. 1 x 4 minutes of walking or running so you're very short of breath.
3. 3 minutes of relaxed walking.
4. 1 x 4 minutes of walking or running so you're very short of breath.
5. 3 minutes of relaxed walking.
6. 1 x 4 minutes of walking or running so you're very short of breath.
7. 3 minutes of relaxed walking.
8. 1 x 4 minutes of walking or running so you're very short of breath.
9. 5-minute cool-down – what a feeling!

WEDNESDAY

Choose an activity involving large muscle groups and dynamic movements (walking, jogging, swimming, cross-country skiing, squash, five-a-side soccer etc.) that you normally do not do, and be active more than 60 minutes. Bring a friend or your family so it becomes easier to get out of the coach.

THURSDAY

Do the maximum number of sit-ups you can manage.



30-minute walk or jog at a pace where you're not too winded to keep up a conversation. Do the maximum number of sit-ups you can manage, see previous picture. Great job!

FITTER?

Thank you for joining us on this 7-week journey: you should be proud of yourself!

You are definitely in better shape than when you started and the training now gives you more energy than it takes – most likely you're feeling the mental and physical benefits already. You have improved your physical fitness, which is a very important indicator of cardiovascular health. Moreover, you've strengthened important muscles, which will make it easier for you to manage busy day-to-day activities, with a reduced risk of injuries or strains.