



Boomerang



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Compound exercises mean that they work multiple muscles instead of just one muscle. These exercises are typically great for working your muscles, assisting with your metabolism, and burning calories (and fat). These can also help with daily functional movements and sports performance. You must be sure you have the proper form when doing these and any exercises and begin light before increasing the resistance or intensity.

Some examples of **Compound exercises** include:

Squats; Push ups; Pull ups; Lunges; Rows

- **Cardio exercise-**

You mentioned you want to have increased sports performance, burn fat, and be healthy. Cardio can assist all of these.

You may want to consider cardio exercise for conditioning to get you back to your sport without feeling drained and tired easily.

Cardio exercise also helps burn calories and burns some fat as energy to fuel the activity.

Also, cardio exercise helps your body run more efficiently and can help reduce risk of certain diseases.

It is important to switch up the cardio exercises you do so your body receives all benefits of cardio for your fitness goals

### Summary

Strengthen any areas of your body that are weak, previously injured, or going to use in any activities and sports you will engage in (make sure your ankles are ready to go when you start sports and activities again). Regarding workouts, try incorporating some compound resistance exercises and change up your cardio based upon your fitness goals.

Also, always be sure to warm up and cool down properly after your activities!

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It is very exciting to hear you are setting to reach your fitness goals. There are many possibilities!

Please let us know if there is anything else we can help you with in reaching your fitness goals M.!

Sincerely,

Coach B. and the FLIGHT Team