

The

Triple F

Fitness Program

Fitness

Friends

Fun

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Disclaimer

The author is not a physician. The information presented in this report is intended to be educational in nature and is not intended as medical advice. It is designed to help you make informed decisions related to your physical fitness and should not be used as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, you should seek assistance from a qualified health practitioner.

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Introduction

All exercise programs in the *K*I*S*S** series are designed to be as simple as possible while still accomplishing the objective of increasing a person's endurance, strength, and/or flexibility. For the most part, they use walking and/or running to improve endurance and body weight exercises to improve strength and flexibility.

The *Triple F Fitness Program* is a very informal program. It's for the person who wants to "mess around" with exercise but not commit himself/herself to a strict program with specified reps, sets, and clear-cut goals. It's for the person who would like to socialize and have fun and also have a good workout at the same time. It helps if a group of people do the program together. It's best if each person in the group has a partner of roughly equal physical ability.

The *Triple F Fitness Program* is suitable for a person of almost any age or physical condition. Kids will simply have fun doing it. Adults will find that, like taking a walk with a friend, it's a pleasant way to socialize and chat. However, don't be misled into thinking that the program will be so easy it won't do you any good. Remember that distance runners often train by taking long runs with a partner – and, unless they are really pushing, will talk while they run.

Facilities

You will need a short track to walk and/or run on. One tenth of a mile is about right. Half of a quarter mile track is fine too. You could also use a straight line route with a back and forth distance of around a tenth of a mile. The exact distance isn't important. So, the program can be done just about anywhere there is room to run – indoors or outside.

Equipment

You will also need two pieces of "equipment" for the program. The first is a bar for doing pull-ups. I strongly recommend the "All-in-One Stand Alone Pull-Up Bar." It can be set to just about any height you want and can be taken apart and carried to wherever you want to exercise. Next you will need a pair of running shoes. Finally, you should seriously consider getting an exercise mat. You will appreciate this when you do sit-ups.

Overview

The basic idea of the *Triple F Fitness Program* is to keep moving for a half hour. You do this by walking around a track. Is this fun? Hardly! Walking on a track can get pretty boring pretty fast. We eliminate the boredom in two ways. First, by doing the program with a group, preferably with a partner, you will have someone to talk to while you walk. Second, you do a strength exercise every time you complete a lap. The exercise will only take a minute or two – maybe less – and then you will walk again. You continue like this, changing the exercise that you do at the end of each lap. This breaks up the monotony of walking in circles!

It's easy to see that the program accomplishes the objectives of improving both your endurance and strength. The non-stop movement for a half hour can't be beat for improving endurance. And, the intermittent exercises improve your strength. Normally, a person rests between strength exercises. In this program, walking is your "rest."

The Exercises

The strength exercises that you do are:

- Sit-ups
- Squats
- Push-ups
- Bend & Twists
- Pull-ups

These are the same exercises that are in the [K*I*S*S* Fitness Program](#). They have been chosen because they exercise all the major muscles in your body. It's difficult to do better than this with body weight exercises.

Here's how you do the exercises:

Sit-up

Sit flat on the floor with your legs in front of you slightly bent at your knees. Your arms should be folded across your chest. Slowly lower your upper body until your back just touches the floor and then return to the sitting position. This is one repetition ("rep" for short) of the exercise. If you need someone to hold your feet down, that's perfectly OK.

Muscles exercised: Stomach.

Easier Way

If you have trouble returning to the sitting position, your partner can help you out by gently lifting your back or by pulling on your hands as you rise. “Crunches” are a popular variation of sit-ups where you don’t rise all the way up to a sitting position. They are another easier way to do the exercise.

Squat

Stand tall with your feet slightly apart – shoulder width. Keeping your feet flat on the floor, slowly bend your knees lowering yourself to a squat position. Then, rise back up to a standing position. Look forward and keep your back straight on your way down and up; don’t round it. This is one rep of the exercise.

Muscles exercised: Thighs and buttocks.

Easier Way

If you have trouble rising from the squat position, your partner can stand behind you and pull up on your elbows when you rise.

Push-up

Support yourself on your hands and toes. Your back should be straight. Keeping your body rigid, bend your arms at the elbows and slowly lower your body until it just touches the floor. Your chin and chest should touch the floor at the same time. Don’t rest on the floor. The minute your body touches the floor, straighten your arms and rise to the starting position. This is one rep of the exercise.

Muscles exercised: Back of upper arms, chest, and front of shoulders.

Easier Way

Instead of supporting yourself on your hands and toes, support yourself on your hands and knees.

Bend & Twist

Stand tall with your feet two to three feet apart. Stretch your arms overhead with your hands close together – as if you’re going to dive into the water. Now, bend at your waist, twist, and try to touch your right toes. Keep your knees locked straight as you bend. Then, return to the upright position. Keep your arms stretched as you do; don’t let them bend on the way up. Now do the same motion to the left toes and return to the upright position. Each time you bend to the right or left is one rep of the exercise.

Muscles exercised: Lower back and sides.

Easier Way

You may find that you can’t touch your toes or that it’s very difficult for you to do so. That’s perfectly OK. Just bend down as far as you can.

Pull-up

Reach up and grab your pull-up bar with your palms facing you. Your hands should be at shoulder width. Lift your feet up so that you’re hanging from the bar with your arms fully extended. Now, pull yourself up with your arms until you can place your chin over the bar. Finally, return to the hanging position with your arms fully extended. This is one rep of the exercise. Make sure you completely extend your arms after each rep. Many people don’t do this.

Muscles exercised: Front of upper arms, back of the shoulders, and upper back.

Easier Way

Instead of starting from a standing position, start from a sitting position. Now you will have to set your pull-up bar so you can barely reach it when sitting on the floor. Begin by sitting on the floor beneath the bar with your legs slightly bent in front of you. Reach up and grab the bar with your palms facing you. Pull yourself up with your arms until your chin can go over the bar. If your feet move a little as you go up, just let them go where they want to go. When you get your chin over the bar, your legs should be straight. Then, let yourself down slowly until you’re seated again. As you go down, keep your feet in the place they moved to when your chin was over the bar. This will be your starting position for additional reps of the exercise.

Using the Program

You may find that walking is too easy for you. In this case, you should jog or run around the track instead of walk. However, don't sprint such that you're exhausted at the end of the lap. You want to have enough strength left to do an exercise. Run at a "conversational pace." You should not be breathing so hard that you can't talk to your partner running alongside you. Remember, your walking or running should be a rest from your strength exercises. Finally, you can alternate walking and running. If running for a few laps starts to make you winded, walk for a lap to get your breath.

Before you do any running, I would recommend that you walk one or two laps and do at least five bend & twists and five squats (all the way down). The walking will warm your legs up a little. The bend & twists will stretch the back of your legs and the squats will stretch the front. Runners usually stretch out before running. It won't hurt you to do the same.

Vary the exercises that you do after each lap of walking or running. For example, after one lap, you might want to do some push-ups and after the next you might want to do some pull-ups.

When doing the exercises, start out easy. For example, if you can do a maximum of around 20 push-ups, the first time you do them you should only do around five or 10; don't go to your limit. Gradually increase the number of reps you do as the laps go by. Perhaps when the half hour is almost up, you might want to try to do as many as you can.

I recommend that you do the program at least three times per week. If you feel that it's too easy, there are two ways to make it more difficult without decreasing the fun aspect of the program. The first is to do the program more than three times per week. Six is a maximum; I think you should at least take one day off. The second is to continue the program for longer than a half hour. If you choose to do this, increase the time slowly. For general conditioning, I wouldn't recommend doing the program for more than around 45 minutes.

Of course, there are many additional ways that the program can be made more difficult and challenging. You can easily think of a few of them. However, all of them will probably decrease the fun aspect of the program and you will be getting into the realm of serious athletics.

The *Triple F Fitness Program* is based on the book, the [K*I*S*S* Fitness Program](#), which is a more structured program with very specific recommendations for moving

through it. That program includes an advanced level for serious athletes, special instructions for older folks, and, finally, pointers for using the program in a group setting. It would be worthwhile to read the book as it elaborates on the concepts which are the basis of all exercise programs in the *K*I*S*S** series.

ABOUT THE AUTHOR



Stephen J. Winter, Ph.D. has been a health and fitness enthusiast since his teens. He has excelled in weight lifting and distance running and has done well at other sports including rowing, swimming, and bicycling. Now, over 70 years old, he continues to exercise and manages to stay in excellent condition. He has also experimented with diet his entire adult life. By means of this experimentation and personal research, he has arrived at a sensible diet that he believes maximizes health and longevity. He “practices what he preaches” and is a good example of the effectiveness of the programs described in this report. For many years, Dr. Winter was a certified personal trainer. He lives with his family in Norwich, NY.

An engineer by training, Dr. Winter is now retired and has embarked on a second career as a fitness instructor and writer of fitness books. In addition to this report, he has written a number of books. His first book is the [K*I*S*S* Fitness Program](#). A shorter version of it directed at youth is entitled the [K*I*S*S* Fitness Program for Kids](#). He has plans to write a third book that will be entitled the [K*I*S*S* Weight Training Program](#). The central theme of all his books is simplicity. Whether you are doing bodyweight exercises, training with weights, or using exercise machines in a gym, he believes it is of highest importance to keep your training program as simple as possible. Both in his engineering work and in his fitness endeavors, Dr. Winter has found that this approach most often leads to long term success.