

Week 2, Workout 1

LEVEL

1

WARM UP -- (10 minutes) Complete warm up prior to beginning exercises.

ENDURANCE -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each exercise. Complete three times.

MARCH AND SWING ARMS

1. March in place. Lift your knees up as high as you can. Go at a steady pace.
2. As you bring your knee up, swing the opposite arm in front of you.
3. Switch your arms when you switch your legs.



EXERCISE IS FUN!

It is easy to get the right amount of exercise if you make it fun.

Here are some tips to help you stay motivated to reach your goal:

- » Safety is always first
- » Start slow and build up gradually!
- » Drink water before, during & after you exercise
- » Have a positive attitude
- » Have fun!



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STRENGTH -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.



PUSH-UPS ON THE WALL

1. Stand facing the wall. Place your hands flat on wall at shoulder level. Keep your arms straight. Your feet should be behind your body so that you are leaning on the wall. Stand on the balls of your feet.
2. Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
3. Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.

EXERCISE WITH A FRIEND OR GROUP

- » Walk, run, or bike ride with a friend or family member
- » Join a group exercise class
- » Do strength training with a teammate

TRY SOMETHING NEW

- » Try a new group exercise class
- » Walk or run a different route than you normally do
- » Learn a new strength or flexibility exercise



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FLEXIBILITY -- (5 minutes) Do the stretches below for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

COOL DOWN -- (10 minutes) Following the flexibility exercise, perform cool down.



CHILD'S POSE

1. Kneel on the ground.
2. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
3. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.

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TRACK YOUR IMPROVEMENTS

» Write a goal on a piece of paper. Post the goal on your wall.

» Keep a log of your exercises so you can see your progress.

REACH YOUR EXERCISE GOAL

It's easy to do five days of exercise in one week.

Follow this sample exercise plan and see how easy it is to reach your goal:

Day	Activity	Time Spent
Monday	Unified Fitness	60 minutes
Tuesday	Walked w/ friend after work Flexibility before bed	45 minutes / 10 minutes
Wednesday	OFF	
Thursday	Unified Fitness	60 minutes
Friday	OFF	
Saturday	Biked on trail in park	30 minutes
Sunday	Took group exercise class	45 minutes