

Week 3, Workout 1

LEVEL

2

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 rep. Complete three times. Take a 2 minute rest break between each exercise.

SIDE TO SIDE HOPS

1. Bend the knees slightly and hop as high as you can to one side then back to the other side.

Note: You can also hop forward and backward or hop in place.

1



2



3



HEALTHY SNACKS

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy.



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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.



CHAIR SQUATS

You will need a chair for this exercise. You may want to put the chair next to the wall for safety.

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).



HEALTHY SNACKS

Apple slices dipped in peanut butter



Carrots or peppers dipped in hummus



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FLEXIBILITY -- (5 minutes) Do the following stretches 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.

QUADRICEPS STRETCH

1. Lay on the ground on your right side.
2. Bend your left knee. Grab your right foot with your left hand.
3. Pull your foot behind you toward your buttocks. You should feel a stretch in the front of your thigh.
4. Now switch sides so that you are laying on the ground on your left side and your right leg is bent.

Note: If you cannot reach your foot, you can use a towel to wrap around your foot so you can grab the towel instead of your foot.



fit 5



HEALTHY SNACKS

Low-fat cottage cheese with tomatoes



Low-fat unsweetened yogurt with berries



Celery topped with peanut butter & raisins