

Week 3, Workout 2

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

QUICK PUNCHES

1. Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.

1



2. Turn toward your left side. Punch your right arm in that direction.

2



3. Return to the center with both hands in fists by your chest and elbows down by your side.

3



4. Now, turn toward your right side. Punch your left arm in that direction.

4



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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.

CURL-UPS

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



HEALTHY MEALS

Add more fruits and vegetables to your meals. You can make any meal more nutritious by following the simple suggestions on the next two pages!



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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.

KNEE TO CHEST

1. Lie on your back with your legs straight.
2. Bring your right knee toward your chest.
3. Wrap your hands underneath your knee. Pull your leg closer to your body until you feel a stretch in the back of your right thigh.
4. Repeat the stretch on your left leg.



BREAKFAST

- » Have a piece of fruit with your meal
- » Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes
- » Dried or cut fruit make great toppings on cereal and oatmeal as well



LUNCH

- » Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts
- » Try apples, carrots, or celery for a crunchy side
- » Add leftover or canned vegetables like peas and carrots to soups
- » Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing



DINNER

- » Add vegetables like broccoli, squash, or peppers to pastas
- » Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables
- » Add a side of steamed vegetables or a salad to any meal
- » Have some fruit as a healthy dessert

