

Week 4, Workout 2

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.

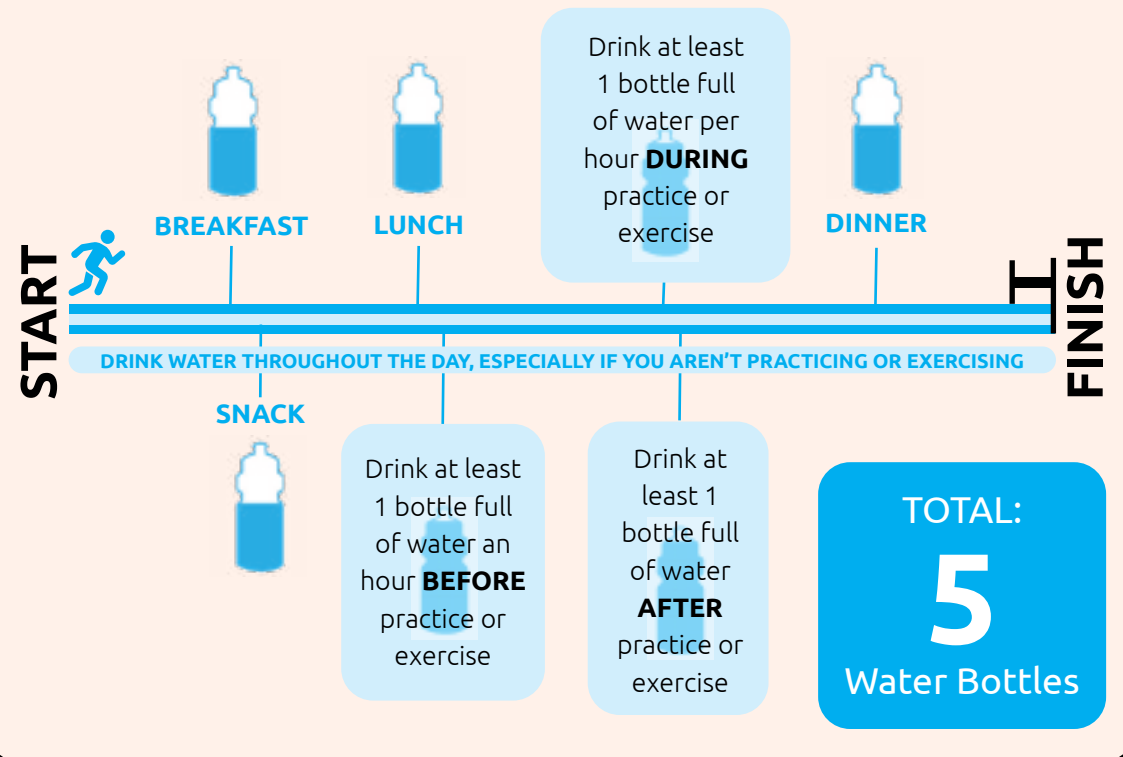
JOG IN PLACE

1. Jog in place.
2. Make sure you also swing your arms the whole time.



REACH YOUR HYDRATION GOAL

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day:



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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.



OVERHEAD PRESS

1. Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms facing forward.
2. Slowly push the weights over your head until your arms are straight. Keep your abdominal muscles tight and your back straight.
3. Lower the weights back down to the starting position.

Note : Start with 2-5lb weights, and increase if that feels easy. If you do not have weights, you can use full water bottles instead.

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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 found.

MODIFIED HURDLER'S STRETCH

1. Sit on the floor with your left leg straight out in front of you.
2. Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
3. Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. You should feel a stretch in the back of your left leg and the inside of your right hip.
4. Repeat this stretch with your right leg straight and your left leg bent.

1

