

# Week 6, Workout 1

LEVEL  
3

**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.

1



## MOUNTAIN CLIMBERS

1. Start in a push up position with your left leg in front so that your foot is on the floor under your chest.
2. Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
3. Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can.

2



## TAKING A SHOWER OR BATH

Showering or taking a bath is how we can get the whole body clean. When bathing, use a wash rag and body soap to remove the dirt and germs from the day. Some people like to shower or bathe every day as part of their routine. The key is to have a routine and stick with it.



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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.

## SIDE ARM RAISES

1. Stand tall with your arms down by your side. Hold small weights in your hands.
2. Slowly bring your arms out to your sides until your hands are level with your shoulders. Keep your arms straight the whole time.
3. Pause for one second and then slowly lower them back to your body.

*Note:* Begin with 1-2 pound weights. Slowly increase weight by 1-2 pounds if you do not feel too tired.

1



2



## TAKING A SHOWER OR BATH

As we get older, we release more sweat each day, so a shower can keep you fresh and clean. Some people prefer an every other day routine. That's fine, as you are the one who knows your body best. Like other body parts, our private body parts need to be cleaned and taken care of.



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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.



## BUTTERFLY STRETCH

1. Sit on the ground with the bottoms of your feet touching each other. Let your knees fall toward the floor.
2. Your feet should be close to your body.
3. Sit tall and lean forward over your feet.
4. You should feel a stretch in your groin.

### TAKING A SHOWER OR BATH

Washing hair is not something that needs to be done with each shower. Sometimes, washing hair too much can lead to dryness in the scalp and itchiness. Use a good shampoo (and conditioner if you choose) when you wash your hair to keep your hair clean.

