

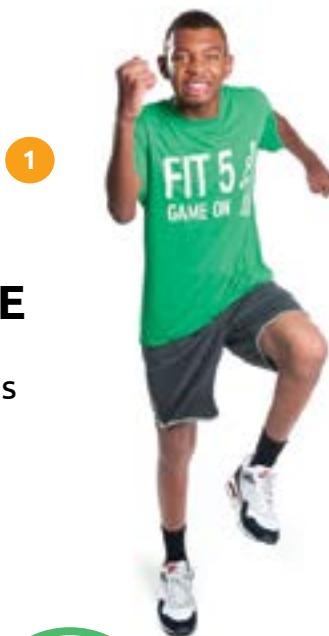
Week 7, Workout 2

LEVEL

4

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.



HIGH KNEES JOG IN PLACE

1. Jog in place. Try to get your knees as high as you can with each step.
2. Swing your arms the whole time.



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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4

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

1



HIP BRIDGE

1. Lay on your back with your arms down by your sides.
2. Bend your knees so that your feet are flat on the floor.
3. Keeping your stomach muscles tight. Lift your hips off the ground toward the ceiling. Lift as high as you can. Pause. Slowly lower back to the starting position.

2



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



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LEVEL

4

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.

SIDE STRETCH

1. Stand tall with your feet a little wider than your hips.
2. Bring your left arm up so that it is close to your ear.
3. Bend sideways at your waist toward your right side. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
4. Repeat with your right arm up and your left side bent.



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

