

Fitness Plan - Week 3



Day 1

1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.

2) Perform the following exercises two times through:

Exercise	Sets	Repetitions	Rest
Step-down with Side Lunge	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Bent-over Rows	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Standing Chest Fly with Resistance Band	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Modified Side Plank	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Hop Side-to-Side Either Over a Flat Bench or Bar on the Floor	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Push-ups from Ground	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round

3) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill without pausing.

Please consult your physician or health care provider before starting any diet or physical exercise regimen.



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Fitness Plan - Week 3



Day 2

1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.

2) Perform the following exercises two times through:

Exercise	Sets	Repetitions	Rest
Mountain Climber	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Reverse Lunge with Overhead Press (Using a Medicine Ball)	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Side Plank	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Kneeling Chest Press with Resistance Band	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round
Push-ups from Ground	1	12	Intermediate: 2 min after one round Advanced: 1 min after each round

3) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill without pausing.

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Fitness Plan - Week 3



Day 3

1) Rest

Day 4

1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.

2) Perform the following exercises two times through:

Exercise	Sets	Repetitions	Rest
Step-down with Side Lunge	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Bent-over Rows	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Standing Chest Fly with Resistance Band	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Modified Side Plank	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Hop Side-to-Side Either Over a Flat Bench or Bar on the Floor	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Push-ups from Ground	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round

3) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill without pausing.

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Fitness Plan - Week 3



Day 5

1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.

2) Perform the following exercises two times through:

Exercise	Sets	Repetitions	Rest
Mountain Climber	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Reverse Lunge with Overhead Press (Using a Medicine Ball)	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Side Plank	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Kneeling Chest Press with Resistance Band	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round
Push-ups from Ground	1	18	Intermediate: 2 min after one round Advanced: 1 min after each round

3) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill without pausing.

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Fitness Plan - Week 3

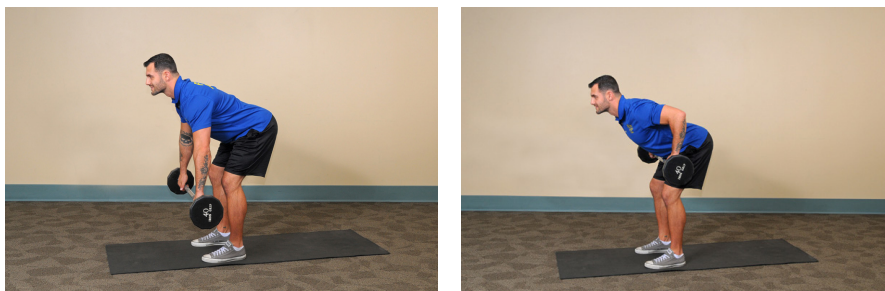


Exercise Examples - Day 1 & 4

Step-down with Side Lunge



Bent-over Rows



Standing Chest Fly with Resistance Band



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Fitness Plan - Week 3

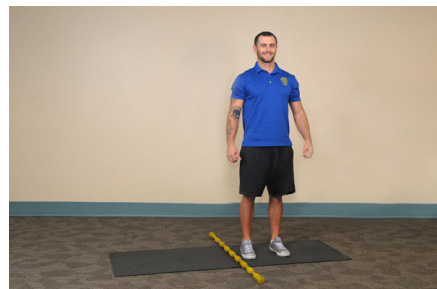


Exercise Examples - Day 1 & 4

Modified Side Plank



Hop Side-to-Side



Push-ups from Ground

(May be done from knees or balls of feet).



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Fitness Plan - Week 3



Exercise Examples - Day 2 & 5

Mountain Climber



Reverse Lunge with Overhead Press (using a Medicine Ball)



Side Plank



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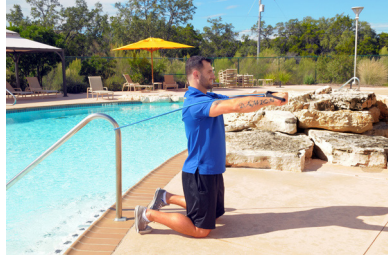


Fitness Plan - Week 3



Exercise Examples - Day 2 & 5

Kneeling Chest Press with Resistance Band



Push-ups from Ground

(May be done from knees or balls of feet).



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