

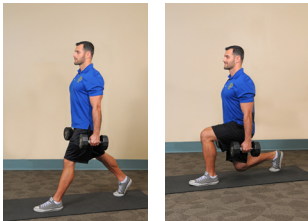
Fitness Plan – Week 4



Day1

- 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 circuit two times through, doing each repeatedly for 30 seconds then resting for 30 seconds:

Reverse Lunges



Mountain Climbers



Push-ups

(May be done against a wall or bench, or from balls of feet).

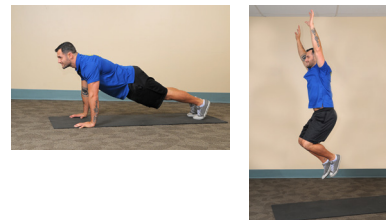


Squats

(May be done with body weight, dumbbells, or barbell).



Burpees



- 3) Record the number of repetitions you were able to do within thirty seconds.
- 4) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill on an incline without pausing.

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



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Fitness Plan – Week 4



Day 2-4

- 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 circuit from **Day 1**, trying to increase your repetitions in the 30 second time frame.
- 3) Record the number of repetitions you were able to do within thirty seconds.
- 4) Follow with 20 minutes of constant cardio, such as walking or running on a treadmill on an incline without pausing.

Day 5

1) Rest

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