

Fitness Plan – Week 1



Day 1

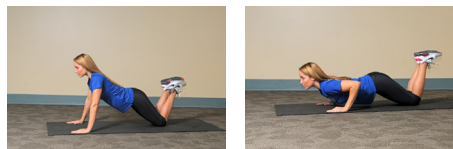
- 1) Begin with a 10-minute warm-up on a treadmill or elliptical, or jog in place to get your heart rate up.
- 2) Set a timer for 10-15 minutes.
- 3) Do 15 repetitions of each exercise below, resting as little as possible after each movement. Perform all four moves to complete a round.
- 4) Rest for one minute and repeat.
- 5) Complete as many rounds as possible before the timer goes off.

Bodyweight Squat



Push-ups

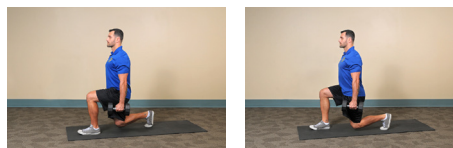
(May be done against a wall or bench, or from balls of feet).



Bent Over Row



Dumbbell Lunges



- 6) Follow with 15 minutes of constant cardio, such as walking 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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Day 2

- 1) **Dumbbell Squat** – perform two sets of repetitions, then rest for one minute.
- 2) **Single-Arm Dumbbell Row** – perform one set of 12 repetitions.
- 3) **Dumbbell Alternating Lunges** – perform one set of 12 repetitions.
- 4) **Repeat steps 2 and 3**, completing one additional set of each, then rest for one minute.
- 5) **Push-ups** – perform one set of 15 repetitions.
(May be done against a wall or bench, or from knees).
- 6) **Reverse Crunches** – perform one set of 20 repetitions.
- 7) **Repeat steps 5 and 6**, completing one additional set of each.
- 8) **Follow with 15 minutes of constant cardio**, such as walking on a treadmill, bicycling, jogging, or jumping rope without pausing.



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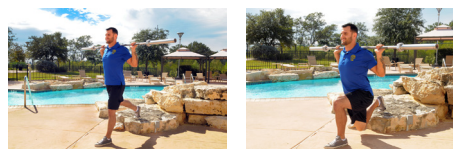
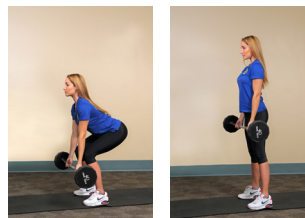


Day 3

1) Rest

Day 4

- 1) **Barbell Deadlift** – perform two sets of 10 repetitions, then rest for one minute.
- 2) **Underhand Cable Pull-Down** – perform one set of 12 repetitions.
(May also use resistance bands anchored at a high point).
- 3) **Single-leg Barbell Squat** – perform one set of 12 repetitions.
(May also be done with a dumbbell).
- 4) **Repeat steps 2 and 3**, completing one additional set of each, then rest for one minute.
- 5) **Standing Dumbbell Press** – perform one set of 12 repetitions.
- 6) **Plank** - hold plank for 30-60 seconds.
(May also be done against a wall or bench).
- 7) **Repeat steps 5 and 6**, completing one additional set of each.
- 8) **Follow with 15 minutes of constant cardio**, such as walking on a treadmill without pausing.



Day 5

1) Rest

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