

# STRENGTH TRAINING



## -----Week Three-----

Let's keep going strong with week three's workout. Again, you're aiming to complete this workout two to three times this week with additional activities in between. Have you been fitting in some cardiovascular exercise? How about exercises that support balance and flexibility?

Your range of repetitions should be 8 to 15 for each exercise. Record your reps below to track your effort and progress.

	Day 1	Day 2	Day 3
<b>Warm-Up (2-3 minutes)</b>			
<b>Set One</b>			
Jump Squats			
Push-ups (off toes or knees)			
Split Lunges			
Jump Jack Squats			
<b>Rest (60-90 seconds)</b>			
<b>Set Two</b>			
Side Lunge with Leg Raise – right side			
Side Lunge with Leg Raise – left side			
Plank (on hands and toes)			
Tricep Dip (with feet up on couch)			
<b>Rest (60-90 seconds)</b>			
<b>Set Three</b>			
Single-Leg Bridge – right side			
Single-Leg Bridge – left side			
Reverse Crunches with Leg Extension (head up and bum raised)			
Full Crunch Sit-up			
<b>Stretch and Cool Down (3-5 minutes)</b>			

NOTE: If you're unsure of your health status, have multiple health problems, or are pregnant, speak with your doctor before starting a new exercise program.