

STRENGTH TRAINING



-----Week One-----

Want to follow a strength training program? Give this workout a try for week one! We recommend doing the following workout two or three times over the course of the week. Feel free to add in additional activities like walking, swimming, yoga, or anything else that you enjoy in between!

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

	Day 1	Day 2	Day 3
Warm-Up (2-3 minutes)			
Set One			
Sloppy Push-ups			
Alternating Reverse Lunges			
Low Impact Jumping Jacks			
Rest (60-90 seconds)			
Set Two			
Plank Off Knees / Forearms (hold 10-15 seconds)			
Floor Tricep Dips			
Cross Country Ski			
Rest (60-90 seconds)			
Set Three			
Floor Hip Bridges			
Reverse Crunches			
Low Impact Tick Tock			
Stretch and Cool Down (3-5 minutes)			

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.