

# STRENGTH TRAINING



## -----Week Two-----

We're on to week two! Get your sweat on with this workout two or three times this week. In between, keep moving with other activities that you enjoy – or try something new! 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>			
Step Squats – side to side			
Push-ups (on your knees)			
Single-Leg Reverse Lunges – right side			
Single-Leg Reverse Lunges – left side			
Jumping Jacks			
<b>Rest (60-90 seconds)</b>			
<b>Set Two</b>			
Side Lunge – left side			
Side Lunge – right side			
Plank (off toes)			
Tricep Dips with Chair			
<b>Rest (60-90 seconds)</b>			
<b>Set Three</b>			
Hip Bridges (feet up on couch)			
Reverse Crunches			
Crunches (with knees open)			
High Impact Tick Tock			
<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.