

Weekly Exercise Routine

1. **Walk Daily:** Walk 20 minutes and increase 5 minutes every fifth day. Max out at 40 minutes, rest every 6th day
2. **Mid Core Daily :** Planking 15 to 150 seconds a day
3. **Cardio:** 3 to 4 times a week
4. **Strength Training:** 3 to 4 times a week

Planking: A 21 Day Daily Posture, Core and Flexibility routine

This routine promotes good posture, balance, increased flexibility and helps to tone and tighten your core and stomach by planking 15 to 150 seconds per day.

How to Properly Plank

1. Place your elbows directly under your shoulders for proper weight distribution and your legs spread.
2. Keep the spine straight and core tight throughout the plank. Do not round out your spine.
3. Slowly breathe as you plank to help keep your body relaxed.
4. Quick educational video to view on proper planking technique: <https://youtu.be/pSHjTRCQxIw>

Day 1 – 20 second

Day 2 – 20 seconds

Day 3 – 25 seconds

Day 4 – 25 seconds

Day 5 – 30 seconds

Day 6 – Rest All

Day 7 – 30 seconds

Day 8 – 40 seconds

Day 9 – 50 seconds

Day 10 – 60 seconds

Day 11 – 60 seconds

Day 12 – 75 seconds

Day 13 – Rest

Day 14 – 75 seconds

Day 15 – 90 seconds

Day 16 – 105 seconds

Day 17 – 120 seconds

Day 18 – 120 seconds

Day 19 – Rest

Day 20 – 150 seconds

Day 21 – 150 seconds

Continue thereafter with a rest every 5 days: Increase 20 to 30 seconds every 3rd to 4th day until 225 seconds or failure each day. Do not compromise posture to reach a goal, important to always maintain proper posture.

Strength Training:

One of 2 options for the beginner or intermediate. Those on the 21 Day Challenge Kit with Detox should skip Strength training the first 7 days as your body will be tired from the detox. Strength can be done once every 3 days to start and eventually increased to 3 to 4 days a week at every other day.

- A. **Gym Routine:** Body Pump Class 2x a week and 1 or 2 times a week the B Home routine. Please visit here for a detailed overview of a Body Pump Class.

Basics of taking a group exercise class:

<https://www.facebook.com/LiveAhealthyLifestyle/posts/1756585384614217>

Basics of taking Body Pump:

<https://www.facebook.com/LiveAhealthyLifestyle/posts/1758970121042410>

- B. **Home Routine:** This Routine you will need a stability ball or chair and a pair of 3 to 5 pound dumbbells. How it works: Three times a week do the following 6 routines. 1 set of 12 to 15 reps of each, resting 30 to 60 seconds between exercises. After 3 weeks, increase the weight and/or do 2 sets.

Squat and Overhead Press: quadriceps, hamstrings, butt, abs, shoulders

- Stand with feet shoulder-width apart, elbows bent, a 5-pound weight in each hand at shoulder height, palms forward. Lower into a squat (don't let knees go past toes); hold for a moment.

- Push through heels to stand up, pressing weights overhead. Return to starting position. Do 3 sets of 15 reps.
- Can do Curl to press on stability ball as an option: Targets biceps and shoulders
- Hold a dumbbell in each hand and sit on a stability ball or chair with knees bent and feet on the ground. Extend arms at sides, palms facing forward. Curl weights toward shoulders [A], then rotate palms away from you as you press dumbbells straight overhead [B]. Reverse the motion to return to starting position.

Single-Leg Dumbbell Row: shoulders, biceps, abs, quadriceps, hamstrings, butt

- Stand holding a 5- to 10-pound weight in left hand. Hinge forward so back is flat and almost parallel to floor; rest right hand on a chair or low shelf for support.
- Extend left arm toward floor, palm facing in; lift straight left leg behind you, so body forms a T.
- Slowly bend left elbow and draw weight up until elbow is even with torso; hold for a moment, then lower weight. Do 15 reps, then switch sides and repeat. Do 3 sets.

Step-Up Curl for quadriceps, hamstrings, butt, abs, biceps

- Stand with left foot on a sturdy bench or step, a 5-pound weight in each hand.
- With weight on left foot, lift to standing on the step, right thigh raised so it's parallel to floor; at the same time, curl weights up toward shoulders. Return to starting position. Do 15 reps, then switch sides and repeat. Do 3 sets.

Ball Squat for Legs and Butt

- Stand with a stability ball between your back and a wall (or tree!), walk feet forward until they're slightly in front of your hips, and place hands on thighs. Squat until thighs are parallel to ground [A]. Rise up onto balls of feet as you reach arms overhead [B]. Return to starting position.
- NOTE: You can do this move without a ball—simply press your back against the wall.

Back and Core

- Hold a dumbbell in each hand and get on all fours with wrists under shoulders; extend right leg behind you [A]. Bend left elbow, drawing weight toward left side [B]. Lower weight to complete 1 rep. Do 12 to 15 reps; switch sides to complete set.

Chest and Triceps

- Hold a dumbbell in each hand and lie faceup with knees bent and heels on a stability ball (press it against a wall for extra stability) or chair. Extend arms over chest, palms facing each other and elbows slightly bent. Lower weights out to sides [A]; return to starting

position. Then bend elbows, lowering weights toward head [B]. Extend arms back to starting position.

Cardio Workout:

Those on the 21 Day Challenge Kit with Detox should skip Cardio training the first 7 days as your body will be tired from the detox. Cardio can be done every other day.

Making Cardio Fun: The goal with cardio is to move away from the same boring pace for a set amount of time and focus on small chunks that will help make your workout feel shorter. The following 2 options can be used for any cardio workout. Mix up each workout and increase over time. If you are a beginner start with Workout A and gradually increase your cardio workout. You can modify your durations around your current fitness level and goals.

- a) Workout 1 through 4: 20 minutes
- b) Workout 5 through 8: 25 minutes
- c) Workout 9 through 12: 30 minutes
- d) Workout 13 and beyond: 35-45 minutes

1 of 2 options for beginner or intermediate, Elliptical or Running Workout

A. Elliptical: 25 minute example

5 min. Warm up at an easy-moderate pace

3 min. Main Level for the workout: Stay at the same resistance level, increase your pace slightly to work at a moderate intensity. This will be your main level.

1 min. Work set: Stay at the same resistance level and go as fast as you can

1 min. Rest: Increase resistance by 1 level and reduce speed back to baseline

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- 1 min. Work set: Stay at the same resistance level and go as fast as you can
- 3 min. Cool down at an easy resistance/pace 4-5

B. Outdoor Run/Power Walk or Treadmill 25 minutes

- 5 minutes Warm up at an easy pace, gradually increasing your intensity
- 1 min. Increase speed and incline 2 increments every 15 seconds
- 1 min. Stay at this level for 1 minute
- 1 min. Decrease speed and incline 2 increments every 15 seconds
- 3 min. Depending on your level walk or run at a moderate pace
- 1 min. Increase speed and incline 3 increments every 20 seconds
- 1 min. Stay at this level for 1 minute 7-8
- 1 min. Decrease speed and incline 3 increments every 20 seconds
- 3 min. Walk or run at a moderate pace
- 3 min. Increase either speed or incline (or both) until
- 2 min. Walk or run at a moderate pace
- 3 min. Cool down at an easy pace