

SIMPLE FITNESS PLAN

A 7-day plan for home workouts. Only 10 - 20 minutes a day!

1

WALK - 10 TO 20 MINUTES AT A 3- 4 MILE AN HOUR PACE

2

HIGH INTENSITY A

3

STRETCH A

4

STRENGTH & SQUATS

5

HIGH INTENSITY B

6

STRETCH B

7

**ENJOY - HIKE, SWIM, TENNIS OR ANY OUTDOOR EXERCISE
(AIM FOR A HALF HOUR SESSION)**



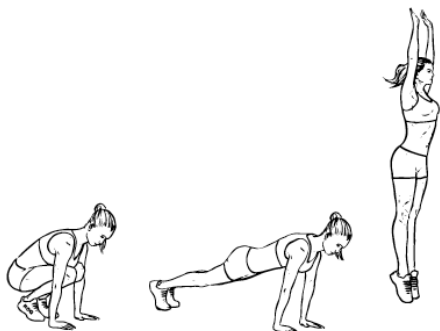
7 - DAY BODY CHALLENGE

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HIGH INTENSITY A

Lower Body Workout

Burpees / Squat Thrusts



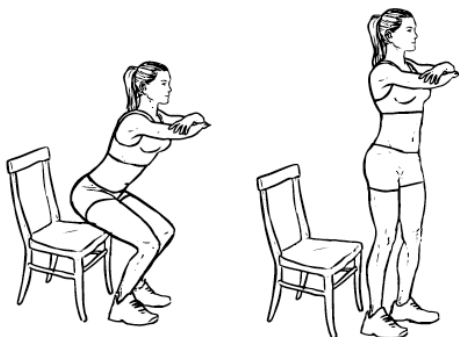
6 reps

Front Kicks



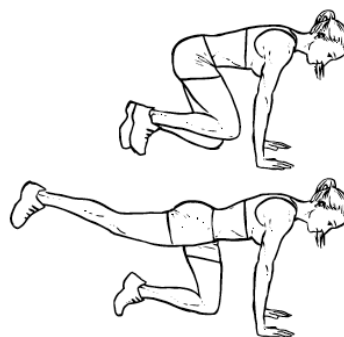
12 reps

Chair Squats



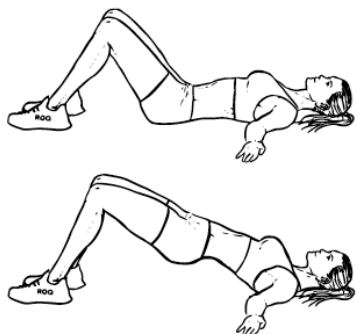
12 reps

Donkey Kicks



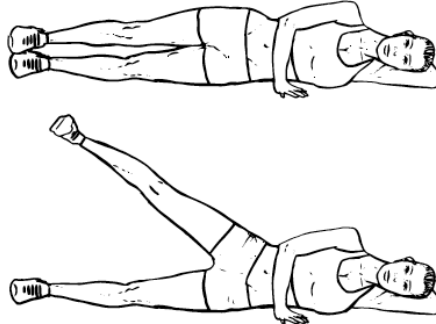
12 reps

Hip Raises / Butt Lift / Bridges



3 sets 20 seconds

Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors



12 reps



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STRETCH A

Cat Back / Backward Camel Stretch



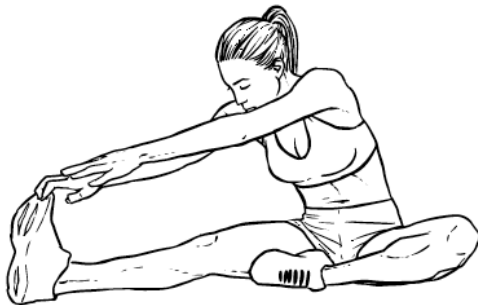
60 seconds

Gluteus / Glute / Gluteal Stretch



30 seconds

Hamstring Stretch



60 seconds

Neck Stretch



30 seconds

Ragdoll / Forward Bend / Fold Stretch /
Toe Touches



60 seconds

Shoulder Stretch



30 seconds

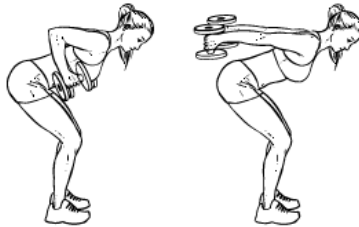
STRENGTH

Static Bicep Curls



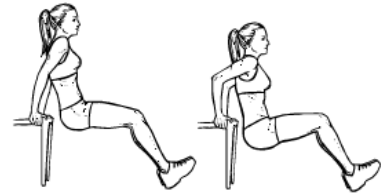
3 sets 10 reps 10 lbs

Bent Over Double Arm Tricep Kickbacks



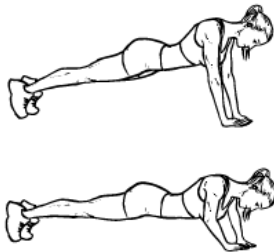
3 sets 12 reps 3 lbs

Chair / Bench Tricep Dips



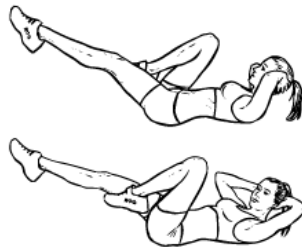
3 sets 10 reps

Diamond / Pyramid / Triceps Push-ups / Pushups



2 sets 10 reps

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



15 reps

each side

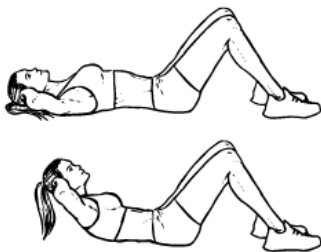
Cross Body Mountain Climbers



10 reps

each side

Crunches



3 sets 12 reps

Hollow Body Rock Hold



3 sets 10 secs

pause a few seconds between sets

Choose a squat
for 10-20 reps



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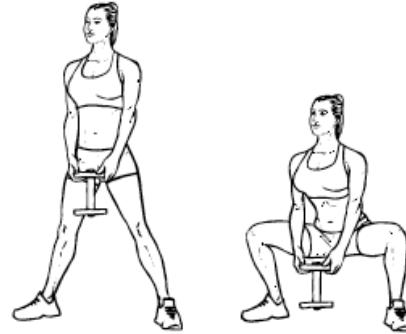
SQUATS

Squat Options

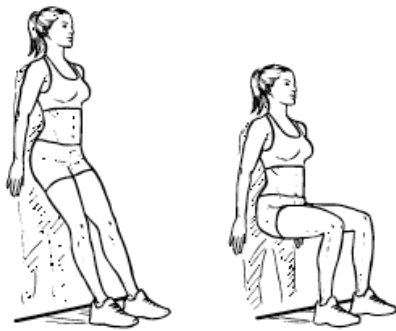
Side to Side Jump Squats



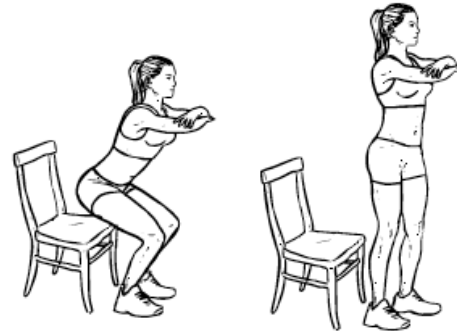
Sumo / Plié Dumbbell Squats



Wall Sit / Squats / Chair



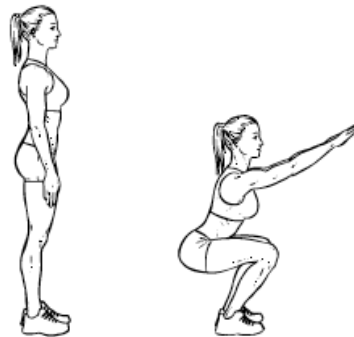
Chair Squats



Bodyweight Squats



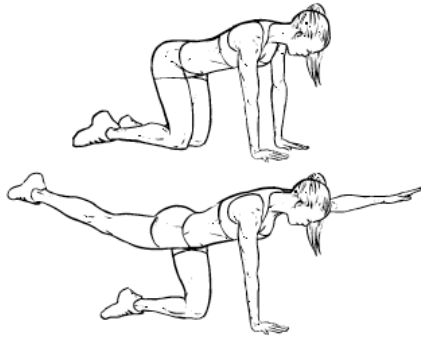
Air Squats



HIGH INTENSITY B

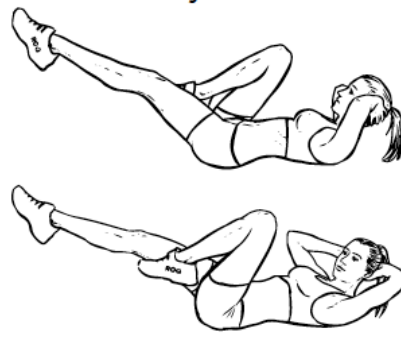
Upper Body

Bird Dogs / Alternating Reach & Kickbacks



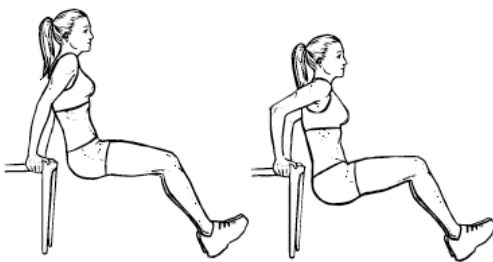
15 reps

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



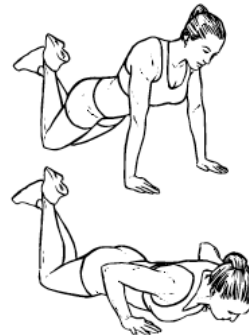
30 seconds

Chair / Bench Tricep Dips



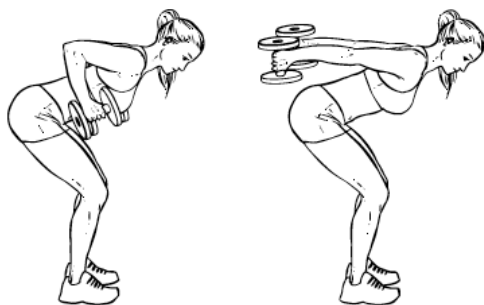
15 reps

Modified / Knee Push-ups / Pushups



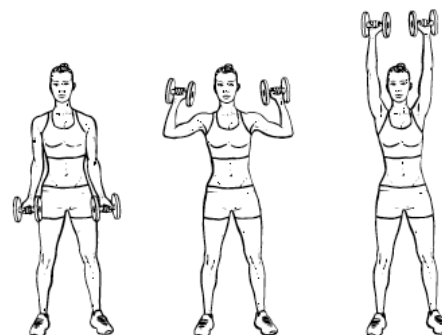
10 reps

Bent Over Double Arm Tricep Kickbacks



12 reps

Dumbbell Biceps Curl to Shoulder Press



12 reps

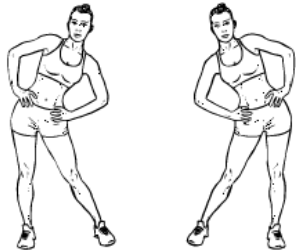


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STRETCH B

Hip Circles



30 secs

each way

standing knee hugs



10 secs

Repeat 3x on each leg

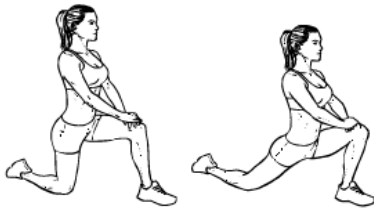
Stromers



15 secs

each leg

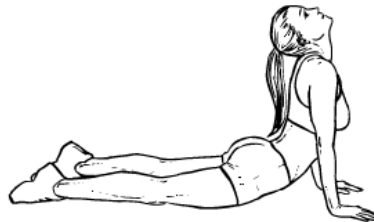
Kneeling Hip Flexor Stretch



15 secs

each leg

Cobra Abdominal Stretch / Old Horse Stretch



10 secs

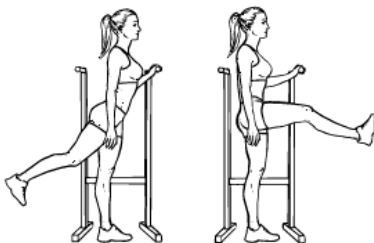
1-3 times

Inchworms / Walkouts



10 reps

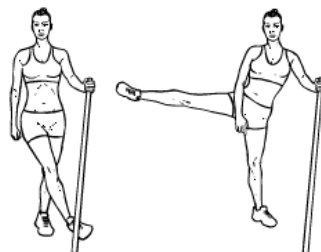
Forward Leg Hip Swings



10 reps

each leg

Side Lateral Leg / Hip Swings



10 reps

each leg

Knee-to-Chest Lower Back Stretch



15 secs

each leg



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