



# WEEK 14 WORKOUTS - BEGINNER

## STRENGTH

2 sets - 2/week

DATE: \_\_\_\_\_

Weight

Reps

DATE: \_\_\_\_\_

Weight

Reps

Exercise 1: <b>Lunge and Curl</b> 15 reps	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		
Exercise 2: <b>Chest Fly on Ground</b> 15 reps	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		
Exercise 3: <b>Low Plank</b> 15 reps	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		
Exercise 4: <b>Side Raise</b> 15 reps	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		
Exercise 5: <b>Russian Twist</b> <b>Body Weight</b> 15 reps	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		
Exercise 6: <b>Burpees Incline</b> 30 seconds	Set 1			Set 1		
	Set 2			Set 2		
	Set 3			Set 3		

**TOTAL STRENGTH MINUTES:**

## CARDIO

30 minutes - 2/week

Can include: running, cycling or group cardio class	Date: _____	Date: _____	Date: _____

**TOTAL CARDIO MINUTES:**

## YOGA

2/week: Hold each pose for 5 full breaths

Date: _____	Date: _____	Date: _____
Pose: <b>Forward Fold</b>		
Pose: <b>Kurmasana</b>		
Pose: <b>Supine Spiral Twist</b>		
Pose: <b>Savasana</b>		

**TOTAL YOGA MINUTES:**

**WEEKLY TOTALS:** If 'Yes', circle and add 50 points

<b>Strength &amp; Yoga Challenge:</b>	Yes	No	50 points	<b>Strength minutes:</b> .....#.....
<b>Nutrition Challenge:</b>	Yes	No	50 points	<b>Cardio minutes:</b> .....#.....
<b>Wellness Task:</b>	Yes	No	50 points	<b>Yoga minutes:</b> .....#.....
<b>Total challenge points</b>		<input type="text"/>	<b>+</b>	<b>Total minutes</b>
		<input type="text"/>	<b>=</b>	<input type="text"/>



## Lunge and Curl

Stand in a split stance with one leg in front of you and dumbbells in hand. Drop straight down into your lunge until your front knee is parallel to the ground and your back knee is bent at 90 degrees and just above the ground. Don't let your front knee go past your toes. Bend at elbows to lift dumbbells toward your shoulders then slowly lower them back down. Return to starting position. Repeat on the opposite leg.



## Chest Fly

### On Ground

Lay on your back on a mat with your knees bent and feet on the ground. Start with dumbbells together, palms facing each other, directly above your chest. Slowly lower dumbbells to the side, keeping a slight bend in your elbows, until arms are parallel to the floor. Return dumbbells to starting position.



## Low Plank

Position your elbows directly under your shoulders with your knees on the mat and your weight shifted over your knees. Engage your core by squeezing your belly button toward your spine, and stabilize your back in a straight line. Hold position for 30 seconds.





## Side Raise

Stand with feet hip width apart and dumbbells in hand, resting against your thighs. Slowly raise arms up to the sides until dumbbells are shoulder height and arms are parallel to the ground. Slowly return to starting position.



## Russian Twist

### Body Weight

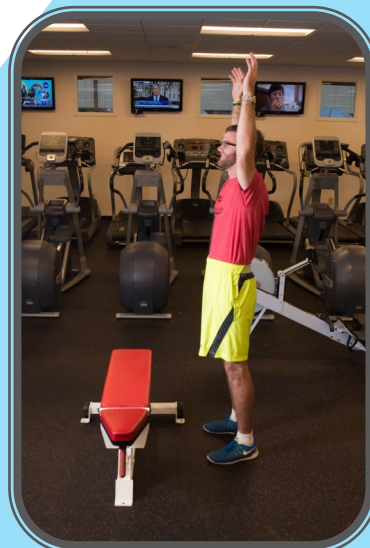
Sit on the floor or a mat with your heels on the ground and hands together at your midline. Engage your core and lean back slightly, keeping your back in a neutral position. At a controlled speed, contract your abs and twist your torso to the left, then twist to the right. Repeat continuously.



## Burpees

### Incline

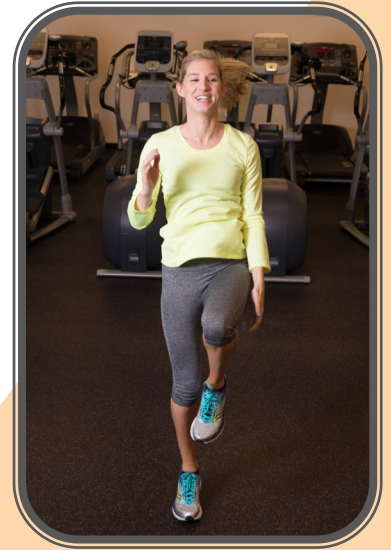
Begin standing in front of a bench or chair. Bend down and place your hands on the bench, shoulder width apart. Jump or step your legs behind you to high plank position, then immediately jump or step back in and stand up with arms overhead. Repeat continuously for 30 seconds.





## Jog In Place

While stationary, jog your knees up toward your waist one at a time. Try to increase your speed. Pump your arms throughout the movement.



## Skater Jumps

Begin by standing with feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Then immediately hop to the left with your left leg, bringing your right foot behind on a diagonal. Try to balance on one leg with each hop.



## Bench Step Ups

Stand facing a flat bench or step. Carefully step feet on top of bench one at a time, then lower back to starting position. Repeat starting with the opposite leg.





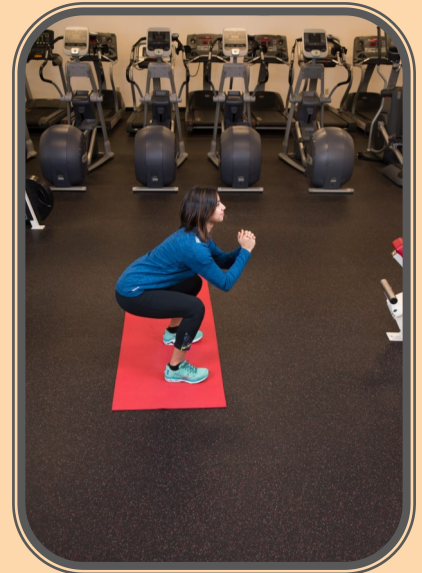
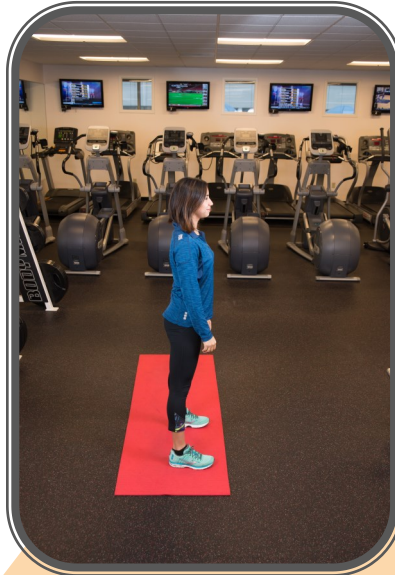
## Pushups

Place your hands on a floor or mat a little wider than your shoulders. Extend your legs behind you with your weight on your toes and your body in a straight line from shoulders to heels. Slowly bend your elbows as you lower your body toward the mat. Extend elbows as you press into your starting position.



## Squats

Stand with feet shoulder width apart. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels and not let your knees pass your toes. Return to starting position.



## Mountain Climbers

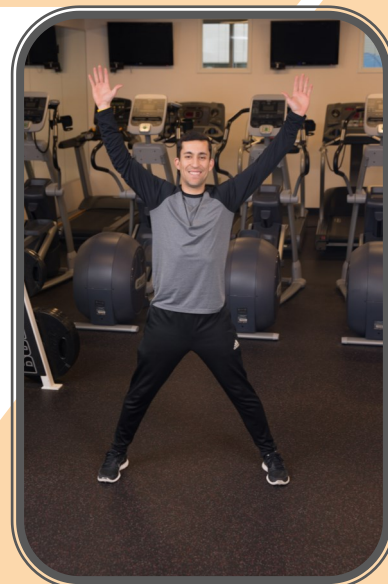
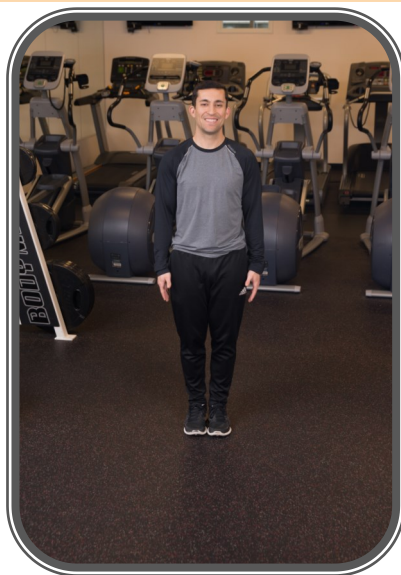
Start in a high plank with your hands directly under your shoulders and legs extended behind you. Quickly jog your knees in one at a time toward your chest. Engage your core throughout the motion.





## Jumping Jacks

Begin by standing with your arms at your sides. Jump your feet out into a wide stance while simultaneously lifting your arms up to the sides toward your head. Return to starting position.



## Alternating Lunges

Begin standing with feet together. Step one leg out into a lunge, dropping your back knee down toward the ground and bending your front knee until it is bent at a 90 degree angle. Push off your front leg back to standing position and lunge forward with the opposite leg. Don't let your knee go past your toes.



## Burpees

Begin standing upright. Bend down and place your hands on the ground shoulder width apart. Jump or step your legs back behind you so that you are in high plank position. Jump or step your legs back in, and stand up with hands overhead. For an added challenge, end the sequence by jumping up.





**USU 2016**  
**RENEWED YOU**  
WELLNESS CHALLENGE

# WEEK 14: FIESTA WORKOUT

## Superman

Lay face-down on a mat with your toes down and arms resting on the mat above your head. Slowly raise your chest and arms off the mat, while simultaneously lifting your toes off the mat. Hold for 2-3 seconds then release back down.



## Low Plank

Position your elbows directly under your shoulders with your legs extended behind you. Engage your core by squeezing your belly button toward your spine, and stabilize your back in a straight line. Hold position.



## Circle Crunches

Lay on your back on a mat with your knees bent and feet flat on the ground. Position your hands behind your head and lift your shoulder blades off the ground. Without pulling on your neck, lift your elbows and shoulders off the mat and move your upper body in a circular motion to one side. Engage your core throughout the exercise. Perform in both directions.

