

# week one workouts



## fitness test

Complete the fitness test below, being sure to record the results from each exercise on your challenge tracker!

60 seconds	Sit Ups
60 seconds	Push Ups
60 seconds	Squats
60 seconds	Jumping Jacks
Up to 60 seconds	Left/right leg balance hold
Timed Plank	Hold as long as you can
1 Mile	Run/Walk

## cardio intervals

Up to 8 Rounds ( Goal: 2 good all-out rounds)

1 round = 30s high-intensity + 1:30 rest

Warm-up 2-3min

High-intensity examples:

Sprints / Increase Speed on Stairs /  
Hard Pedaling

Rest examples:

Jog or Walk / Slow stairs /  
Recovery Pedaling

Cool-down 2-3 min

scan the code to explore all week one resources - including recipes, videos, and more!



## upper-body workout

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**Warm-up:** 5 - 10min cardio

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**SET 1** - 3 sets of 12 reps each

Chest Press | Seated Row

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**SET 2** - 3 sets of 12 reps each

Back Extension | Lat Pull-down

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**SET 3** - 3 sets of 12 reps each

Seated Shoulder Press | Arm Curl | Triceps Extension

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**SET 4** - 3 sets of 12 reps each

Russian Twist | Leg Raises | Cable Crunch (Ab Crunch)

## lower-body workout

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**Warm-up:** 5 - 10min cardio

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**SET 1** - 3 sets of 12 reps each

Leg Press | Seated/prone Leg Curl

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**SET 2** - 3 sets of 12 reps each

Walking (weighted) Lunges | Hip Thruster |  
Glute Kickback

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**SET 3** - 3 sets of 12 reps each

Kettle Bell Lateral Lunge | Reverse Lunges

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**SET 4** - 3 sets of 10 each

Air Squat to Jump | Renegade Row