

# week six 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 workout

**Warm-up:** 5 - 10min | 25min. incline

On a treadmill, elliptical, or stationary bike, start at a level 5 and go for 10 minutes. Each minute, increase the resistance and/or incline by 1. After 10 minutes, decrease resistance and/or incline by 1 every minute, all the way down to 0.



scan the code to explore all week six 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 15 reps each

Smith Machine/Box Incline Push-ups | TRX Rows

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**SET 2** - 3 sets of 10 reps each

Dumbbell Press | Dumbbell Rows

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

45° Back Extension | Lat Pull Downs

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**SET 4** - 3 sets of 15 reps each

Seated Dumbbell Shoulder Press | Dumbbell Bicep Curl  
Dumbbell Tricep Kickback

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**SET 5** - 4 rounds, 45 seconds each

Half Sit-ups | Flutter Kicks | Russian Twists

## lower-body workout

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

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**SET 1** - 4 sets of 10 reps each (3 sec. on the way down)

Leg Press | Seated/Prone Leg Curl

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**SET 2** - 4 sets of 12 reps each

Walking Lunges | Glute Kickbacks

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

Resistance Band Lateral Lunges | Reverse Lunges

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**SET 4** - 4 rounds, 1 minute each

Step Ups | Burpees | Air-squat Jumps

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