

BEGINNER 7-DAY CHALLENGE

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
Walk 1 block	Walk 1 block	Walk 1 1/2 blocks	Walk 1 1/2 blocks	Walk 1 1/2 to 2 blocks	Walk 2 blocks	Walk 2-2 1/2 blocks
Sit to stand x 10	Step ups x 10	Sit to stand x 12-15	Stationary lunge x 5-10 each	Push-ups x 15	Stationary lunge x 8-12 each	Sit to stand x 15-20
Push-ups x 10	Heel raises x 10	Push-ups x 12-15	Heel raises x 12-15	Side reaches x 10-12 each	Bridges x 12-15	Push ups x 15-20
Arm curls x 10	Bridges x 10	Ab crunch x 10	One arm rows x 10-12 each	Standing twist x 10	Arm curls x 15	Standing twist x 12-15
		Arm curls x 12-15	Step-ups x 12-15 each	Sit to stand x 12-15	Ab crunch x 10-15	One arm rows x 15 each
<ul style="list-style-type: none"> • Sit to stand-use sturdy chair • Push-ups-use counter or wall • Arm curls-use soup can or milk jugs 	<ul style="list-style-type: none"> • Step ups-on sturdy box, bench or stair • Heel raises-on edge of stair • Bridge-on back, knees bent, lift bottom, squeeze 	<ul style="list-style-type: none"> • Abdominal crunch- lie on back, bring shoulders off floor, pull abs tight 	<ul style="list-style-type: none"> • Lunge-hold sturdy chair if needed • One-arm row-use milk jug, support other arm on chair, pull to chest 	<ul style="list-style-type: none"> • Side reach-stand, hold weight, reach down, tighten abs • Twist-abs tight, hold weight, rotate at waist 	<ul style="list-style-type: none"> • You may repeat all strength exercises for 2 sets • Progress: lower push-ups, lunge without support, heavier weight, etc. 	<ul style="list-style-type: none"> • CHALLENGE yourself to do 2, 3, 4 or more weeks! Just walk more and do 2-3 sets! • Or try the Intermediate or Advanced plan!