

# INTERMEDIATE 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/jog 2-3 blocks	Walk/jog 2-3 blocks	Walk/jog 3-4 blocks	Walk/jog 3-4 blocks	Walk/jog 4-5 blocks	Walk/jog 4-5 blocks	Walk/jog 5-6 blocks
Multidirectional lunges x 2 sets	Pull down with band or tube x 15-20	Basic crunch x 20	Chest press or push-ups x 15-20	Biceps curls with weights/band x 10-15	Squats x 20	Rows x 15-20
Heel raises x 15-20	Banded rows x 15-20	Diagonal crunch x 10 each	Chest fly with weight/band x 10-15	Dips x 10-20	Heel raises x 15-20	Push-ups x 10-20
Squat with biceps curl x 15-20	Alternating arm/leg x 5-8 each	Side crunch x 8-10 each	Overhead press x 10-15	Hammer curls x 10-15	Walking lunges x 10-15 each	Overhead press x 10-15
Bridges x 15-20	Reverse fly with band x 15-20	Plank for time x 20-60 sec.	Superman (or woman!) x 5-10	Elbow extension with band/weights x 10-15	Single leg bridges x 8-12 each	Side raises x 10-15

# INTERMEDIATE 7-DAY CHALLENGE

## Day 1

Walk/jog  
2-3 blocks

- Lunge around a "clock" for 1 set, each leg
- Heel raise-use stair weights, curls arms on the up
- Bridge-on back, knees bent, raise bottom

## Day 2

Walk/jog  
2-3 blocks

- Band overhead, pull out and down
- Rows-band around feet/pole, pull elbows back
- Alt arm/leg-on stomach, lift opposite arm/leg, hold 3 sec
- Rev. fly-pull band horizontally back and across chest

## Day 3

Walk/jog  
3-4 blocks

- Ab crunch-lie on back, bring shoulders off floor, pull abs tight
- Diag. crunch-elbow to opposite knee
- Side-lie on side, knees bent, crunch up
- Plank-push-up position or elbows, hold

## Day 4

Walk/jog  
3-4 blocks

- Chest press-lie on back, press weight above chest
- Chest fly-lie on back, "hug" a big round tree; band around back, under arms, "hug" a round tree
- Overhead press-sit or stand, press weights over head and lower to 45° angle
- Superman-lie on stomach, lift arms/legs at same time, hold 3-5 sec.

## Day 5

Walk/jog  
4-5 blocks

- Dips-sit at edge of sturdy table, bottom off edge, elbows tucked in, lower and raise body
- Hammers-thumb up biceps curls
- Elbow extension-arms up, elbows at ear level, straighten/bend with weight behind head

## Day 6

Walk/jog  
4-5 blocks

- Squat body weight
- Walk your lunges, alternate legs
- Single bridge-one ankle over other knee, squeeze bottom and lift

## Day 7

Walk/jog  
5-6 blocks

- Row-bend at waist, pull elbows back or band around feet, elbows back
- Side raises-arms out to sides with weights, lift both to shoulder height to make "T" shape
- CHALLENGE: Try more walk/jog distance, add more sets, weight, and weeks or try the Advanced challenge!