

## WORKOUT SCHEDULE FOR WEEK 2

You are allowed to create your own workout. If you do, please let us know what you did. Workouts have to challenge your body to make a change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE REST DAY	<b>Beginner</b>	<b>Beginner</b>	EXERCISE REST DAY	<b>Beginner</b>	<b>Beginner</b>	<b>Beginner</b>
	WARM-UP* 3 sets each (See below) 1 minute rest between sets 10 Crunch Kicks 10 Side to Side Knee Sweeps 10 Knee to Elbows 10 Leg Raises 10 Cycling Crunches 10 Sitting Twists STRETCH**	WARM-UP* 3 sets each 1 minute rest between sets 30 Jumping Jacks 15 Crunches 20 Squats 15 Push-ups STRETCH**		WARM-UP* Hold poses for 1 minute (See below) Raised Arms Pose Swaying Palm Tree Pose Mountain Pose Child Pose Seated Spina Twist Seated Forward Bend Cobra Pose Downward Facing Dog STRETCH**	WARM-UP* 3 sets each: 10 Upright Dumbbell Rows 10 Push-ups/Modified Push-ups 10 Standing Overhead Shoulder Press 10 Alternating Plank/Commando Rows 10 Side Shoulder Raises 10 Dumbbell Shoulder Shrugs Uppercuts STRETCH**	WARM-UP* Jog for 2 minutes Speed Walk for 10 seconds Repeat for 20 minutes STRETCH**
	<b>Intermediate</b>	<b>Intermediate</b>		<b>Intermediate</b>	<b>Intermediate</b>	<b>Intermediate</b>
	Same as above but do 4 sets	Same as above but do 4 sets		Same as above	As above but do 5 sets.	As above but do 5 sets.
<b>Advanced</b>	<b>Advanced</b>	<b>Advanced</b>	<b>Advanced</b>	<b>Advanced</b>	<b>Advanced</b>	
Same as above but do 6 sets	Same as above but do 6 sets	Same as above	Same as above	As above but do 5 sets., & increase wt.	WARM-UP Jog for 20 minutes STRETCH	

**\*\*STRETCHES**

