

WEEK

# 2

**> BUILD STRENGTH**

The following exercises were designed to be performed during Week 2 of the Whole Living Action Plan. “Try to hold the poses a little longer each day for greater stability and strength,” says fitness pro Ellen Barrett, creator of the DVD “Fusion Flow.” Alternate the core and arm toners through Day 4, then combine the series to double the challenge. As you transition from walking to jogging, do both for the time shown, or walk/jog in comfortable intervals.

**FITNESS PLAN**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>CORE SERIES</b>	X		X		X	X	X
<b>ARM TONERS</b>		X		X	X	X	X
<b>WALK/JOG (min.)</b>	10/5	15/5	10/10	10/10	5/15	5/15	5/20

**ARM TONERS**



**> PILATES SWIMMING**

For this Pilates swimming move, lie on your belly with arms and legs extended. Lift the left arm and right leg off the floor as high as you possibly can without bending the elbow and knee. Then switch, lifting the alternate arm and leg. Alternate quickly for 30 seconds.



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Sitting on the floor, swing your legs around to the left side with your right arm out, palm flat on the floor, about a foot away from your body. Slowly lower your torso to the right, bending your right elbow, then straightening again. Repeat 20 times on each side.



## ARM TONERS



### > TRICEPS PUSH-UP

From plank position, lower your body with elbows tucked in to your sides, bending elbows straight back behind you. (You can also do these on your knees.) Do 2 sets of 10, pausing in between.



### > TRICEPS DIP

From a sitting position, put feet and palms flat on the floor, fingers pointing toward your feet. Lower your body, bending elbows straight back. Then push yourself up. Do 2 sets of 10, resting in between.



## CORE SERIES



### > PLANK

For this plank pose, come into the top of a push-up position from all fours. Engage your core with your neck in a neutral position so that you form a straight line. Hold for 5 breaths or 30 seconds.



### > BOAT

From a sitting position, tip your torso back slightly (using your arms to support you), keeping your spine straight. Bend knees, lift feet off floor, and if possible, extend your legs to form a V. Extend your arms out in front, parallel to the floor. Aim to hold for 30 seconds, longer if you can.



### CORE SERIES



#### > STANDING TOE TOUCHES

Stand upright with feet planted approximately hip-width apart. Exhale and bring the right leg up without hinging at the knee as you reach the left arm across toward your right toes. Inhale and return to the starting position, then exhale and bring the left leg up without hinging at the knee as you reach the left arm across toward the toes. Alternate legs at a steady pace (matching the breath) for 60 seconds.



#### > CROW

Start with feet hip-width apart and hands flat on floor. Turn legs out 45 degrees and let your shins rest against the backs of your upper arms. Slowly tip forward until your weight is balanced over your wrists and hands, then lift one foot off the floor at a time. Balance for a few breaths.

