

WEEK
3

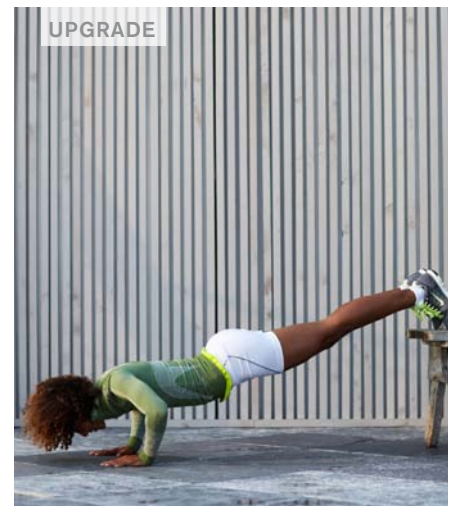
> INVIGORATE YOUR BODY

It's time to invigorate your workouts. And you're more ready than you think, says fitness expert and Reebok master trainer Sara Haley, who designed this series to boost cardiovascular endurance, burn fat, and sculpt and tone the body. You'll also go from jogging to running in intervals -- for Day 1, walk for 5 minutes, run for 5, then repeat for a total of two run/walk cycles. For Week 4, repeat the walk/run cycle three times, and challenge yourself with upgrades for each move below. And if you feel sore the next day? Take it easy, not off. "Consistency is key," Haley says.

FITNESS PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UPPER BODY	X	X		X	X	X	X
LOWER BODY		X	X	X	X	X	X
CARDIO	X		X		X	X	X
WALK/RUN *2 (min.)	5/5	3/7	5/10	5/10	5/10	3/12	3/12

UPPER BODY



> PUSH-UP TWIST

Begin in plank position. Lower yourself, then push back up, bringing right knee toward left shoulder. Repeat, switching legs. Do 8 to 12 reps.

WEEK 4 UPGRADE Complete the move in elevated plank position, with legs on a chair or low table.

UPPER BODY



> T-Y BACK SERIES

Start in a squat with a flat back, arms at sides with thumbs to ceiling (no weights during Week 3). Lift arms straight out to sides, forming a T, squeezing shoulder blades. Lift arms, pressing shoulders away from ears to form a Y. Do 10 to 15 reps.

WEEK 4 UPGRADE Hold a set of 3- to 5-pound hand weights (or full water bottles). Do 6 to 10 reps.



> TRICEP/SHOULDER BURN

Using a set of 3- or 5-pound weights (or full water bottles), press palms to the back of the room, squeezing shoulder blades together. Rotating thumbs to ceiling, raise straight arms up on an angle, no higher than your head. Do 20 reps.

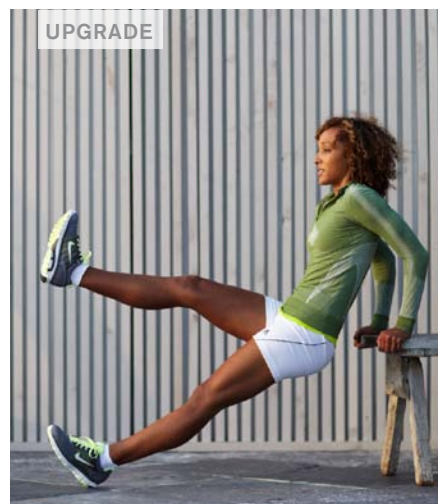
WEEK 4 UPGRADE When pressing palms to the back of the room, hold and pulse for a count of 8. Rotating thumbs to ceiling, raise straight arms up on an angle. Hold for 8. Do 20 reps.



> STRAIGHT LEG DIPS

Elevate upper body on chair or bench with arms straight, elbows soft. Stretch legs out long, balancing on heels. Keeping glutes and core engaged, lower body by bending elbows, keeping shoulders away from ears. Hold for 2 counts and push back up. Remember to breathe. Repeat 10 to 15 times.

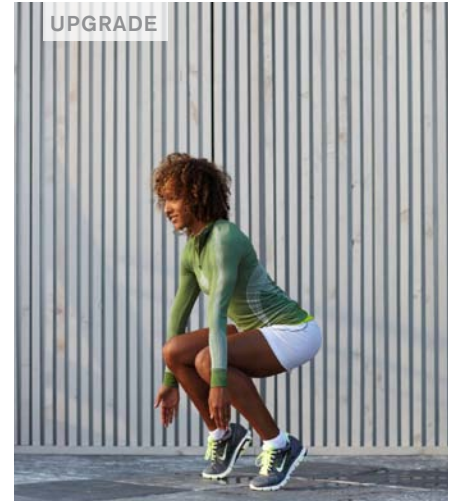
WEEK 4 UPGRADE As you lower down, lift one leg up while maintaining form. When you reach the top, lower your leg and lift the opposite leg on way back down. Alternate legs, and do 5 to 7 reps for each side (10 to 14 reps total).



Checklists & Charts: Whole Living Action Plan Fitness

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LOWER BODY



> SQUAT RAISE

Start in squat position and hold for 2 counts. Straighten legs, rising onto balls of feet and reaching for the ceiling. Press shoulders away from ears; squeeze abs and butt, holding body in one long line. Do 20 reps.

WEEK 4 UPGRADE Start again in squat position, but on the balls of your feet. Hold for 2 counts. Do 20 reps, staying on the balls of your feet throughout.



> PLIE SQUAT TWIST

With feet wide, legs turned out, and hands behind head, lower into a plie squat. As you return to standing, lift one knee and reach for it with the opposite elbow. Do 20 reps total, alternating sides.

WEEK 4 UPGRADE From the twist position, extend the lifted leg out to the side and then back in to the twist. Do 20 reps total, alternating sides.

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LOWER BODY



> LUNGE TWIST

With arms raised out to sides, lunge your right leg forward, back leg straight. Engaging your core for balance, rotate upper torso toward front leg. Squeeze glutes to keep hips facing front. Slowly return to center. Do 10 times on this side, then switch legs and repeat series on the other side.

WEEK 4 UPGRADE After twisting to side, deepen the lunge and lean down to touch the floor. Hold for 4 counts. Slowly reverse movements back to center. Do 6 times, then switch legs and repeat.



> LEG SLIDE

Standing on a wood or tiled floor, put a towel underneath ball of one foot. With feet together and knees soft, slowly slide towel straight out to side as supporting leg bends into a deep, one-legged squat. Keep heel of supporting leg on floor. Slowly bring leg back in, keeping chest lifted. Repeat on opposite leg. Alternate, doing 12 reps per leg.

WEEK 4 UPGRADE Hold at lowest part of lunge for a count of 4, then return to start. Alternate legs. Repeat 8 times per leg.

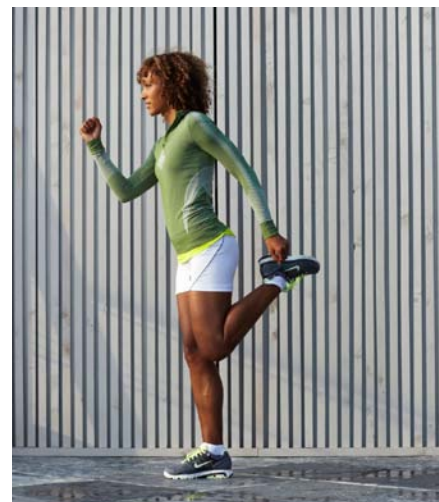
LOWER BODY



> SIDE PLANK

Lay on your side with legs extended straight and feet stacked. Press into your forearm, lifting hips off floor. Place free hand behind head to open up chest. Hold for 30 seconds.

WEEK 4 UPGRADE Once in raised position, slowly lift top knee into chest and bring upper body toward chest, making elbow and knee meet. Hold for a count of 2. Open up to starting position. Repeat 6 times, keeping hips off the floor and spine straight.



> HAM CURLS

Kick one foot up to your glute, flexing foot to contract back of leg. Alternate legs, pumping arms. Continue for 45 seconds.

WEEK 4 UPGRADE This week, turn the move into an exaggerated run by pushing off one foot at a time and picking up the pace.



> SLIDE PLANK

Place a towel under both feet. Begin in plank position with glutes and core engaged, and shoulders in line with hands. Using core, slide towel into chest to bring knees in, keeping upper body stationary. Extend legs back out to plank. Do 10 times.

WEEK 4 UPGRADE Do 15 times. Finish by holding last plank as long as you can, working toward 60 seconds.



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CARDIO



> JUMPING JACKS

Begin with feet together, knees bent. Jump legs apart, arms in a Y, and land with soft knees. Jump back to starting position with arms at your side. Continue for 60 seconds.

WEEK 4 UPGRADE Do cross jacks. Start with knees bent and legs crossed in an X, and arms wrapped around your chest. Jump legs open and arms bent, parallel with the ground. Jump back to starting position with legs in an X and arms wrapped. Continue for 60 seconds.



> JUMP ROPE

Stand with your weight on the balls of your feet, heels slightly lifted, knees softly bent. Take small hops, rotating your clenched hands by your hips as if jumping rope. (Actual jump rope is optional.) Continue for 60 seconds.

WEEK 4 UPGRADE Continue for two full minutes. Try to go faster than last week while still maintaining good form; by the end, you should feel slightly breathless and it should be difficult.

> HIGH KNEES

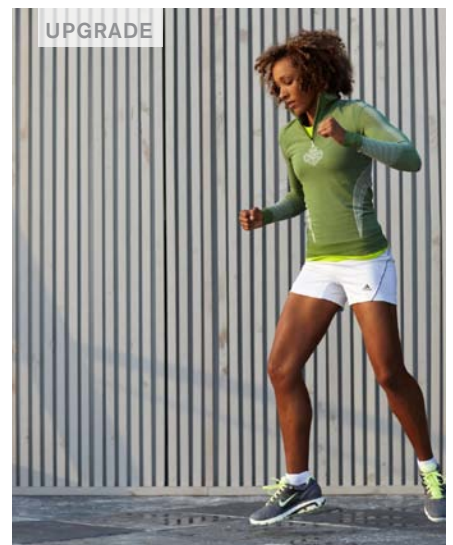
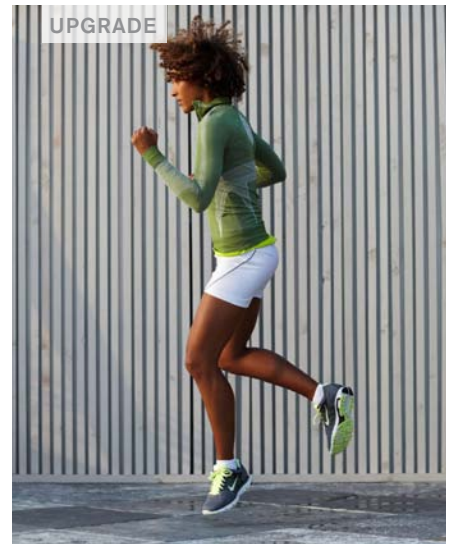
Run in place, lifting knees toward chest, squeezing abs, and pumping arms. Keep chest lifted. Continue for 45 seconds.

WEEK 4 UPGRADE Pick up speed and while maintaining good form, lifting knees as high as possible.

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CARDIO



> SHUFFLE

Step right foot out to the side in a low squat and quickly bring left foot in to meet it. Repeat three times in one direction, then return. Stay low throughout. Continue for 30 seconds.

WEEK 4 UPGRADE Repeat two times in one direction, then rotate 180 degrees and continue in the same direction. Keep switching every two shuffles.