# Healthy Lifestyle Challenge

## Week 1 - Yoga

<table>
<thead>
<tr>
<th>Pose</th>
<th>Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Breathe</td>
<td>3 min</td>
</tr>
<tr>
<td>2</td>
<td>Body Twist</td>
<td>3 min</td>
</tr>
<tr>
<td>3</td>
<td>Table Top</td>
<td>3 min</td>
</tr>
<tr>
<td>4</td>
<td>Downward Dog</td>
<td>3 min</td>
</tr>
<tr>
<td>5</td>
<td>Toe Touch</td>
<td>3 min</td>
</tr>
<tr>
<td>6</td>
<td>Sky Reaching</td>
<td>3 min</td>
</tr>
<tr>
<td>7</td>
<td>Thread the Needle</td>
<td>3 min</td>
</tr>
<tr>
<td>8</td>
<td>Warrior Poses</td>
<td>3 min</td>
</tr>
<tr>
<td>9</td>
<td>Knee to Chest</td>
<td>3 min</td>
</tr>
<tr>
<td>10</td>
<td>Resting</td>
<td>3 min</td>
</tr>
</tbody>
</table>

**Total Time = 30 min**
HEALTHY LIFESTYLE CHALLENGE

Week 2 - Proper form

(1 - 10) 3 ROUNDS

1. AIR SQUAT
   - 10 - 30 air squats
   - 1 Minutes

2. LUNGES
   - 10 - 20 walking lunges (each leg)
   - 1 minutes

3. BICEP CURLS
   - Grab a comfortable weight. 10 - 20 dumbbell curls.
   - 1 minutes

4. SHOULDER PRESS
   - Grab a comfortable weight. 10 - 20 dumbbell shoulder press
   - 1 minutes

5. BICYCLE
   - 30 total elbow to knee bicycle crunches.
   - 1 minutes

TOTAL TIME = 30 MIN

6. AIR SQUAT
   - 10 - 30 air squats
   - 1 Minutes

7. LUNGES
   - 10 - 20 walking lunges (each leg)
   - 1 minutes

8. BICEP CURLS
   - Grab a comfortable weight. 10 - 20 dumbbell curls.
   - 1 minutes

9. SHOULDER PRESS
   - Grab a comfortable weight. 10 - 20 dumbbell shoulder press
   - 1 minutes

10. BICYCLE
    - 30 total elbow to knee bicycle crunches.
    - 1 minutes
# HEALTHY LIFESTYLE CHALLENGE

**Week 3 - Band workout**

## 6 ROUNDS

<table>
<thead>
<tr>
<th>Round</th>
<th>Exercise</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>BACK ROW</td>
<td>With band under foot arches, pull up to belly button. 50 reps</td>
</tr>
<tr>
<td>2</td>
<td>LATERAL WALK</td>
<td>With band around knees, step left then right. 50 reps</td>
</tr>
<tr>
<td>3</td>
<td>DEADLIFT</td>
<td>With band under foot arches, keep back straight and stand straight up. 30 - 50 reps</td>
</tr>
<tr>
<td>4</td>
<td>GLUTE BRIDGE</td>
<td>With band around knees, start flat on ground and thrust upwards. 50 reps</td>
</tr>
<tr>
<td>5</td>
<td>FOOTBALL SHUFFLE</td>
<td>With band around knees, run in place. 30 seconds on, 30 seconds off for 3 total min.</td>
</tr>
</tbody>
</table>

## TOTAL TIME = 30 MIN

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<thead>
<tr>
<th>Round</th>
<th>Exercise</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>6</td>
<td>CURTSY LUNGE</td>
<td>With band around thighs step one knee back and in toward body. 20 reps each leg</td>
</tr>
<tr>
<td>7</td>
<td>TRICEP EXTENSION</td>
<td>Extend right arm long, stretching band, then bend it back. Alternate arms</td>
</tr>
<tr>
<td>8</td>
<td>DONKEY KICK</td>
<td>With band around feet, bent knee and kick upwards. 30 reps each leg</td>
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<tr>
<td>9</td>
<td>DRAW THE SWORD</td>
<td>Pull right elbow toward right shoulder</td>
</tr>
<tr>
<td>10</td>
<td>FOOTBALL SHUFFLE</td>
<td>With band around knees, run in place. 30 seconds on, 30 seconds off for 3 total min.</td>
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**HEALTHY LIFESTYLE CHALLENGE**

**Week 4 - Core Workout**

(1 - 10) 2 ROUNDS

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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td><strong>BICYCLE</strong></td>
<td><strong>CRUNCHES</strong></td>
<td><strong>LEG RAISES</strong></td>
<td><strong>HEEL TOUCHES</strong></td>
<td><strong>PLANK</strong></td>
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Elbow to knee bicycle crunches

While back lays flat on ground, bring chest to belly button

Laying flat on ground bring legs up and back down without touching the floor

Knees up and back flat. Reach for your heels while moving right to left

Keeping your spine neutral, hold your body with toes and forearm

30 seconds

30 seconds

30 seconds

30 seconds

30 seconds

TOTAL TIME = 20 MIN

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<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td><strong>SIDE CRUNCH</strong></td>
<td><strong>MOUNTAIN CLIMBERS</strong></td>
<td><strong>RUSSIAN TWIST</strong></td>
<td><strong>IN AND OUTS</strong></td>
<td><strong>PLANK</strong></td>
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</table>

Laying on one side, hand behind head, lift head and elbow towards feet

In pushup position, lift knew and touch elbow. Alternate each side

Sitting upright, lift feet in air, twist your body left to right

Sitting upright, hands on ground behind you. Bring knees in and out

Keeping your spine neutral, hold your body with toes and forearm

30 seconds

30 seconds

30 seconds

30 seconds

30 seconds
HEALTHY LIFESTYLE CHALLENGE

Week 5 - Stretching

BEFORE WORKOUT - DYNAMIC

1. ARM CIRCLES
   - Horizontal line with arms make circles forward and backward
   - 30 seconds

2. LEG SWINGS
   - Holding onto a wall, swing leg left to right to stretch hip flexors
   - 30 seconds

3. TOE TOUCHES
   - Walking forward, kick left foot up touching with right hand. Alternate legs
   - 30 seconds

4. HIGH KNEES
   - Moving forward, lift left knee up towards chest. Alternate legs
   - 30 seconds

5. BUTT KICKS
   - Moving forward, kick back your heels to butt. Alternate legs
   - 30 seconds

AFTER WORKOUT - STATIC

6. SHOULDER STRETCH
   - Reach left arm across body and push towards body with right arm
   - 60 seconds

7. COBRA STRETCH
   - Laying on stomach, lift chest and head up and towards feet
   - 60 seconds

8. TOE TOUCH
   - Sitting down, reach for your toes as far as you can
   - 60 seconds

9. KNEE TO CHEST
   - Laying down, bring one knee up to chest. Alternate legs
   - 60 seconds

10. LUNGE STRETCH
    - Step forward in a lunge position, sinking your hips into the ground
    - 60 seconds