

# Fit Summer

## 4-Week Fitness and Nutrition Challenge

**#AFitSummer**

*Week #2*



# Workout Schedule

Week #2

|           |  |
|-----------|--|
| monday    | strength circuit   |
| tuesday   | pilates or yoga sculpt, elliptical (45-60 minutes)           |
| wednesday | strength circuit   |
| thursday  | cardio or kickboxing, treadmill (45 minutes)                 |
| friday    | relaxation outdoor walk - weather permitting (30-60 minutes) |
| saturday  | strength circuit   |
| sunday    | rest foam rolling or stretching (30 minutes)                 |

# Strength Circuits

Week #2



## monday

| Area      | Exercise                    | Sets | Rep        | Notes                      |
|-----------|-----------------------------|------|------------|----------------------------|
| Warm-up   | Cardio (Walking/Elliptical) | 1    | 1          | 15 minutes                 |
| Core      | Reverse Bridge              | 2-3  | 30-45 sec. |                            |
| Core      | Pick Pockets                | 2-3  | 30         |                            |
| Core      | Oblique Crunches            | 2-3  | 25         |                            |
| Core      | Floor Crunches              | 2-3  | 25         |                            |
| Legs      | Glute Push                  | 2-3  | 20         |                            |
| Legs      | Side Lunges                 | 2-3  | 20         | each side                  |
| Legs      | One Legged Squats           | 2-3  | 20         | each side                  |
| Legs      | Lying Hip Abduction         | 2-3  | 20         | each side                  |
| Cool-Down | Walking or Elliptical       | 1    | 1          | 15-20 minutes + stretching |

## wednesday

| Area      | Exercise                         | Sets | Rep | Notes                 |
|-----------|----------------------------------|------|-----|-----------------------|
| Warm-up   | Cardio (Walking/Elliptical)      | 1    | 1   | 15 minutes            |
| Core      | Vertical Knee Raises             | 2-3  | 20  |                       |
| Core      | Back Extensions                  | 2-3  | 20  |                       |
| Core      | Medicine Ball Crunches           | 2-3  | 20  |                       |
| Core      | Single Leg V-Ups                 | 2-3  | 20  | each side             |
| Biceps    | Cable Biceps Curls               | 2-3  | 15  |                       |
| Biceps    | High Pulley Biceps Curls         | 2-3  | 15  |                       |
| Triceps   | Overhead Triceps Extension       | 2-3  | 15  |                       |
| Triceps   | Single Arm Reverse Pushdowns     | 2-3  | 15  | each side             |
| Shoulders | Low Pulley Front Shoulder Raises | 2-3  | 15  |                       |
| Shoulders | Cable Rear Shoulder Fly          | 2-3  | 15  | stand during exercise |
| Cool Down | Walking or Elliptical            | 1    | 1   | 15-20 minutes         |

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# Strength Circuits

Week #2



## saturday

| Area      | Exercise                       | Sets | Rep | Notes  |
|-----------|--------------------------------|------|-----|--|
| Warm-up   | Cardio (Walking/Elliptical)    | 1    | 1   | 15 minutes                                     |
| Core      | Stability Ball Crunches        | 2-3  | 20  |  |
| Core      | Stability Ball Back Extensions | 2-3  | 20  |  |
| Core      | Stability Ball Side Bends      | 2-3  | 20  | each side                                      |
| Core      | Cable Axe Chop                 | 2-3  | 15  |  |
| Chest     | Cable Crossovers               | 2-3  | 15  |  |
| Chest     | Stability Ball Push-Ups        | 2-3  | 20  |  |
| Back      | Cable High Row                 | 2-3  | 15  |  |
| Back      | Straight Arm Lat Pulldowns     | 2-3  | 15  | light weight, one foot slightly off the ground |
| Cool Down | Walking or Elliptical          | 1    | 1   | 15-20 minutes + stretching                     |

*Just starting your fit summer journey?  
Jump to Week 1!*

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# Fitness Challenge

This week we address perhaps the most important musculoskeletal area of your body – **your core**.

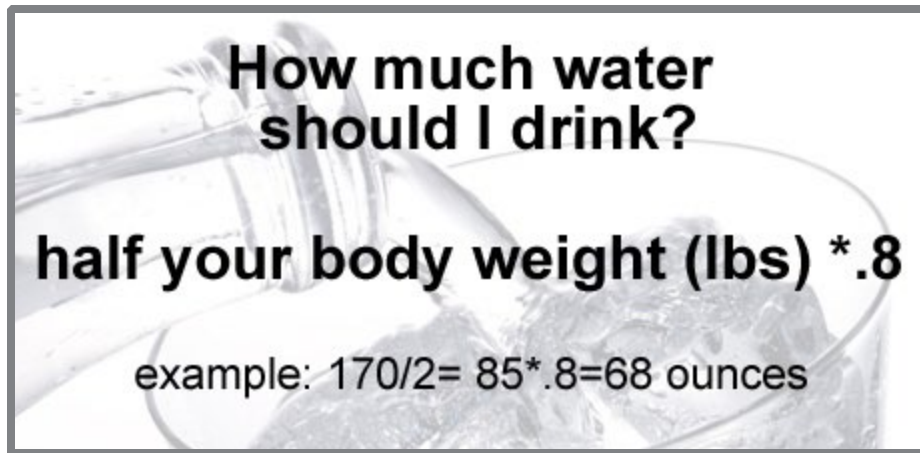
Because our center of gravity is located in our core, it is important to make sure it is strong and stable.

Similar to week one, assume the correct frontal plank pose, and have a partner record how long you can hold it. Repeat this as you do a side plank (both sides).

| Area               | Time - Week 1 | Time - Week 2 |
|--------------------|---------------|---------------|
| Front Plank        |               |               |
| Side Plank (Left)  |               |               |
| Side Plank (Right) |               |               |



# Nutrition Challenge



## Drink Up!

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Our bodies are made up of roughly 60% water. So this week, focus on your water intake. If you're not drinking eight cups a day, start there, but ideally you should shoot for eight to 12 cups per day (more if you're working out vigorously or breastfeeding).

*Don't forget to make use of [AnytimeHealth.com](https://www.anytimehealth.com) to track your workouts, meals, and activity!*

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# Mind Challenge

This week, every time you start thinking something negative about yourself, take a step back and think about something positive.

**What's one negative you will turn into a positive?**

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