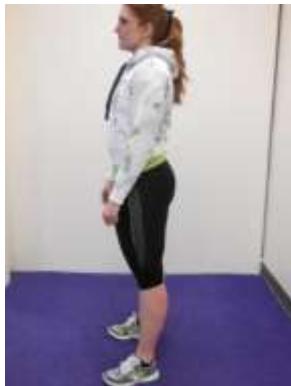


Work Out of the Week

Begin this exercise with a warm-up. A warm-up is intended to increase blood flow and increase temperature. Do a warm-up of your chose, it should last around 5 minutes. This exercise is considered a circuit. This circuit is intended to keep the heart rate up while incorporating cardio and strength training. All strength training exercises are done with only body weight and lasts around 20 minutes. If you are feeling good after one complete cycle of this work out, try a second or third one!

- Run 2 laps
- 15 Squats



Stand with feet slightly farther than shoulder width apart. Lower body by bending knees and keeping the back flat until legs reach 90 degrees (go slightly lower than shown in picture). Be sure to keep knees from going past toes.

- 15 Pushups





Above are three different variations of a push up. Ranging from hardest at the top to easiest at the bottom. **Top:** Start with feet close together and arms slightly wider than shoulder width apart. Lower body by bending elbows to a 90 degree angle. Push back to starting position. **Middle:** Start with knees together and feet crossed in the air. Lower body by bending elbows to a 90 degree angle. Push back to starting position **Bottom:** Lean against wall with arms out, shoulder width apart. Lower upper body towards wall until arms reach a 90 degree angle. Push back to starting position.

- Run 2 Laps
- 7 Lunges (each leg)



Start by standing with feet shoulder width apart. With one leg take a large step while lowering body by bend the front knee to 90 degrees. Return back to starting position.

- 15 Dips



Above are two variations of a dip. **Top:** harder: Start with arms on bench or anything sturdy. Walk feet away from body so your legs are at an angle. Keeping legs straight, lower body by bending elbows to a 90 degree angle. Return to starting position.

Bottom: Easier: Start with arms on bench or anything sturdy. Walk feet away from body so your legs are at an angle. With a bend at the knees, lower body by bending elbows to a 90 degree angle. Return to starting position.

- Run 2 Laps

- 15 Sit ups



Start by laying down on back. Bring knees up so feet are flat on the ground. Cross arms across chest. Keep back straight and lift upper body to a sitting position. Return to starting position.

- 15 Leg raises



Start by laying down on back with legs extended and hands placed under bottom. Lift legs to a 45 degree angle and lower until almost on ground, bring back up.

- Run 2 Laps
- 50 jumping jacks



Start by standing with feet shoulder width apart. Jump feet laterally as you bring arms above head. Jump back to starting position.

- Walk 1 lap