

Cardio Workout: Weeks 1-3



This cardio session can be done any three days of the week. You can do the full-body routine and cardio session on the same day. Do it all in one session or break up the session a.m./p.m. Remember, progression not perfection. Goal one in the first three weeks is to be able to complete a full training session. Goal two is to work up to five to six days of physical activity sessions.

Exercise	Duration	Instructions
WARM UP: STEAM ENGINE SET 1	60 seconds	<ol style="list-style-type: none">1. Stand with your hands behind your head.2. Raise a knee while lowering the opposite elbow so that your knee and elbow touch.3. Alternate from side to side continuously.
WARM UP: STANDING QUAD STRETCH SET 1	30 seconds	<ol style="list-style-type: none">1. Stand with your knees slightly bent and your feet shoulder width apart.2. Bend your right knee and hold your foot with your right hand, slowly pulling your foot toward your glutes and driving your knee backward.3. Hold for several deep breaths and slowly lower your leg to starting position.4. Repeat with your other leg.
WARM UP: ONE LEG DIP SET	60 seconds	<ol style="list-style-type: none">1. Begin in a standing position and lift your left leg off the floor, bending it back at the knee.2. Squat halfway down with your right leg, keeping your left leg off the floor.3. Pause at the lowest point in your squat.4. Push through the heel of your right leg to return to starting position and switch sides.
SIDE KICK: SET 1	90 seconds	<ol style="list-style-type: none">1. Begin on your left side with your left elbow supporting your left shoulder and your head resting on your hand for support.2. Bend your right arm and place your right hand behind your head.3. Raise your right leg hip height and swing it forward and behind your body several times. Return to the starting position and alternate sides.
CRISS CROSS: SET 1	90 seconds	<ol style="list-style-type: none">1. Begin on your back with your knees bent and your hands folded beneath your head. Raise your head and shoulders off the floor as you raise your right leg to a 90-degree angle.2. Extend your left leg at a 45-degree angle to the floor and twist your torso so that your left elbow meets your right knee.3. Switch legs and twist left so that your right elbow meets your left knee and repeat.
HIGH KNEE: SET 1	90 seconds	<ol style="list-style-type: none">1. Stand with your feet shoulder width apart and your arms bent at 90 degrees.2. Bend your knee and step it up to waist level as you swing your left arm forward.3. Swing your arm back to starting position as you set your foot down.

Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other health care professional. Do not start this program if your physician or health care provider advises against it.

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SPINE TWIST: SET 1	90 seconds	<ol style="list-style-type: none">1. Sit with your legs extended, your feet together and your toes pointed toward the ceiling.2. Extend your arms shoulder height at your sides and with palms facing up.3. As you exhale, twist from your waist and turn as far right as your spine comfortably allows, squeezing your legs together the entire time.4. Inhale to return to center.5. Repeat on the other side.
SIDE SHUFFLE: SET 1	90 seconds	<ol style="list-style-type: none">1. Begin with your feet shoulder width apart.2. Shuffle to the right by stepping your left foot towards your right foot.3. Your left foot replaces the position of your right foot, and your right foot steps out to the right, taking your body weight in the same direction.4. Sink down into a low squat and change directions, shuffling back to the left as you extend out of your squat.
SIDE KICK: SET 1	90 seconds	<ol style="list-style-type: none">1. Begin on your left side with your left elbow supporting your left shoulder and your head resting on your hand for support.2. Bend your right arm and place your right hand behind your head.3. Raise your right leg hip height and swing it forward and behind your body several times. Return to the starting position and alternate sides.
FRONT KICKS: SET 1	90 seconds	<ol style="list-style-type: none">1. Begin in a fight stance, with knees slightly bent, abs tight and hands at chin level.2. Balancing on one leg, lift your other leg and knee up towards your chest and in a single motion extend your foot forward, kicking away from your body.3. Bring your kicking knee and foot back into your body and lower it to the floor.4. Alternate left and right kicks. <p><i>Option for side and front kicks: Silver Sneaker Shuffle:</i></p> <ol style="list-style-type: none">1. Stand with your hands on your hips.2. Raise one knee.3. Return to start then step back with your opposite leg.4. Repeat for the desired number of reps then switch sides.
COOL DOWN: COBRA SET 1	90 seconds	<ol style="list-style-type: none">1. Place your hands palms down on the ground beneath your shoulders.2. Lift your chest up off the ground by straightening your arms.3. Gaze upwards and keep your abdominals engaged.
COOL DOWN: CHILDS POSE SET 1	60 seconds	<ol style="list-style-type: none">1. Begin in a seated kneeling position with your glutes resting on your ankles and your hands on the floor in front of you.2. Slide forward, lowering your head between your shoulders and extending your arms in front of you.3. Breathe deeply and relax your shoulders, neck and arms.

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