

Cardio Workout: Weeks 4-7



Complete three cycles of this work out a minimum of three times per week. If you go through the full circuit once and are completely fatigued, that's okay. Remember progression — the goal by week seven is to go through the circuit three times.

Equipment: A chair

Start with two cycles of the Dynamic Warmup

Exercise	Duration	Instructions
WARM UP: HIGH KNEE MARCH	60 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.
WARM UP: DEAD-LIFT STRETCH	60 Seconds	<ol style="list-style-type: none">1. Stand with your hands resting on your hips.2. Extend your arms in front of you, bend from your hips and gradually roll your upper body downward so that your fingertips approach or even brush the floor.3. Hold the stretch briefly and then slowly roll back up to the starting position. <p><i>Note: Keep your chin out and eyes forward for the duration of the movement.</i></p>
WARM UP: STANDING QUAD STRETCH	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 backwards.3. Hold for several deep breaths and slowly lower your leg to starting position.4. Repeat with your other leg.
SILVER SNEAKERS SHUFFLE	60 Seconds	<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.
SIDE-TO-SIDE LEG CURLS	60 Seconds	<ol style="list-style-type: none">1. Stand with your feet slightly wider than hip-width apart and your hands on your hips.2. Shift your weight onto your right leg while curling your left leg back toward your rear.3. Alternate from side-to-side, keeping your head level and your back straight.

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 healthcare professional. Do not start this program if your physician or healthcare provider advises against it.

Cardio Workout: Weeks 4-7



Exercise	Duration	Instructions
FLOOR CLEANERS	60 Seconds	<ol style="list-style-type: none">1. Stand with your feet hip-width apart and your hands on your hips.2. Bend both knees and extend your right leg out to your right side.3. Drag your right foot along the floor back to starting position and stand upright.4. Alternate from side-to-side, keeping your head level and your abs tight.
GLUTE KICKBACKS	30 Seconds	<ol style="list-style-type: none">1. Stand behind the chair with both hands resting on the seat back.2. Shift your weight onto your right leg and swing your left leg straight back, squeezing your glutes as you extend your left heel up and out behind you.3. Bring your left leg back to center and extend it out to your left side.4. Continue to alternate from back to side without letting your foot touch the floor.
BUTT TOUCHES	60 Seconds	<ol style="list-style-type: none">1. Stand with your back to the chair and your hands on your hips.2. Slowly lower yourself down and back as if to sit in the chair.3. Let your rear lightly touch the seat of the chair, then stand back up. Keep your eyes forward and your upper body straight throughout the entire movement.4. Repeat for desired amount of reps.
COOL DOWN: CHAIR-ASSISTED QUAD STRETCH	30 Seconds	<ol style="list-style-type: none">1. Stand behind the chair and place your right hand on the seat back for support.2. Curl your left leg back and grasp your left foot with your left hand, pulling your foot gently to your glutes.3. Keep your knees parallel and your back straight. Hold the stretch for several deep breaths and switch legs.
COOL DOWN: SEATED LOW BACK STRETCH	30 Seconds	<ol style="list-style-type: none">1. Sit on the edge of the chair with your feet flat on the floor.2. Rotate to one side, turning your shoulders and head and grasping the chair arm with both hands.3. Keep your hips facing forward, holding the stretch for several deep breaths before returning to starting position and rotating in the other direction.
COOL DOWN: SEATED BUTTERFLY	30 Seconds	<ol style="list-style-type: none">1. Begin in a seated position with your legs bent and your knees pointing outward.2. Place the soles of your feet together and clasp your feet with your hands.3. Lean forward slightly and press your elbows into your upper calves to deepen the stretch.

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