

A balanced fitness program can look differently for everyone.

This week, utilize the app to build a fitness program for you based on what you have learned!

Head over to your Wellness portal and navigate to "MyMoves" Create a program by clicking "New Routine"

This will open this box:

The image shows a 'Create New Routine' dialog box with a close button (X) in the top right corner. The dialog contains the following sections and fields:

- Enter Routine Name:** A text input field with the placeholder text 'Routine Name'.
- Enter Beginning Date (For your reference only):** A date selection field with the placeholder text 'Beginning Date'.
- Enter a Duration (Of Days):** A dropdown menu showing 'Routine Duration (1 day - 56 days)'.
- Enter Details about this Routine:** A large text area with the placeholder text 'Workout details'.
- Buttons:** 'Submit Routine' and 'Cancel' buttons are located at the bottom of the dialog.

The background interface is dimmed and shows a 'DEMO CLIENT' header, a calendar for 'MARCH 16 2020' with the 16th highlighted, and a '30-Day Wellness' section with buttons for 'New Routine', 'Edit Routine', and 'Delete Routine'.

Name Your Routine

Select the date you are going to begin

Enter the duration, maybe 7 days

And describe the workout "upper body, total body or maybe just bodyweight workout"

Then submit the routine

Then Select moves you want to include by selecting "Add new Moves"

This will open the long list of move options

Remember to choose moves you think you will enjoy!

You might choose one of each:

-an Cardiovascular type exercise

-a resistance exercise

-a mobility-based exercise

-a meditative-calming exercise

When adding the exercise

You will need to choose the number of sets, the number of repetitions and the weight you are using if any and then save it to your routine

### 1. Standing Lunge Band Pull Apart

Standing in a lunge, bring your hands above your head, holding the band about shoulder width apart. Have shoulders down away from ears. Pull the arms out to the sides and back together at a slow pace, repeat. The closer you hold the band the increased resistance you will feel.



Number of Sets

3 Sets

| Sets | Repetitions | Pounds |
|------|-------------|--------|
|------|-------------|--------|

|   |    |        |
|---|----|--------|
| 1 | 12 | 5 band |
| 2 | 12 | 5 band |
| 3 | 12 | 5 band |

Save Move Delete Move

Consider building a routine that lasts 20-30 minutes, depending on where you are starting from. You may do this routine one time per week and progress from there. The key to this assignment is to build a program that YOU enjoy!

Upload a copy of your workout (print to PDF)

Remember to track activities and progress in you app

4:27

LTE

< My Moves

My Moves Details

Seated Single Arm Raise



Starting in a seated position, raise one arm to shoulder height. Taking note to keep arm as straight as possible. Mindful to keep shoulders down away from ears.

|  | Sets | Repetitions ▼ | Pounds ▼ |
|--|------|---------------|----------|
|  | 1    | 4             | 5        |
|  | 2    | 4             | 5        |
|  | 3    | 4             | 05       |

