

Workout Guidance



Nuleeu

— Nutrition and Wellness, LLC —

Plan Outline:

Start by completing 2-3 sets of 10 reps of each exercise. Increase reps or sets as the exercise becomes easier. For exercises like plank, increase amount of time plank is held. Rest for 30 seconds to 1 minute between sets. If you aren't currently engaging in a plan, try completing this workout 2-3 times per week.

1. PUSH-UPS. On hands and knees (or toes) lower body slowly to floor. Keep abdominal muscles engaged and elbows in toward your body. Touch nose to the floor.
2. DIPS. On chair or other elevated surface, sit with back against and supported by arms. Lower to a deep bend in arms with elbows in toward sides.
3. SQUATS. With feet slightly more than hip width apart, squat down to where comfortable. Think about pushing bottom back as if sitting in a chair and keeping chest up. Engage abdominal muscles.
4. LUNGE. Standing with feet together, slowly step forward with one leg while keeping other planted. Lunge toward ground until knee hovers above ground, push through feet and return to standing. Repeat on both sides.
5. PLANK. Resting weight on forearms or hands, hold plank for as long as possible. Once 45 seconds to a 1 minute is easy, try lifting leg alternately. Keep shoulders stacked over hands, abdominals engaged and back flat.
6. SUPERMAN. Lying face down with hands above head, raise both upper body and lower body off floor. Hold for 2-3 seconds.