



MOVERS WORKOUT THE PLAN

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12WBT

This page contains all you need to complete your Movers workout and record your progress. Each exercise is clearly illustrated. **Have a great workout!**

YOUR WORKOUT

Step 1: Warm up



Side Stretch

20 reps
Alternate L/R

Step 2 Part I : Cardio Workout1



Power Walking

Time: 5:00



Rest

Time: 5:00



Power Walking

Time: 5:00

Step 2 Part II : Strength Workout



Wall Slides

8 reps



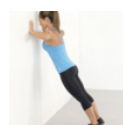
Push Up (Wall)

8 reps

Step 3: Stretch

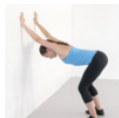


Stretching is important! Make sure you wrap up your workout with these stretches to reduce your risk of injury.



Calf Stretch

20 secs each side x 2 sets



Chest Drop Stretch

20 secs each side x 2 sets



Hamstring Stretch (Standing)

20 secs each side x 2 sets

TIP #1

Remember to take plenty of sips of water throughout the workout to avoid dehydration.



TIP #2

The higher your heart rate the more calories you burn, the more calories you burn the more weight you will potentially lose. This also depends on your calorie intake.



TIP #3

Work to the best of YOUR ability. Start easy and build up as your fitness improves.

