



FITNESS ROUTINES

THE 7-DAY WORKOUT ROUTINE



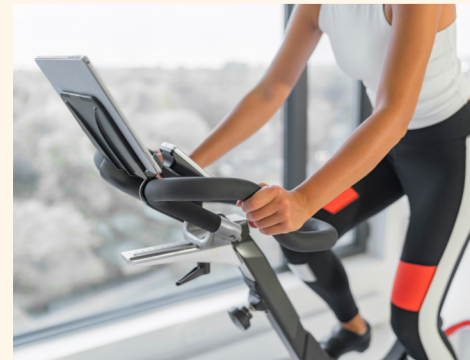
THE PLAN

The key to an effective workout plan is to challenge your body and engage your mind by adding various forms of exercise like cardio, full-body exercises, stretching, and weightlifting.

GETTING STARTED

5 Steps To Help You Get Started:

- **MEASURE YOUR FITNESS LEVEL** - Start with an assessment to establish a baseline. Baseline assessments such as Body Fat, Girth Measurements, Blood Pressure and more can be conducted by a Fitness Specialist at the Optimal You Fitness Facility.
- **DESIGN YOUR FITNESS PROGRAM** - Write your own program, hire a trainer, take class, try Wellbeats!
- **GATHER YOUR EQUIPMENT** - Do you need new athletic shoes or maybe a smart watch to help stay motivated?
- **GET STARTED** - Add it to your calendar as an appointment with yourself that you can't miss. Start slow and build gradually.
- **CHECK YOUR PROGRESS** - Do another assessment or simply just notice how your clothes are fitting. Do you notice a difference?





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Workout Schedule

- Monday: Cardio (cycling class, wellbeat class, run, etc...)
- Tuesday: Lower body (check out the example below - #1)
- Wednesday: Upper body and core (check out the example below - #2)
- Thursday: Active rest and recovery (long dog walk day!)
- Friday: Lower body with a focus on glutes (check out the example below - #3)
- Saturday: Upper body (check out the example below - #4)
- Sunday: Rest and recovery (woohoo!)



#1

Lower Body

3 Challenging Sets, 8-12 Reps

Leg Press Machine
Hip Thrust
Romanian Deadlift
Barbell Squat

#2

Upper Body/Core

3 Challenging Sets, 8-12 Reps

Seated Dumbbell Overhead Press
Dumbbell Bench Press
Dumbbell Lateral Raise
Tricep Dips on Bench
Captains Chair Leg Raise

#3

Lower Body/Glute Focus

3 Challenging Sets, 8-12 Reps

Barbell Squat
Dumbbell Lunge
Leg Curl
Hip Thrust

#4

Upper Body

3 Challenging Sets, 8-12 Reps

Barbell Bench Press
Seated Overhead Press
Single Arm Dumbbell Row
Bicep Curls