

TOTAL MINUTE CHALLENGE

WEEK 2



EXERCISE VARIATION

Adding variation to your exercise routine not only **keeps it interesting**, but also comes with a handful of **other benefits**:

- Increased strength, endurance and flexibility
- Activation of multiple muscle groups, in multiple planes
- Reduced risk of injury



WARMING UP IS IMPORTANT

Warming up is important because it prepares the body for exercise by increasing blood flow and raising heart rate. This gets the body ready for higher intensity, making your workout more efficient and with lower risk of injury.

Warm ups should be performed for 10-15 minutes and include light aerobic activity (i.e. jogging, cycling) followed by dynamic movements (i.e. lunges, arm circles)



HELPFUL TIPS

Tip: When deciding how to warm up, incorporate movements that mimic the exercises you will be performing. By making your warm up specific and aligned with your workout, there is no doubt you'll be prepared to push hard!

Example:

- Warming up for a run: light jogging, jumping jacks, high knees, butt kicks
- Warming up for a heavy back squat: light biking, hip openers, goblet squat hold, air squats