

Week 7
 Upper Body Interval Workout
 Equipment: Db light and medium, mat
 X2

Created By: Alexis Broderick

Warm up/ Demo	Bike/Arm Stretches	N/A	5 min
#1	Bicep curls to overhead press	Db medium	2 min
#2	Butterfly	Db light	30 sec
#3	Backward Db presses	Db medium	30sec
#4	Rest	N/A	30 sec
#5	Air punches	Db medium	60 sec
#6	90 degree overhead pulse hold	Db medium	30 sec
#7	Open close 90 degree arms	Db medium	60 sec
#8	Rest	N/A	30 sec
#9	Plank hold	N/A	30 sec
#10	Rotating up down plank	N/A	30 sec
#11	Hip dips/rainbows	N/A	30 sec
#12	Child's pose	N/A	60 sec
#13	Crunches	N/A	60 sec
#14	Toe taps	N/A	60 sec
#15	Bicycles	N/A	60 sec
#16	rest	N/A	30 sec
#17	Wall Push ups	N/A	30 sec
#18	Wall plank hold	N/A	30 sec

5 min stretch and nutrition

Fitness Goal of the Week:

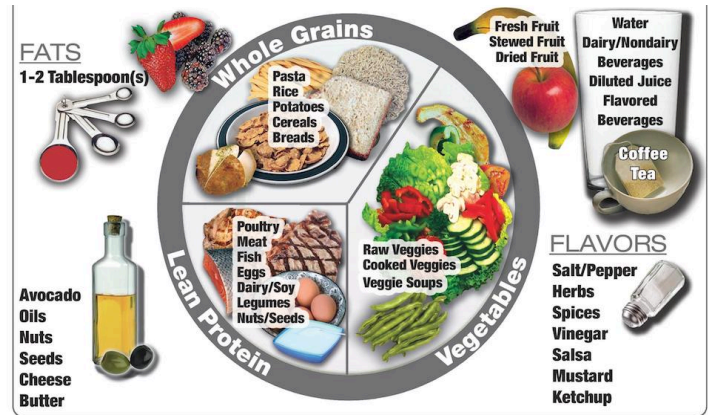
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Nutrition Lesson 7 / 8:

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Meal Ideas :

- + **Protein:** used for building and maintaining muscle; aim for lean protein most of the time
- + **Carbohydrates:** exercise fuel, brain fuel, stored with water
- + **Whole grain foods about half of the time you eat grains:** whole wheat bread/bagels/english muffins/tortillas, oatmeal, baked potato with skin, corn are a few examples
- + **Fruit:** any type is great
- + **Veggies:** any type is great
- + **Dairy:** Contains protein as well
- + **Fat:** tastes good, energy-dense, helps absorb fat-soluble vitamins in food
- + More unsaturated vs. saturated fat
- + **Unsaturated:** olives, avocado, guacamole, olive oil, nuts/seeds, nut butters
- + **Saturated:** fried food, butter, store-bought baked goods



Breakfast	Lunch	Dinner
-1 whole wheat bagel, 1 c 2% milk, 1 egg, 1 medium banana	-2 slices whole wheat bread, 3 slices deli turkey, 1 c carrots, 1 medium apple (can switch turkey for another deli meat of choice)	-2-3 slices pizza, 1 c broccoli, 1 c raspberries
-1.5 c Cheerios, 1 c 2% milk (for cereal), ¼ c dried cranberry, ⅛ c chopped pecan, ½ c chocolate milk	-2 Hawaiian rolls, 2 cheese sticks, 1 c strawberries, 1 c bell pepper, 15 baked chips	-Tacos - 2 whole wheat tortilla, 3 oz lean ground beef, ⅛ c cheese, sliced bell peppers, lettuce, tomato, olives (taco toppings) paired with ¾ c pineapple, ¾ c mango
-2 eggs, 2 4" pancakes, 1 c 2% milk, 1 banana, 1 tbsp maple syrup	-2 slices whole wheat bread, 1 tbsp peanut butter, 1 tbsp honey OR 1 tbsp jam/jelly, 1 c baby carrots, 1 c black berries, 1 cheese stick	-3 oz grilled chicken breast, 1 medium baked potato, 1 c green beans, 1 medium pear, ½ c 100% fruit juice
-2 whole wheat tortilla, 1 egg, 2 slices turkey sausage, 1 c 2% milk, 1 c grapes, ½ c OJ	-2 whole wheat tortilla + 3 slices deli meat + lettuce, spinach, tomato, avocado (whatever you would like to add to wrap for veggies) + 1 piece of fruit + 1 c chocolate milk	-Pasta - 1 c whole wheat pasta, 4 oz lean ground beef, ½ c marinara sauce, 1 c broccoli, 1 c grapes

These ideas are meant to be *starting points*. You do not have to eat these meals exactly. They help you to visualize balanced meals. You can also interchange fruits, use different non starchy vegetables or protein (ie chicken in place of pork or fish).

Week 8

*****Makeup Week**

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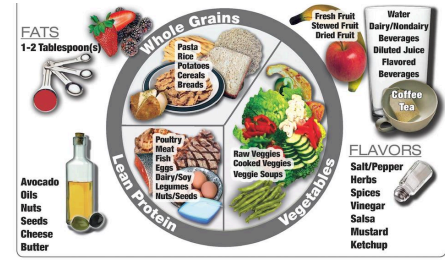
This week is meant for individuals to make up a session if needed as well as meet with the instructor for assistance with creating a workout plan and/or nutrition advice. During this session, individuals will also have the opportunity to ask questions regarding the machines located in the strength room.

Nutrition Lesson 8 / 8:

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Create Your Plate !

- + **Protein:** used for building and maintaining muscle; aim for lean protein most of the time
- + **Carbohydrates:** exercise fuel, brain fuel, stored with water
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Breakfast	Lunch	Dinner