



WHOLE LOVELY LIFE

4 Week Walk or Run, Strength + Stretch Program

WHO IS THIS PROGRAM FOR?

This program was designed for beginners or those who have not been exercising regularly and are looking for a simple and effective full body program.

WHAT IS IT DESIGNED TO DO?

This program will increase total body endurance, strength, and flexibility.

WHAT EQUIPMENT DO I NEED?

3-10 lb dumbbells
Treadmill or Outside

LET'S
WORKOUT!

WEEKLY WORKOUT SCHEDULE

DAY 1: INTERVAL WALK/RUN + STRETCH

DAY 2: STRENGTH TRAIN

DAY 3: STEADY WALK/RUN + STRETCH

DAY 4: STRENGTH TRAIN OR DAY OFF

DAY 5: INTERVAL WALK/RUN + STRETCH

DAY 6: STRENGTH TRAIN

DAY 7: STEADY WALK/RUN + STRETCH

**BEFORE STARTING ANY EXERCISE PROGRAM CONSULT WITH A MEDICAL PROFESSIONAL*



WALKING

YOU WILL ALTERNATE DAYS
BETWEEN AN INTERVAL WALK/RUN
AND A STEADY WALK/RUN

INTERVAL WALK or RUN

INTERVAL GUIDE ON PAGE 6

WEEKS 1 + 2

Complete this **5 min** interval **6 times** for a total time of **30 min**

WEEKS 3 + 4

Complete this **5 min** interval **8 times** for a total time of **40 min**

TIP: EACH WEEK RECORD THE SPEED OF EACH INTERVAL. THIS WILL ALLOW YOU TO EASILY JUMP BACK AND FORTH TO THE NUMBERS AND ALSO SHOW YOUR PROGRESS OVER THE 4 WEEKS. **EXAMPLE:** FIRST 2 MIN AT 3.5, SECOND 2 MIN AT 4.0 AND LAST MINUTE AT 4.3

INTERVALS

3-5 minutes: Warm up at comfortable pace.

2 minutes: Walk/Run at a brisk but steady pace. Intensity should allow for you to be able to talk but your breath will be quick.

2 minutes: Walk/Run at a brisk but steady pace at a higher intensity than the first 2 mins of the interval. Intensity should allow for only being able to answer a quick question. You should not be able to carry on a conversation.

1 minutes: Up your pace as fast as you can. Intensity should feel difficult but manageable.

3-5 minutes: Cool down at moderate pace.

STEADY WALK or RUN


WEEKS 1 + 2:

Walk or Run for **30 min** at a **steady pace** that would allow you to be able to talk but your breath will be quick.

WEEKS 3 + 4:

Walk or Run for **40 min** at a **steady pace** but **higher intensity** than weeks 1 and 2.

TIP: FOLLOW ONE OF THE SPEEDS YOU RECORDED FROM ONE OF THE 2 MIN SECTIONS OF THE INTERVAL. OR, FOLLOW A SPEED ANYWHERE BETWEEN 3.0 AND 6.0.



STRETCH

DO ALL STRETCHES ON STRETCH
DAYS AS WELL AS ANY OR ALL
WHENEVER NEEDED

stretch 1

STANDING HAMSTRING STRETCH

A.STAND WITH FEET HIP WIDTH APART AND KNEES SLIGHTLY BENT.

B.EXHALE AND BEND FORWARD AT THE HIPS. LOWER YOUR HEAD TOWARD THE FLOOR WHILE STAYING RELAXED.

C.EITHER WRAP YOUR ARMS AROUND THE BACKS OF YOUR LEGS OR JUST HANG GENTLY RELAXING THE ENTIRE BODY.

D.HOLD FOR 45 SECONDS

stretch 2

BUTTERFLY STRETCH

A. SIT ON THE FLOOR WITH GOOD POSTURE AND PUT THE SOLES OF YOUR FEET TOGETHER WHILE BENDING YOUR KNEES OUT TO THE SIDE.

B. HOLD YOUR ANKLES AND SLOWLY LOWER YOUR CHEST TOWARDS YOUR FEET. GO AS FAR AS YOU CAN AND HOLD FOR 45 SECONDS

stretch 3

WALL ASSISTED CALF STRETCH

A. STAND A FEW FEET AWAY FROM A WALL AND LEAN FORWARD PLACING YOUR HANDS ON A WALL.

B. STEP YOUR LEFT FOOT BACK INTO A MINI LUNGE BENDING YOUR FRONT LEG AND KEEPING YOUR BACK LEG STRAIGHT.

C. LEAN INTO THE WALL AND PRESS YOUR BACK HEEL DOWN SO IT IS FLAT ON THE GROUND.

D. CHANGE YOUR FOOT POSITIONING TO STRETCH DIFFERENT PARTS OF YOUR CALF. PLAY AROUND WITH IT AND YOU FIND THE AREAS THAT ARE THE TIGHTEST AND NEED THE MOST ATTENTION.

E. HOLD FOR 45 SECONDS.

F. REPEAT ON THE RIGHT SIDE.

stretch 4

STANDING QUAD STRETCH

A.FACE A WALL AND STAND WITH YOUR FEET TOGETHER. USE THE WALL AS MUCH AS NEEDED TO ASSIST WITH BALANCE.

B.BEND YOUR LEFT KNEE AND USE YOUR LEFT HAND TO PULL YOUR LEFT FOOT TOWARDS YOUR BUTT. WORK TO KEEP YOU KNEE AS CENTERED AS POSSIBLE. YOU DON'T WANT IT TO JUT OUT AS THIS CAN PUT STRAIN ON YOUR KNEE.

C.HOLD FOR 45 SECONDS.

D.REPEAT ON THE RIGHT SIDE.

stretch 5

NECK STRETCH

A.STAND TALL AND PLACE ONE HAND ON YOUR LOWER BACK AND THE OTHER HAND ON THE OPPOSITE SIDE OF YOUR HEAD.

B.PULL YOUR HEAD TOWARDS YOUR SHOULDER UNTIL YOU FEEL A STRETCH. EAR TO SHOULDER.

C.HOLD FOR 30 SECONDS.

D.REPEAT ON THE OTHER SIDE.

stretch 6

TRICEP STRETCH

A. STAND TALL AND BRING ONE ARM OVERHEAD AND DROP YOUR FOREARM BEHIND YOU, RESTING IT ON YOUR BACK BETWEEN YOUR SHOULDER BLADES.

B. WITH YOUR OTHER HAND, GRAB RIGHT ABOVE YOUR BENT ELBOW AND PULL GENTLY, UNTIL YOU FEEL A STRETCH IN THE BACK OF YOUR ARM.

C. WORK TO KEEP YOUR BICEP CLOSE TO YOUR EAR BUT NOT PAST IT.

D. HOLD FOR 30 SECONDS.

E. REPEAT ON THE OTHER SIDE.

stretch 7

CROSS BODY SHOULDER STRETCH

A.STAND TALL AND GRAB ONE ARM ABOVE YOUR ELBOW WITH YOUR OPPOSITE HAND, AND PULL IT ACROSS YOUR BODY TOWARDS YOUR CHEST UNTIL YOU FEEL A STRETCH IN YOUR SHOULDER.

B.WORK TO KEEP YOUR ELBOW BELOW SHOULDER HEIGHT.

C.HOLD FOR 30 SECONDS.

D.REPEAT ON OTHER SIDE.



STRENGTH

DO THESE EIGHT EXERCISES
THREE TIMES EACH WITH
3-10LB WEIGHTS

PLACE ONE WEIGHT IN EACH HAND AND SLOWLY LIFT THE WEIGHTS BENDING AT THE ELBOW TO SHOULDER LEVEL. WORK TO KEEP ELBOWS CLOSE TO YOUR SIDES. SLOWLY LOWER BACK DOWN TO THE STARTING POSITION AND REPEAT.

10-15 REPS

strength

BICEP CURL

LAY ON YOUR BACK AND PLACE ONE WEIGHT IN EACH HAND. RAISE ARMS UP AND OVER THE CHEST PALMS OF YOUR HANDS FACING EACH OTHER. WITH YOUR ELBOWS SLIGHTLY BENT, LOWER YOUR ARMS OUT TO THE SIDE UNTIL YOU FEEL A STRETCH IN YOUR CHEST MUSCLES. RETURN TO THE STARTING POSITION AND REPEAT. THE POSITION OF THE WEIGHTS SHOULD BE OVER THE CHEST AND NOT THE HEAD.

10-15 REPS

strength

CHEST FLY

STAND WITH KNEES SLIGHTLY BENT AND BACK STRAIGHT, BEND SLIGHTLY FORWARD AT THE WAIST. HOLD ONE WEIGHT IN THE RIGHT HAND. STRAIGHTEN ARM ALONG YOUR SIDE AND LIFT BACK AND UP. KEEPING THIS POSITION LIFT THE WEIGHT TOWARDS THE TOP OF THE SHOULDER THEN LOWER BACK TO THE STARTING POSITION. DO ALL REPS AND THEN REPEAT EXERCISE WITH THE LEFT ARM.

10-15 REPS

strength

BENT OVER TRICEP EXTENSION

WITH KNEES SLIGHTLY BENT LEAN FORWARD WITH ONE WEIGHT IN EACH HAND. KEEPING THE BACK STRAIGHT LIFT WEIGHTS UP TOWARDS YOUR SIDES, SQUEEZING YOUR SHOULDER BLADES AND THEN LOWER THEM BACK DOWN. WORK TO KEEP THE ARMS AS CLOSE TO YOUR SIDE.

10-15 REPS

strength

BENT OVER ROW

STAND WITH A CHAIR BEHIND YOUR FEET HIP WIDTH APART. KEEP TOES POINTED FORWARD AND ARMS RELAXED AT YOUR SIDES. ENGAGE YOUR ABS AND LOOK STRAIGHT AHEAD. SLOWLY LOWER INTO A SQUAT OVER THE CHAIR. KEEP YOUR WEIGHT IN THE BACK OF YOUR HEALS. ONCE IN A SQUAT POSITION SLOWLY COME BACK TO A STANDING POSITION. ENSURE KNEES DO NOT GO OVER TOES. FOR AN ADVANCED MOVE DO THIS EXERCISE WITHOUT THE CHAIR AND OR WITH ADDED WEIGHT IN HANDS.

10-15 REPS

strength

CHAIR SQUAT

STAND ON THE FLOOR OR ON A STEP WITH YOUR HEELS HANGING OFF THE BACK. RAISE AND LOWER SLOWLY TO FLEX YOUR CALVES. FOR AN ADVANCED MOVE DO THIS EXERCISE WITH A WEIGHT IN EACH HAND.

10-15 REPS

strength

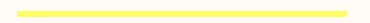
CALF RAISES

LIE ON YOUR BACK WITH YOUR KNEES BENT AND FEET FLAT ON THE FLOOR. PUSH THROUGH YOUR HEELS AND LIFT YOUR HIPS WHILE SQUEEZING YOUR GLUTES. PAUSE FOR A FEW SECONDS AND LOWER BACK DOWN.

10-15 REPS

strength

HIP BRIDGE



GET ON ALL FOURS AND PLACE HANDS SHOULDERS WIDTH APART AND KNEES HIP DISTANCE APART. EXTEND THE LEGS, RAISE UP AND PLACE YOUR WEIGHT ON THE BALLS OF THE FEET. YOU CAN DO THIS MOVE ON YOUR HANDS WITH STRAIGHTENED ARMS OR WITH BENT ELBOWS RESTING ON FOREARMS. START WITH HOLDING THE POSITION FOR 30 SECONDS AND WORK UP TO 1 MIN. IF 30 SECONDS IS TOO LONG JUST HOLD THE POSITION AS LONG AS YOU CAN AND WORK TOWARDS A LONGER TIME.

strength

PLANK

Affirmations

SAY ONE
OR ALL
EVERYDAY
BEFORE
YOU
START
YOUR
WORKOUT

- I AM BLESSED TO WORK OUT TODAY
- THANK YOU FOR MY HEALTHY BODY THAT ALLOWS ME TO DO THIS WORKOUT
- THANK YOU FOR MY STRONG HEART, LEGS, BACK, AND ARMS
- I AM GRATEFUL FOR THIS WORKOUT AND ALL THE HEALING BENEFITS IT PROVIDES MY MIND, BODY, AND SPIRIT

Remember

YOU ARE STRONG
YOU ARE RESILIENT
YOU ARE LOVED
YOU ARE WORTHY
YOU ARE HEALTHY
YOU CAN TAKE A DAY OFF



Disclaimer:

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