

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE TOTAL BODY TONING

Start Date: _____ End Date: _____

Instructions: Below are eight basic bodyweight exercises that require no equipment. Their descriptions on the back of this page. Follow the daily schedule to complete your 30 day challenge. Place an "X" on the calendar on the days that you complete your Total Body Toning routine.

TOTAL BODY TONING SCHEDULE & ROUTINE:

Day 1 Initial Assessment: Perform each exercise for 1 minute. Keep track of your repetitions and take breaks when needed. Record your total reps on the Day 1 lines below.

Day 2-29: Complete 2 sets of 30 seconds per exercise, 3-5 times a week.

Day 30 Final Assessment: Perform each exercise for 1 minute. Keep track of your repetitions and take breaks when needed. Record your total reps on the Day 30 lines below and compare to Day 1 to compare your results!

1. Jumping Jacks

Day 1: _____ reps

Day 30: _____ reps

2. Squats

Day 1: _____ reps

Day 30: _____ reps

3. Push-ups

Day 1: _____ reps

Day 30: _____ reps

4. Burpees

Day 1: _____ reps

Day 30: _____ reps

5. Wall Sit

Day 1: _____ sec.

Day 30: _____ sec.

6. Side Plank

Day 1: _____ sec. (both sides)

Day 30: _____ sec. (both sides)

7. High Knees

Day 1: _____ reps

Day 30: _____ reps

8. Plank

Day 1: _____ sec.

Day 30: _____ sec.

TOTAL BODY TONING ROUTINE CALENDAR: Do your best to perform this routine 3-5x a week.

	Su	M	Tu	W	Th	F	Sa
Week 1							
Week 2							
Week 3							
Week 4							

Challenge Completion Summary:

On the days I achieved my goal I felt: _____

On the days I did not achieve my goal I felt: _____

TOTAL BODY TONING INFORMATION

Many people avoid strength training for fear of getting big, bulky muscles. However, what most people don't know is that when we gain muscle, our bodies burn more calories during a workout AND at rest! Building and toning muscles takes time, so be patient if you are just beginning to incorporate strength training into your workout routine.

Did you know—muscle weighs more than fat?

One pound of muscle takes up less space than one pound of fat. In fact, many will find comfort in knowing that while it may weigh more, one pound of muscle is less than half the size of one pound of fat! Therefore, even though the number on the scale may be staying the same, strength training and putting muscle in our bodies changes our shape!

BENEFITS OF STRENGTH TRAINING

- Increases bone density
- Increases fat-free muscle mass
- Improves metabolism
- Increases in connective tissue strength
- Increases motor performance
- Enhances feelings of well-being and self-confidence
- Improves quality of life
- Decreases risk of injury

MAJOR MUSCLE GROUPS

Below are the opposing pairs of major muscle groups:

- Quadriceps/Hamstrings (front/back of the thigh)
- Hip Abductors/Adductors (outer/inner thigh)
- Chest/Upper Back
- Shoulders/Latissimus Dorsi (sides of the back commonly referred to as "lats")
- Biceps/Triceps (front/back of upper arm)
- Abs/Middle of back (muscles surrounding the spine)

STRENGTH TRAINING GUIDELINES

- 2-3 sets for each major muscle group
- 8-12 repetitions
- 8-10 exercises
- Controlled speed (3 counts up, 2-3 counts down)
- Exercise each muscle group 2-3 non-consecutive days per week (allow 48 hours before training the same muscle group again)

CIRCUIT STYLE STRENGTH TRAINING

Resistance exercises performed one after another with little/no rest for approximately 20 minutes or more.

- Modest improvements in cardio (about 6%)
- Improved glucose tolerance
- Modest decrease in resting blood pressure
- Increased blood lipid profile

EXERCISE	DESCRIPTION	PICTURE
Jumping Jacks	Start with your feet together and arms at your sides. In one motion, jump your feet out wider than shoulder-width apart and raise your arms overhead. Immediately jump your feet back together and bring your arms back down to your sides. <i>To modify, step one foot out at a time as your arms raise overhead.</i>	
Squats	Start with your feet hip-width apart with your toes pointing forward. Engage your core and bend your knees as you push your hips and glutes down and back, like you're going to sit in a chair. Keep your back straight and knees over your ankles. Press through your heels as you straighten your legs back to the starting position.	
Push-ups	Start in a plank position with your hands wider than your shoulders. Engage your core and lower your body down until your upper arms are parallel to the floor. Press up through your palms. <i>To modify, place your knees on the floor or use a wall.</i>	
Burpees	Start with your feet hip-width apart and engage your core. Squat down and place your hands on the floor (Step 2). Step or jump your feet back into a plank position (Step 3), hold for a second then step or jump your feet back in (Step 4) and explode up off the floor (Step 5). Repeat the sequence.	
Wall Sit	Press your back against a wall with your feet hip-width apart. Walk your feet away from the wall and lower your body down until your thighs are parallel to the floor and you have a 90-degree bend in your knees. Make sure your knees are in line with your ankles. Hold the position.	
Side Plank	Start lying on your side with your elbow directly under your shoulder and forearm perpendicular to your body. Your legs should be straight with your feet stacked on top of one another. Engage your core as you lift your hips off the floor. Keep your shoulders and hips stacked on top of each other. Hold, then switch sides. <i>To modify, lower the bottom leg onto the knee.</i>	
High Knees	With your core engaged, drive one knee up toward your chest then immediately switch sides. Imagine this exercise as an exaggerated run in place. Each high knee counts as one repetition.	
Plank	Start in push-up position with your wrists underneath your shoulders (as shown) and your feet hip-width apart. Engage your core and hold the position. <i>To modify, place your knees on the floor.</i>	