

# Advanced Workout Plan Week 1 - Day 2

## Stretching Butt Kicks/Jumping Jacks

Warm Up



Begin by stretching and preparing your muscles for a cardio workout! To help your body warm up, follow your stretching with butt kicks, jogging in place and tapping your feet against your backside for 60 seconds. When done with butt kicks, perform 3 sets of 20 jumping jacks.

## Walk/ Stretching

Cool Down



To help bring your heart rate back down perform a 3-5 minute slow paced walk. Upon completion stretch those muscles out!

## Cardio

Get Moving!



Now that your body is warmed up we are going to be going for a jog/run! Either on a treadmill or outside, your first run in the advanced plan is going to be a 20 minute long one. Every 5 minutes, stop and perform 10 pushups - either modified, regular or a more advanced version like decline push ups. Good luck and push yourself hard!

**DIRECTIONS:** Begin by stretching your muscles to prepare them for your cardio workout, along with your warm up of butt kicks and jumping jacks. Upon completion of the warm up, continue on to your cardio session. Today is going to be a mix of jogging/running and push ups. If you need to perform modified push ups from your knees then do so or try some more advanced moves using a park bench with decline push ups. And don't forget to stretch post run! Good luck!