

# Intermediate Workout Plan

## Week 1 - Day 2

### Stretching

Warm Up



Begin all workouts with stretching of your major muscles.

### Cardio

Get Moving!



Your cardio routine is going to be based around a light jog. This won't be a fast-paced run or a slow walk - find a happy medium. Jog for 2 minutes, then perform 5-10 push ups. If you need to perform a modified push up on your knees, that's ok. After your push ups, perform another 2-minute jog. Repeat this until you have jogged for a total of 16 minutes.

### Stretching

Cool Down



End your day with stretching. Focus on breathing and slowing your heart rate down while holding each stretch for 30 seconds.

**DIRECTIONS:** Begin by stretching your muscles to prepare them for your cardio workout. Upon completion of stretching, continue on to your cardio session. Today is going to be a mix of jogging and push ups. If you need to perform modified push ups from your knees then do so. If regular push ups are easy though, try putting your feet up on a bench for declined push ups! Good luck!