



Strength | Walk & Fitness Routine | No Weights

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DAY	WORKOUT	GOALS	NOTES
MONDAY	<p>Walk with strength training</p> <p><u>Low Impact Jumping Jacks</u></p> <p><u>Step Ups</u></p> <p><u>Side Hop</u></p> <p><u>Body-Weight Squat Health or Wall Sit</u></p> <p><u>Russian Twist</u></p>	<p>Improve strength</p> <p>Strength Exercises: Start by doing each exercise for 15-30 seconds. Gradually increase to 1minute of continuous exercise for each movement. Complete all movements twice, and work up to 3 roundtotal for each exercise. Complete the exercises as a circuit and then repeat.</p>	<p>For the walking portion, walk at a briskpace, or choose a slightly hilly route. You should be able to chat, but be slightly out of breath.</p> <p>The total workout time is the same as what you would normally do. You will decrease your walking time to add in the strength work. If you start with the strength work, do a small 5 minute walk warm-up/ walk up and down stairs or do a few quick laps around your house prior to starting the strength work.</p>

TUESDAY	<p>Normal Work</p> <p>Easynormal walk OR pilates/ yoga no more than 45-60 minutes.</p>	<p>Recover</p> <p>Active recovery</p> 	<p>Thisis supposed to be an easier day so that you can recover from the previous day and be able to have a harder effort tomorrow.</p>
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WEDNESDAY	<p>Walk +hills/stairs</p> <p>Find a hill/stairs, walk up it as fast as you can, slowly walk down. Repeat 5-6 times. Take a break and continue your walk. If you find another hill, try to repeat the same routine above 1more time.</p>	<p>Gain strength</p> <p>Strength and higher intensity cardio.</p> 	<p>Because hills/ stairs will increase the intensity of your walk, you may need to decrease the total time you walk so that you aren't exhausted at the end and are able to complete the hill reps.</p>
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DAY	WORKOUT	GOALS	NOTES
THURSDAY	<p>Walk + strength training</p> <p><u>Squat Jump</u> <u>The Right Way</u> </p> <p><u>Rotational jacks</u></p> <p><u>Mountain Climbers</u> or <u>Modified Mountain Climbers</u></p> <p><u>Flutter Kicks</u></p> <p><u>Single Leg Lunge</u></p>	<p>Strength + Higher Intensity</p> <p>Strength Exercises: Start by doing each exercise for 15-30 seconds. Gradually increase to 1 minute of continuous exercise for each movement. Complete all movements twice, and work up to 3 rounds total for each exercise. Complete the exercises as a circuit and then repeat.</p> 	<p>The total workout time is the same as what you would normally do. You will decrease your walking time to add in the strength work. If you start with the strength work, do a small 5 minute walk warm-up/ walk up and down stairs or do a few quick laps around your house prior to starting the strength work.</p>
FRIDAY	<p>Normal Work</p> <p>Easy normal walk OR pilates/ yoga no more than 45-60 minutes.</p>	<p>Recover</p> <p>Active recovery</p> 	<p>This is an easy day to allow you to recover from the past two days of workouts. Recovery is just as important as the strength/higher intensity work. In fact, if you don't take the time to recover, you will stress your body out more, which will impede weight loss and not allow your body to adapt to the new exercise stress you are placing on it.</p>

DAY	WORKOUT	GOALS	NOTES
SATURDAY	Fun day Go for a hike/ walk of your choice	Have fun! 	Enjoy the activities that you like to do without thinking about your 'workout'.

SUNDAY	Off or fun day	Recover If you have a lot of fun with an activity today and are tired on Monday, the strength routine may need to be moved to a different day.	Make sure to rest and recover to get ready for the following weeks workouts.
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Workout Summary

Recovery is more important than killing yourself everyday. Under normal circumstances (low to moderate stress with the ability to do workouts on a regular basis), you would do a routine like this for 2 consecutive weeks and then the third week would be an 'off' week. Repeat this same cycle for the next three weeks. Once you feel like you have adapted to this routine and it becomes easy, a new routine with harder intervals and/ or weights is needed.

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