

Fit Summer

4-Week Fitness and Nutrition Challenge

#AFitSummer

Week #3



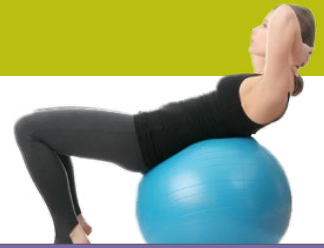
Workout Schedule

Week #3

monday	strength circuit
tuesday	cardio or elliptical [interval setting] (30 minutes)
wednesday	strength circuit
thursday	cardio or walking/jogging intervals (30 minutes)
friday	relaxation yoga or stretching/ meditation (30-45 minutes)
saturday	strength circuit
sunday	rest foam rolling or stretching (30 minutes)

Strength Circuits

Week #3



monday

Area	Exercise	Sets	Rep	Notes
Warm-up	Cardio (Walking/Elliptical)	1	1	15 minutes
Core	Rope Crunches	3	20	
Core	Pick Pockets	3	30	use medicine ball
Chest	Isolateral Chest Press Machine	3	12	
Chest	Seated Cable Fly	3	12	
Back	Deadlift	3	12	
Back	Isolateral Row	3	12	
Cool Down	Walking	1	1	10 minutes + stretching

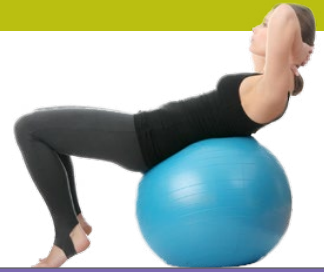
wednesday

Area	Exercise	Sets	Rep	Notes
Warm-up	Cardio (Walking/Elliptical)	1	1	15 minutes
Core	Dumbbell Side Bends	3	12	each side
Core	Medicine Ball Crunches	3	20	
Biceps	Biceps Curl Machine	3	12	
Biceps	Concentration Curls	3	12	
Triceps	Bench Dips	3	20	
Triceps	Triceps Extension	3	12	
Shoulders	Shoulder Press Machine	3	12	
Shoulders	Pec Deck Rear Shoulder Machine	3	15	each side
Cool Down	Walking or Elliptical	1	1	15-20 minutes

Strength Circuits

Week #3

saturday



Area	Exercise	Sets	Rep	Notes
Warm-up	Cardio (Walking/Elliptical)	1	1	15 minutes
Core	Torso Rotations	3	20	
Core	Reverse Bridge	3	20	
Legs	Angled Leg Press	3	12	
Legs	Leg Curl Machine	3	12	
Legs	Hip Abduction Machine	3	12	
Legs	Wall Sit	3	30 sec.	
Cool Down	Walking or Elliptical	1	1	15-20 minutes + stretching

*Just starting your fit summer journey?
Jump to Week 1!*

#AFitSummer

Fitness Challenge

This week we are talking intensity! High intensity interval training (HIIT) to be exact! This form of training has a ton of benefits. Your **workouts are shorter**, you burn the same number (of not more) calories during a workout, versus a traditional cardio session, and you'll **continue to burn calories after your workout is complete**. Check out some of our awesome HIIT workouts:



[HIIT Beginner's Guide + Workout](#)



[Heart Smart HIIT Workout](#)



[Boredom
Buster Treadmill
Workouts](#)

Nutrition Challenge



Cut Out the Junk!

This week, focus on cutting down on junk food. You don't need to eradicate it out of your diet completely, but junk food is meant to be enjoyed in moderation.

Try to limit your junk food intake to **one treat every other day**, or roughly 100-150 calories daily.

Don't forget to make use of [AnytimeHealth.com](https://www.AnytimeHealth.com) to track your workouts, meals, and activity!

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Mind Challenge

It's time to ~~Spring~~ Summer Clean! Having excess stuff around can clutter your mind just as much as your house! This week, **get rid of the things you haven't used in a while.**

Donate anything you haven't used in the last six months (excluding seasonal items - unless you want to get rid of your Christmas doilies. It's a perfect time to do so – just sayin').

