

30 Days to Change your Life Workout Week 4

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Move slowly/play/rest or flexibility	Bodyweight exercise	Pilates or core workout	Sprint	Move slowly/play/rest or flexibility	Bodyweight exercise	Move slowly/play/rest
Date							
Suggested workout	<p>30-60 minutes low intensity exercise. Walking/hiking are the easiest but cycling, swimming etc are fine too. Make sure these workouts are completed at a slow pace.</p> <p>Or yoga workout</p> <p>Or play</p> <p>Or rest</p>	<p>Pushups – men 50, women 20</p> <p>Pullups - men 12, women 5 (or bicep curls, front arm raises, side arm raises, tricep kickbacks)</p> <p>Squats - 50</p> <p>Plank – 90 seconds</p> <p>Side Plank – 45 seconds</p> <p>Repeat this cycle twice</p>	<p>The Hundred</p> <p>Roll-up</p> <p>Single Leg Circle</p> <p>Rolling Like a Ball</p> <p>Single Leg Stretch</p> <p>Double Leg Stretch</p> <p>Spine Stretch</p> <p>Corkscrew</p> <p>Saw</p> <p>Swan</p> <p>Child's Pose</p> <p>Single Leg Kick</p> <p>Shoulder Bridge</p> <p>Teaser 1</p> <p>The Seal</p>	<p>6 x 50m warmup runs at moderate effort. 20 second rest period between strides. After your warmup strides, commence 6 x 50m sprints (they should take 8–15 seconds each) at 75% effort. Take a one-minute rest period between sprints or otherwise enough to be fully recovered and achieve normal respiration before beginning your next sprint. After two to three sessions over a few weeks time, increase your sprint efforts to full speed. Use a moving start (jog up to starting line and then begin sprinting) instead of a static start to minimize injury risk.</p>	<p>30-60 minutes low intensity exercise. Walking/hiking are the easiest but cycling, swimming etc are fine too. Make sure these workouts are completed at a slow pace.</p> <p>Or yoga workout</p> <p>Or play</p> <p>Or rest</p>	<p>Pushups – men 50, women 20</p> <p>Pullups - men 12, women 5 (or bicep curls, front arm raises, side arm raises, tricep kickbacks)</p> <p>Squats - 50</p> <p>Plank – 90 seconds</p> <p>Side Plank – 45 seconds</p> <p>Repeat this cycle twice</p>	<p>30-60 minutes low intensity exercise. Walking/hiking are the easiest but cycling, swimming etc are fine too. Make sure these workouts are completed at a slow pace.</p> <p>Or yoga workout</p> <p>Or play</p> <p>Or rest</p>
Description of what you did							