



# Your **Weekly** Workout Plan

noom<sup>®</sup>

# Meet your monthly workout schedule

Repeat your 3-4 day workout plan every 4 weeks!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	 Full Body	REST	 High Intensity  Full Body	REST	 Your Favorite Workout!	REST	 Dynamic Workout  Full Body
Week 2	 Your Favorite Workout!	 Circuit  Lower Body	REST	 Dynamic Workout  Yoga	REST	 LISS  Lower Body	REST
Week 3	 Dynamic Workout  Yoga	REST	 High Intensity  Upper Body	REST	 Your Favorite Workout!	REST	 Circuit  Full Body
Week 4	REST	 LISS  Upper Body	REST	 Dynamic Workout  Yoga	REST	 Circuit  Lower Body	 Your Favorite Workout!

 = Strength  
  = Stretch  
  = Dynamic  
  = Cardio  
  = Optional



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Get inspired with these workouts!

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Focus on form with your exercise guide

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# Get inspired with these workouts

## CARDIO

When it comes to cardio, we've broken it down into 3 types, each with their own benefit. Within each category, you have tons of options to keep things fresh and fun!

### LISS: Low-intensity steady state cardio

Choose from these lower intensity workouts:

#### Complete 30-45 minutes of any one of these exercises:

- Walk
- Bike
- Swim
- Freestyle: Do any combination of these exercises!  
Example: 12 minute walk, 12 minute bike, 12 minute spin

#### Try one of these lower intensity fitness classes:

- Barre
- Pilates
- Martial Arts
- Step
- Yoga

### High Intensity

Choose from these higher intensity workouts:

#### Complete 20-30 minutes of any one of these exercises:

- Power walk
- Jog/run
- Walk up and down stairs
- Freestyle: Do any combination of these exercises!  
Example: 8 minute power walk, 8 minute run, 8 minutes stairs

#### Try one of these higher intensity fitness classes:

- 30-60 minute higher intensity class:  
Aerobics  
Circuit training  
Cycling/spin  
Kickboxing  
Zumba

Or choose from these high intensity interval training (HIIT) workouts:

#### Field (HI)IT (15 minutes)

- Make your way to a field of your choice (baseball, football, soccer, or even the park!)
- Take about 50 steps to designate your runway
- Jog or power walk a total of 15 times between point A and point B, resting 15 seconds between each jog or power walk.

#### Jump On (HI)IT (20 minutes)

- Perform each exercise for 20 seconds, then rest 10 seconds. After you make it through each exercise once, rest one minute. Complete a total of 5 rounds.
  - Step Jacks
  - Squats (or pulse squats)
  - Side step + squat
  - Drop squats
  - Lunges

#### Run With (HI)IT (20-30 minutes)

- Choose one of the following activity combinations (you can use a treadmill or the great outdoors!)
  - Walk + Speed Walk
  - Speed Walk + Jog
  - Jog + Sprint
- Create a 20-30 minute playlist
- Start your activity of choice at a comfortable pace
- When the chorus strikes, take your activity up a notch (20-30 seconds)
- When the chorus is over, return to your comfortable pace
- Repeat until your playlist is complete!

#### Spin (HI)IT (20 minutes)

- Set your timer for 20 minutes
- Get in the saddle (and by saddle we mean on a bike)
- Alternate between 45 seconds at a comfortable pace and 15 seconds 'all out'
- Repeat until your time is up!

#### Own (HI)IT (20 minutes)

- Choose 5 of your favorite cardio exercises
- Do 4 rounds of each exercise, 30 seconds on/ 30 seconds rest

## Circuit Training

Choose from one of these circuit training workouts:

### Crazy 8's Circuit (30 minutes)

Complete 8 rounds of the following circuit, resting 2 minutes between each round.

- 8 Squats
- 16 Pulse Squats
- 8 Lunges
- 8 Reverse Lunges
- 8 Side Lunges (each leg)
- 8 Oblique Jacks
- 8 Straight Leg Deadlifts

### New Heights Circuit (25 minutes)

Circuit A: Repeat 3 times, resting 1 minute between each round

- 20 Modified Jumping Jack (oblique, step jack, etc.)
- 10 Aerobics Style Heel Kick

Circuit B: Repeat 3 times, resting 1 minute between each round

- 20 Mountain Climbers (each leg)
- 50 Standing March

Circuit C: Repeat 3 times, resting 1 minute between each round

- 20 Plank Twists
- 10 Side Step + Squat

Circuit D: Repeat 3 times, resting 1 minute between each round

- 20 Plank Jacks
- 50 Modified Jumping Jack (oblique, step jack, etc.)

### Strength N' Stamina Circuit (30 minutes)

Complete 10 rounds of the following circuit, resting 1 minute between each round

- 10 pushups
- 10 squats
- 10 crunches

### Joy Run Circuit (20 minutes)

Set a timer for 20 minutes.

Complete as many rounds as possible of:

- 0.25 mile walk or run
- 10 Modified burpees (eliminate jumping)

### Upbeat Circuit (30 minutes)

Circuit A: Repeat 5 times, resting 1 minute between each round

- 30 seconds Modified Jumping Jack
- 30 seconds Modified Toe Taps
- 30 seconds Pulse Squats

Circuit B: Repeat 5 times, resting 1 minute between each round

- 30 seconds Aerobics Style Heel Kick
- 30 seconds Jumping Jacks
- 30 seconds Butt Kicks

### Build Your Own Circuit (25 minutes)

- Choose 5 of your favorite cardio exercises
- Complete 30 seconds of each exercise back-to-back without stopping
- Rest 2 minutes between each round
- Complete a total of 5 rounds

## STRENGTH

When it comes to strength training, you'll be working off of a upper body, lower body, full body split. Within each category, you have many workouts to choose from to switch things up and maximize your progress!

### Upper Body

Choose from one of these upper body workouts:

#### Basic

Go through the following sequence 3 times. Perform 8 reps the first, 12 reps the second, and 15 reps the third time.

- Elbow Plank Reach Outs
- Airplanes
- Elbow Plank Twists
- Pushups
- Tricep dips (see pictures for wrist modifications)

#### Burn Out

Perform 3 sets of as many reps as possible for each of the following exercises:

- Pushups
- Crunches
- Tricep Dips
- Supermans
- Plank (hold for time)

Make sure to write down your score so you can compare your progress over time!

#### Build Your Own

- Pick 6 "Upper Body" exercises from your Exercise Guide -- 3 that are easier for you, 3 that are more challenging.
- Perform 3 sets of 10-12 reps of each "challenging" exercise, resting 1-2 minutes in between.
- Perform 3 sets of 15-20 reps of each "easier" exercise, resting 30 seconds in between.

### Lower Body

Choose from one of these lower body workouts:

#### Basic

Go through the following sequence 3 times. Perform 8 reps the first, 12 reps the second, and 15 reps the third time.

- Split Squats
- Straight Leg Deadlift
- Curtsy Lunges
- Squats
- Single Leg Deadlift

### **Burn Out**

Perform 3 sets of as many reps as possible for each of the following exercises:

- Squats
- Reverse Lunges
- Glute Bridges
- Side Lunges
- Wall Sit (hold for time)

Make sure to write down your score so you can compare your progress over time!

### **Build Your Own**

- Pick 6 "Lower Body" exercises from your Exercise Guide – 3 that are easier for you, 3 that are more challenging.
- Perform 3 sets of 10-12 reps of each "challenging" exercise, resting 1-2 minutes in between.
- Perform 3 sets of 15-20 reps of each "easier" exercise, resting 30 seconds in between.

### **Full Body**

Choose from one of these full body workouts:

#### **Power**

Go through the following sequence 3 times. Perform 8 reps the first, 12 reps the second, and 15 reps the third time.

- Elbow Plank Reach Outs
- Pushups
- Curtsy Lunges
- Airplanes
- Squats
- Tricep Dips (see pictures for wrist modifications)

#### **Stamina**

Complete 100 reps of each of the following exercises. Take your time and split the reps into as many sets as you need to maintain proper form!

- Squats
- Pushups
- V-Sits

#### **Burn Out**

Perform 1 sets of as many reps as possible of the following 10 exercises, resting as long as you need in between.

1. Squats
2. Pushups
3. Step Ups
4. Plank Presses
5. Tricep Dips
6. Glute Bridges
7. Supermans
8. Shoulder Taps
9. Split Squats
10. Crunches

### **Build Your Own (Strength)**

- Pick a combination of 6 "Upper Body" and "Lower Body" exercises from your Exercise Guide that are "challenging" for you.
- Perform 3 sets 10-12 reps of each exercise, resting 1-2 minutes between each set.

### **Build Your Own (Endurance)**

- Pick a combination of 6 "Upper Body" and "Lower Body" exercises from your Exercise Guide that are "easier" for you.
- Perform 3 sets 15-20 reps of each exercise, resting 1-2 minutes between each set.



## **DYNAMIC**

Dynamic workouts are the total package. These functional workouts will give you the best bang for your (time) buck and will help increase your cardio, strength, and stamina, all at once! Choose from one of the following:

#### **AMRAP Ante**

Set your timer for 15 minutes. Complete as many rounds as possible (AMRAP) of the following:

- 10 Push Ups
- 10 Squats
- 10 Crunches

Make sure to keep track of your score - this will be a great way to measure your progress over time!

#### **AMRAP Advanced**

Set your timer for 15 minutes. Complete as many rounds as possible (AMRAP) of the following:

- 10 Modified Burpees (no push up, no jump)
- 10 Squats

Make sure to keep track of your score - this will be a great way to measure your progress over time!

#### **Burp n' burn**

Complete 100 modified burpees. Break it down is as many sets as it takes for you to finish!

Each time you try this workout, challenge yourself to break it down into one less set.

#### **Endurance EMOM**

Set your timer for 15 minutes. Every minute on the minute (EMOM) complete 15 squats. Not feeling squats? Swap 'em out for your favorite dynamic move!

## Core challenge

Set your timer. Repeat each circuit 3 times through, resting 1 minute in between:

### Circuit A

- 30 seconds Elbow Plank
- 30 seconds (right) Side Elbow Plank
- 30 seconds (left) Side Elbow Plank
- 30 seconds Elbow Plank Twists

### Circuit B

- 10 Inchworms
- 10 Plank Presses
- 10 Bear Crawls (each side)
- 5 Army Crawls

## Football frolick

Go somewhere you have a lot of space to play around. Measure out 50 steps (about 50 feet) – this will be your runway.

Complete 5 rounds of the following on your runway, walking back to the "start" each time for rest:

- Power Walk/Jog Down and Back
- Side Shuffles (right - skip or step)
- Side Shuffles (left - skip or step)
- Inch Worms
- High Knee March
- Power Walk/Jog Down and Back

## Plyo pyramid

Make your way up this challenging pyramid. Once you reach the top, make your way back down!

- 2 Side Step + Heel Tap
- 4 Squats
- 6 Side Step + Squat
- 8 Lunges
- 10 Modified Burpees
- 12 Plank Jacks
- 14 Drop Squats
- 16 Standing March
- 18 Step Jacks
- 20 Mountain Climbers

Finding one of these too challenging right now? Switch it up any of our dynamic exercises!

And how long did it take you? Can you improve your time with each workout?

# STRETCH

A well-rounded exercise plan includes a regular stretching routine to improve your flexibility, keep your muscles nimble, and help you recover from your more strenuous workouts!

## Full Body

Choose from the following stretching routines, or create your own:

### Basic Body Stretch

Hold each stretch for 15-20 seconds.

### Deep Restoration

Hold each stretch for 30-45 seconds.

### Progressive Flexibility

Hold each stretch for 15 seconds, inhale, and deepen the stretch as you exhale and hold 15 more seconds.

## Yoga

Choose from the following yoga sequences or create your own using your Exercise Guide:

### Free Flow

Move through the following yoga poses 3-5 times:

- Child's Pose
- Table Top
- Cat
- Cow
- Downward Dog
- Forward Fold
- Halfway Lift
- Forward Fold
- Chair
- Forward Fold
- Plank
- Downward Dog
- Table Top
- Cat
- Cow
- Child's Pose

## Sun Salutation

Move through the following yoga poses 3-5 times:

- Downward Dog
- Forward Fold
- Halfway Lift
- Forward Fold
- Mountain Pose
- Back Bend
- Forward Fold
- Halfway Lift
- Forward Fold
- Plank
- Chaturanga
- Upward Dog
- Downward Dog

## Warrior Walk

Move through the following yoga poses 3-5 times:

- Downward Dog
- Three-Legged Dog (Right Leg Up)
- Warrior 1 (Right Leg Leads)
- Warrior 2 (Right Leg Leads)
- Reverse Warrior
- Plank
- Chaturanga
- Upward Dog
- Downward Dog
- Three-Legged Dog (Left Leg Up)
- Warrior 1 (Left Leg Leads)
- Warrior 2 (Left Leg Leads)
- Reverse Warrior
- Plank
- Chaturanga
- Upward Dog
- Downward Dog



# Focus on form with your exercise guide

## STRENGTH EXERCISES

### Body Weight

#### Upper Body

##### Airplanes

Lying face down with your arms stretched out to the side, raise your arms as high off the ground as you can and slowly return to the starting position. Be sure to initiate the movement from your shoulders.



##### Crunches

Lie on the ground with your knees bent and place your fingertips by your ears. Engage your core enough for your shoulder blades to lift off the floor.



##### Forearm Plank

Stack your shoulders over your elbows, with your forearms on the ground, and spread your fingers wide. Squeeze your core (both your abs and glutes!) and make sure not to round or arch your back so that your body is in a straight line.



##### Plank Reach Out

Start in a forearm plank position. Place an object (anything will do!) a little farther than an arm's reach away. With each rep, extend your arm to touch the object, while keeping your core steady and stable. Try to keep both hip bones facing the ground at all times! Alternate your reaching arm with each rep.



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## Plank Twists

Start in plank position. Keeping your core tight, twist each hip towards the ground, alternating back and forth.



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## Plank Army Crawls

Start in a plank position. Keep your core tight and your hips parallel to the ground as you crawl up the length of your mat, one arm in front of the other. Start crawling back to your beginning point in the reverse direction after 4 reps of moving one arm in front of the other. Pro tip: it's helpful to place a towel under your two feet so they slide as your crawl forward and back.



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## Modified Push Up

Start in plank position with your knees on the ground. Keeping your core tight, bend your arms to lower your chest to the ground. Be sure to keep your back from flexing or arching as you lower to the ground.



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## Incline Push Up

Place your hands on an elevated surface (chair, box, rail, bench, or step) while maintaining a plank position. Keeping your core tight, lower your chest down towards the chair (or other object). Be sure to keep your back from flexing or arching as you lower.



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## Wall Presses

Place your hands on the wall while maintaining a plank position. Keeping your core tight, bend your arms so that your chest gets closer to the wall. Be sure to keep your back from flexing or arching as you move towards the wall.



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### Side Forearm Plank

Begin laying on your side. Prop yourself up on your forearm with your hand flat on the ground and facing forward. Distribute your weight between your forearm and the side of your foot, and squeeze your core as you hold so that your body is in a straight line. Think about stacking your joints - ankles, knees, and hips.

Too challenging? Lower your bottom leg to the ground and bend your bottom knee for extra support.



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### Sit Ups

Lie on the ground with your knees bent and cross your arms over your chest. Keep your spine straight and squeeze your core as you sit up to touch your elbows to your knees.



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### Supermans

Lying face down with your arms stretched forward, raise your arms as high off the ground as you can and slowly return to the starting position.

Be sure to initiate the movement from your shoulders.



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### Modified Tricep Dips

Sit on a chair, box, bench, or step, and place your hands on either side of you, gripping the seat. Extend your legs out long in front of you and lift your glutes off the seat. Keep your shoulders and back engaged as you bend your elbows and lower your body to the ground until your elbows reach a 90 degree angle. As your elbows bend, focus on pointing your elbows behind you without flaring them out to the sides. Push through the palm of your hands to return to hover above your seat.



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### V-Sits

Start with your body in a "V" position and slowly lower your upper and lower body towards (but not touching) the ground. Keep your spine straight and squeeze your core to return to the starting position.



## Lower Body

### Calf Raises

Stand tall with your weight in the balls of your feet so that your heels are slightly lifted off the ground. With control, lift your heels fully off the ground so that you are standing on your toes and lower your heels back to the starting position.



### Curtsy Lunges

From a standing position, step one foot back across your body at a 45 degree angle from your planted foot and lower your back knee to hover about 2 inches above the ground. Push through your planted heel to return to the starting position and alternate legs.



### Forward Lunges

From a standing position, step one foot about 2 feet forward and lower your back knee to hover about 2 inches above the ground. Push through your front heel to return to the starting position and alternate legs.



### Glute Bridges

Lie on the ground with your knees bent and your arms by your side. Push through your heels and squeeze your glutes to raise your hips as high as possible before returning to the starting position.



### Reverse Lunges

From a standing position, step one foot back about 2 feet and lower your back knee to hover about 2 inches above the ground. Push through your front heel to return to the starting position and alternate legs.



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## Side Lunges

From a standing position with your toes pointing forward, step one foot out to your side about 2 feet and sit your hips backwards to initiate a bend at the knee until your thigh reaches as close to parallel to the ground.



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## Single Leg Deadlift

From a standing position with your knees slightly bent and your arms in front of your body, put your weight in one leg. Keep your back as straight as possible and bend at your hips so that your upper body makes it's way forward and your lifted leg makes it's way backward, eventually both parallel to the ground in a "T" position. Return slowly to the starting position and alternate legs.



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## Single Leg Glute Bridges

Lie on the ground with your knees bent and your arms by your side. Raise one leg about six inches off the ground, squeeze your glutes, and push through the heel of the foot that is planted to raise your hips as high as possible before returning to the starting position.



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## Split Squats

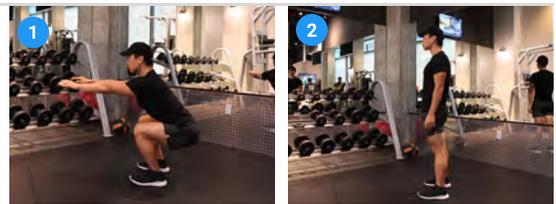
Raise one foot onto a box, step, chair, or bench about 2 feet behind you. Keep your body in a straight line and your weight in your front heel. Bend your front knee as you squat towards the ground and push through your front heel to return to the starting position.



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## Squats

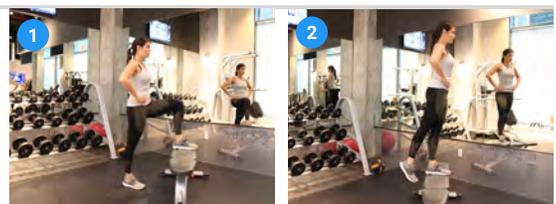
With your feet shoulder width apart and facing forward, sit your hips back and bend your knees to get your thighs as close as parallel to the ground as possible. Push through your heels to return to the starting position.



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## Step Ups

Plant one foot on a box, step, chair, or bench. Keep your body in a straight line and press through the heel of this foot to step up onto the platform before returning with control to the starting position.



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## Straight Leg Deadlift

From a standing position with your knees slightly bent and your arms in front of your body, bend at your hips until your upper body is parallel to the ground. Keep your back straight, your weight in your heels, your hands grazing the front of your legs, and reach your butt as far back as possible!



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## Walking Lunges

Step one foot forward about 2 feet forward and lower your back knee to hover about 2 inches above the ground. Transfer your weight to the front leg and push through your front heel as you bring your back foot to join the front foot. Take the next step forward with the alternate leg.



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# CARDIO + DYNAMIC EXERCISES

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## Bear Crawls

From down on all fours, lift your knees slightly off the ground so that only your hands and feet are in contact with the ground. Place your right hand and left foot slightly ahead and plant them down before bringing your left hand and right foot slightly ahead.



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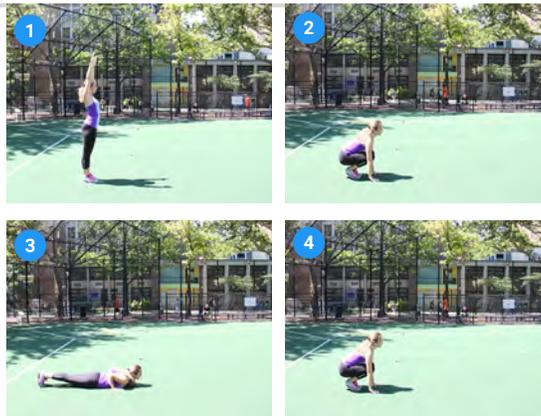
## Step Ups

Place a box, step, or bench in front of you. Stand up tall with your core engaged. Without leaning forward, lift one knee up and step your full foot on the elevated surface. Push down through your heel, and straighten your working leg. Bring your opposite leg onto to the surface to meet your working leg. To finish, step down back to the ground with your original working leg. Alternate your legs each rep!



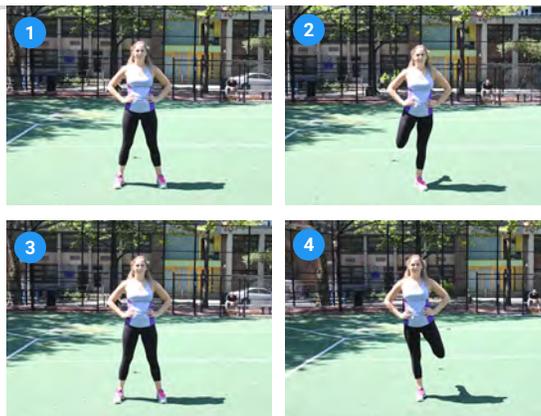
### Modified Burpees

From a standing position, drop down into a ball, then jump or step your feet back behind you to land in a pushup position. Bring your feet back to their original position and stand up tall. Want an extra challenge? When you jump your feet back, drop your whole body to the floor and pick it back up as you jump back to a ball.



### Aerobic Heel Kick

Stand with your feet shoulder width apart. Then, transfer your weight into one foot and lift your opposite foot off the ground as you drive your heel towards your butt. Next, bring your foot back to the ground and transfer your weight to the opposite side and do the same movement with your other leg. Alternate sides.



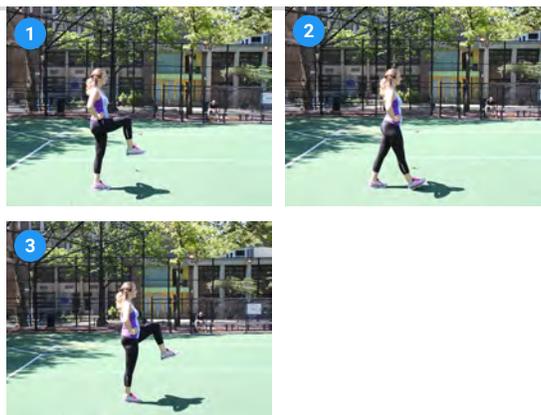
### Drop Squats

Stand with your feet close together and your arms in front of your body. Jump your feet out slightly further than shoulder width apart and sit your hips back to a squat position as your arms drop to touch the floor. Push through your heels to jump back to the starting position.



### High Knee March

Stand tall with your back straight and core engaged. With your feet hip width apart, drive your knee up towards the ceiling with your hands on your hips. Once you feel comfortable with the leg movement, add movement with your arms. Think “opposite arm, opposite leg”. Want an extra challenge? Travel forwards with your march and alternate your legs as quickly as you can.



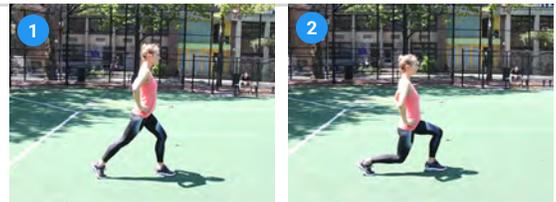
## Inch Worms

Stand in a forward fold and touch your palms to the ground in front of you. Keep your core tight as you start to walk your hands out in front of you one at a time as you make your way to an upward pushup position. Then slowly walk your feet towards your hands one at a time to return to a forward fold.



## Reverse Lunges

From a standing position, step one foot back about 2 feet and lower your back knee to hover about 2 inches above the ground, maintaining a 90 degree angle on your back leg. Push through your feet to bring your back foot forward to meet your standing leg. Alternate legs each rep.



## Jumping Jacks

Stand with your feet close together and your arms at the sides of your body. Jump your feet out slightly further than shoulder width apart as your arms up and out to make a star before jumping back to the starting position.



## Lateral Step and Squat

From a standing position, drop down into a quarter squat and step to your right 3 times. Straighten your legs to standing, and repeat to your left side.



## Mountain Climbers

Stack your shoulders over your elbows, over your wrists, and spread your fingers wide. Squeeze your core and keep your back straight as you drive one knee at a time towards your nose, almost 'running' on the ground.



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## Plank Jacks

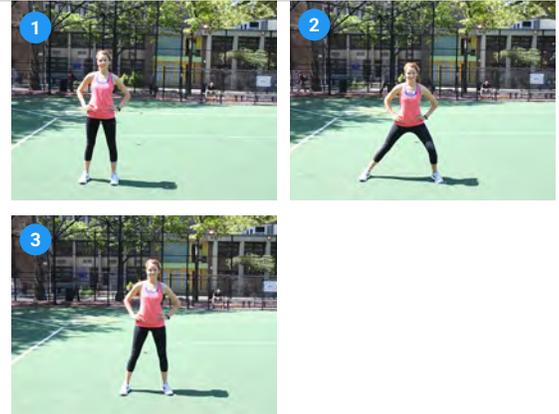
Stack your shoulders over your elbows, over your wrists, and spread your fingers wide. Squeeze your core as you jump your feet out and in - slightly further than hips width to touching.



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## Side Shuffles

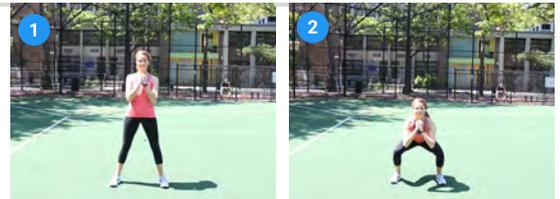
Start in a squat position and reach one foot out further to the side. Transfer your weight into this leading foot and push through your heel to shuffle your other foot towards your leading foot before reaching your leading foot out once more.



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## Squats

With your feet shoulder width apart and facing forward, sit your hips back and bend your knees to get your thighs as close as parallel to the ground as possible. Push through your heels to jump up and lift your feet off the ground and bend your knees to soften your landing as you return to the squat position.



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## Oblique Jacks

Stand with your feet hips width distance apart and place both hands behind your head. Bend your right knee up and tilt your left elbow down so that your left elbow and right knee meet in the middle of your body. Return back to your starting position and repeat on your left side. Want an extra challenge? Go back and forth to each side as quickly as you can or add a jump into each position.



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## Toe Taps

With small step or platform about 1 foot in front of you, alternate between tapping your right toes and left toes on the platform. Want an extra challenge? Increase the pace of this movement by making the taps more jumps than steps.



# STRETCHES

## Regular



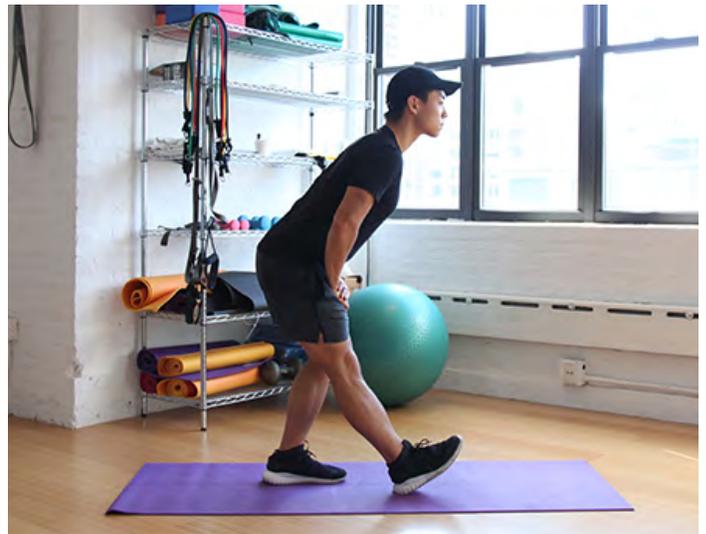
Abdominal



Ankle



Biceps



Calves



**Glutes**



**Hamstrings**



**Hips**



**Lats**



**Lower Back**



**Inner Thighs**



Neck



Quadriceps



Shoulders



Triceps



# Yoga



Back Bends



Cat



Chair



Chaturanga



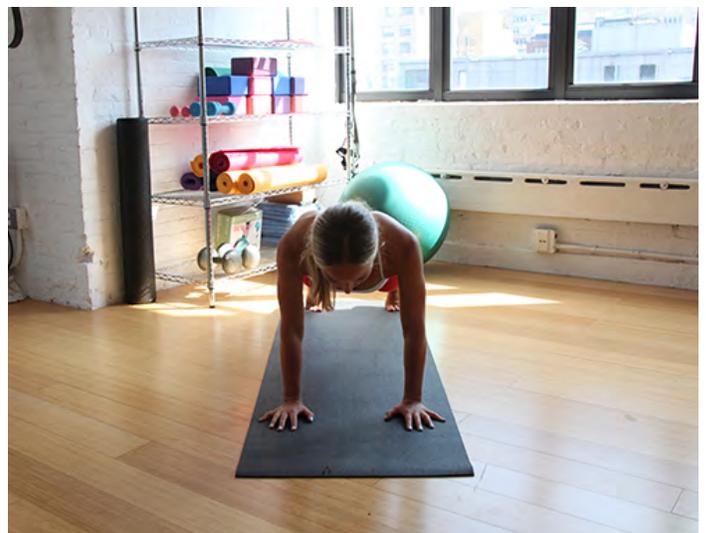
Child's Pose



Cow



Halfway Lift



Plank



**Downward Dog**



**Forward Fold**



**Mountain Pose**



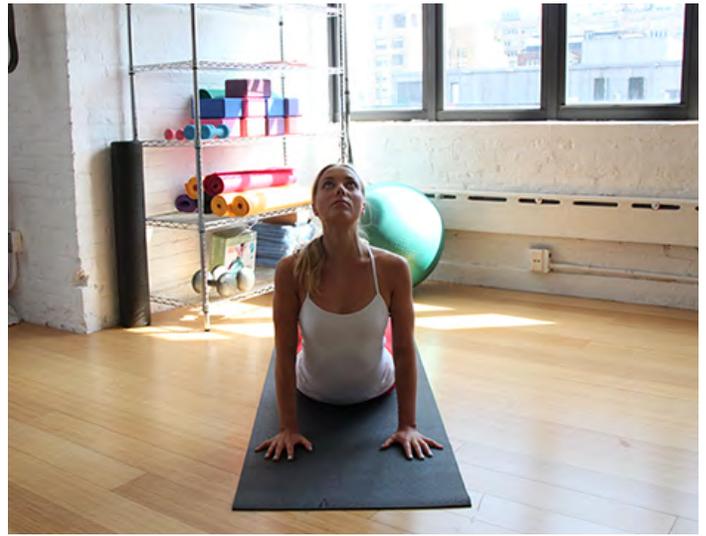
Reverse Warrior



Table Top



Three-Legged Dog



Upward Dog



Warrior 1



Warrior 2

# Stay motivated with Noom's top 12 #PsychTricks

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**Lay it all on the line:** Heading out for an early run in the morning? Heading to a workout class after work? Lay your gear out or pack your bag the night before -- clothing, towel, water bottle, sneakers -- anything you need for success. This way, you'll be one step closer to getting out the door!

**BUDDY UP:** ... Because working out is always more fun with friends. Studies show that when you partner up, you're more likely to workout longer and with greater intensity, or even workout at all!

**Think about the "AFTER":** ... And no, we're not talking the after photo! Have you ever dragged your butt to the gym despite not wanting to workout? We've been there, too! But did you regret going afterwards? Chances are, you were happy you did. So next time you're feeling like skipping your workout simply because you don't feel like it, think about how you'll feel after -- accomplished with a side of endorphins.

**Move with JOY:** A lot of people have it ingrained that exercise has to feel miserable. If you're doing something you don't enjoy, this could very well be true, but we can promise you right now that you won't stick to a plan that you don't enjoy. We've provided you with a plan that includes tons of options. Choose workouts that make you feel good -- whether that's a salsa class, a yoga flow, or a sweaty high intensity workout.

**Be KIND to yourself:** It's not uncommon for people to workout because they dislike something about their physical bodies or are embarrassed about their physical fitness. Choosing to workout out of love for yourself and your body and focusing on the good working out as being an act of kindness (helping increase your energy, reduce your stress, and keep your body working optimally) will keep your motivation sky high and make working out more pleasurable.

**REDEFINE exercise -- every minute counts:** Press the snooze button one too many times and only have time for a 10 minute walk instead of the spin class you had planned? Go for it. A shorter workout is better than no workout. No time for a 30 minute walk, like ever? You can also break your workout up into pockets throughout the day. Lose that all-or-nothing mentality and remember that consistency is key in building any habit. Every minute counts and exercise isn't limited to the confines of a gym.

**Set goals, not limits:** Our minds tend to get hung up on what we can't do, our current limitations -- how our squats need work, how we can't run a mile without stopping, how we still can't touch our toes after all these years. Choose to see these obstacles as opportunities to set goals for yourself.

**Change "I can't" to "I'll try":** How many times have you told yourself you "can't" do something before even giving it a try? We often underestimate ourselves. Make a pledge that you'll give everything a go at least once. Worst case, you scale back and work your way up to something that's too challenging for you right now!

**Focus on progress, not perfection:** It's easy to focus on your goals, but don't lose sight of the process. Focus on your progress each day and celebrate your successes (however big or small) along the way.

**PLAN ahead:** Make use of the fill-in-the-blank templates we've provided you with to plan your workouts ahead of time. This can help you mentally prepare, get pumped, and be more efficient when you get to doing each workout.

**But be FLEXIBLE:** ... And by flexible we don't mean being able to touch your toes (or at least just yet). Being flexible means that you are able to roll with the curveballs life throws you. Planned to hit the gym for a bike ride and some light weights after work but forget your sneakers? Go home, take a walk, and do a bodyweight workout.

**And LISTEN TO YOUR BODY!** Did you plan for an intense workout but woke up feeling sore everywhere? Your workout plan is a guide, but your body is the ultimate guide. Some days it might be best to sit a sweaty cardio session in for some yoga or a lighter strength session. Ask your body what it wants and needs today, in this moment, and honor it.

# Plan ahead to stay on track

Use these templates to fill-in your workouts of choice for the next 16 weeks!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	 Full Body	REST	 High Intensity <hr/>  Full Body	REST	 Your Favorite Workout!	REST	 Dynamic Workout <hr/>  Full Body
Week 2	 Your Favorite Workout!	 Circuit <hr/>  Lower Body	REST	 Dynamic Workout <hr/>  Yoga	REST	 LISS <hr/>  Lower Body	REST
Week 3	 Dynamic Workout <hr/>  Yoga	REST	 High Intensity <hr/>  Upper Body	REST	 Your Favorite Workout!	REST	 Circuit <hr/>  Full Body
Week 4	REST	 LISS <hr/>  Upper Body	REST	 Dynamic Workout <hr/>  Yoga	REST	 Circuit <hr/>  Lower Body	 Your Favorite Workout!

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