

Ladies... Challenge Yourself



Try This: 4 Week Challenge

1st—Find your fit score

2nd—Start a walking/strength training program

3rd—retest once per week

4th—See your improvement in 4 weeks.

Fitness Test



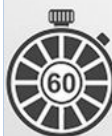
Where do you fall?

permalink: goo.gl/tm55DF

fitness level	push-ups	sit-ups	jacks
Master	over 41	over 41	over 61
Pro	34-41	31-40	51-60
Advanced	25-33	21-30	41-50
Seasoned	13-24	11-20	31-40
Rookie	8-12	6-10	21-30
Grasshopper	1-7	1-5	1-20

Strength Training Can...

Increase	Decrease
Metabolism	Back and arthritis pain
Strength	Fat
Cognitive function	Blood pressure
Bone mineral density	Risk of diabetes
Functional ability in arthritis	Risk of cardiovascular disease
Insulin Sensitivity	Risk of metabolic syndrome



Pick one of the exercises: push-ups, sit-ups or jacks and see how many you can do in **60 seconds**.

7-MINUTE — HIIT — Workout

Do each exercise at high intensity for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK

Try This Great At Home Program

*Keep in mind you can substitute or modify for anyone of these exercises. Feel free to contact One Stop Wellness if you have questions.