

FIT



BLUEPRINT



Looking to reduce stress? Want more energy? Need to develop stamina for your daily activities?

Just 30 minutes of physical activity can help you with this and so much more, but many of us struggle to find the time and motivation to fit it in each day.

The Strong4Life Fit Blueprint is just for you! Use the 30-day workout calendar as your blueprint to build an exercise routine — it's the next best thing to having a personal trainer.

STRONG⁴LIFE™

How Does the Fit Blueprint Work?

Each day has a designated workout: upper body, lower body, cardio, core/abs, flexibility or active rest. Use this handy guide to see what exercises you can do for each activity category.

Why Fit Blueprint?

The structure of the workouts over the course of 30 days ensures all muscle groups are used, reduces fatiguing the same muscle groups and helps you have a balanced body. All of our muscles work together to perform simple and complex tasks so we need to ensure they are all conditioned properly—this plan does just that.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 15: Active Rest	DAY 16: Upper Body & Cardio	DAY 17: Core/Abs	DAY 18: Lower Body & Cardio	DAY 19: Active Rest	DAY 20: Flexibility	DAY 21: Cardio & Core/Abs
<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:
DAY 22: Active Rest	DAY 23: Upper Body & Cardio	DAY 24: Core/Abs	DAY 25: Lower Body & Cardio	DAY 26: Active Rest	DAY 27: Flexibility	DAY 28: Cardio & Core/Abs
<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:
DAY 29: Active Rest	DAY 30: Upper Body & Cardio	<i>Notes:</i>				
<input type="radio"/> ACTIVITY:	<input type="radio"/> ACTIVITY:					

Upper Body

Before beginning your workout, it is important to warmup for 3-5 minutes by walking, marching in place, taking a few flights of stairs, etc.

Chair Dip

Starting Position



Action Position



With arms on the seat of a chair, dip down, then back up. Perform this exercise 8-10 times in a row, rest and then repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions.

Pushup

Starting Position



Action Position



Perform this exercise 8-10 times in a row, rest and then repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions. OPTIONS: You can perform these on your knees or with the knees off the ground. You can also keep your hands close together or place them wider apart.

Shoulder Press

Starting Position



Action Position



Standing with feet shoulder width apart, bring the dumbbells above your head in a pressing motion, then back down. Perform this exercise 8-10 times in a row, rest and then repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions.

Plank Dumbbell Row

Starting Position



Action Position



Perform this exercise 8-10 times in a row, rest and then repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions. OPTIONS: You can perform these on your knees or with the knees off the ground.

Lower Body

Before beginning your workout, it is important to warmup for 3-5 minutes by walking, marching in place, taking a few flights of stairs, etc.

Pile

Starting Position



Action Position



Make sure to keep your back straight and your feet a little more than shoulder width apart. Perform this exercise 8-10 times in a row, then rest. Repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions.

Deadlift

Starting Position



Action Position



Make sure to keep your back straight and your feet shoulder width apart. Perform this exercise 8-10 times in a row, then rest. Repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions.

Lunge

Starting Position



Action Position



Perform this exercise 8-12 times in a row, alternating legs, rest and then repeat 1-2 more times for a total of 2-3 sets of 8-12 repetitions.

Mountain Climber

Starting Position



Action Position



Get in a pushup position, bring one knee forward to your chest, then alternate legs. Perform this exercise 8-10 times in a row, then rest. Repeat 1-2 more times for a total of 2-3 sets of 8-10 repetitions.

Core/Abs

Before beginning your workout, it is important to warmup for 3-5 minutes by walking, marching in place, taking a few flights of stairs, etc.

Superman

Starting Position



Action Position



Lay flat on the floor, then raise your legs and hands up at the same time. Hold for 3-5 seconds, then rest. Do this 8-10 times, rest, then do 1-2 more sets. Do a total of 2-3 sets of 8-10 repetitions.

Russian Twist

Starting Position



Action Position



Seated on the floor, twist your torso from side to side to feel a good stretch in your abdominals. Do this 8-10 times, rest, then do 1-2 more sets. Do a total 2-3 sets of 8-10 repetitions. OPTIONS: Pick your feet up to make it a little more difficult. You can also place a weight in your hand.

Standing Crunch

Starting Position



Action Position



Stand with your feet shoulder width apart. Place your hands behind your head, then crunch down while bringing your knee up to your chest. Do this 6-8 times, alternating legs, rest, then do 1-2 more sets.

Reverse Crunch

Starting Position



Action Position



Lay on the floor, place your hands under you with your knees bent. Crunch up until you feel it in your abdominals. Do this 8-10 times, alternating legs, rest, then do 1-2 more sets.

Flexibility

Before beginning your workout, it is important to warmup for 3-5 minutes by walking, marching in place, taking a few flights of stairs, etc.

Seated Forward Bend

Starting Position



Action Position



While seated, put your legs out straight and stretch forward and hold for 3-5 seconds. Repeat this 3-4 times for a good hamstring and lower back stretch.

Quadriceps Stretch

Action Position



While standing, bring one foot up behind your back, grab it with your hand and pull in and hold for 3-5 seconds. Repeat this 3-4 times on each leg for a good quad stretch.

Shoulder Stretch

Action Position



Stand with feet about shoulder width apart. Bring one arm across your body, then hold it for 3-5 seconds. Repeat this 3-4 times with each arm to get a good shoulder stretch.

Back Stretch

Action Position



Place your hands on the back of a chair with your arms fully extended. Bring your head down and hold it for 3-5 seconds. Repeat this 3-4 times to get a good back stretch.

Warm Up

You should warmup for 3-5 minutes before starting an exercise routine.

Simple warm ups include:

Walking • Marching in place • Climbing the stairs • Front kicks
Heel digs • Jumping jacks • Big arm circles (forward and backward)
Light squats (knee bends) and lunges • Punches • High knee lifts

Cardio

Simple ideas for cardio include:

Brisk walking
Jogging/running
Swimming
Fitness videos
Cycling

Dancing
Boxing/kickboxing
Jumping rope
Burpees
Mountain climbers
Jumping jacks

Stair climbing
Side-to-side jumps
Rollerblading
Rowing
Elliptical

Active Rest

You'll notice that each Sunday and Thursday is an "Active Rest" day. This means you should engage in less strenuous activity other than your scheduled workout, e.g. performing yard work, house cleaning, grocery shopping, stretching, playing with kids or pets.

Tips and Tricks for Fitting Exercise Into Your Busy Schedule

At work...

Work out prior to getting to work

Work out during lunch

Put time to exercise on your Outlook calendar

On your days off...

Put exercise on your phone calendar or home calendar

Let your family know this is a priority for you

Plan your workout for first thing in the morning so it gets done before the day gets away from you

While traveling...

Find a hotel with a gym

Take your workout equipment with you