

# ELITE HEALTH CHALLENGE

## FITNESS PLAN

We are excited to have you join our Elite Health Challenge. Our goal with this Fitness Plan is to provide you with a workout plan that is easy to understand and follow, while still achieving KILLER results. This is how it works. We have broken your workout up into two sections – Cardio and Strength. Please follow the instructions for each section once a day.

### CARDIO

For best results, it is important to get at least 20+ minutes of cardio each day. Although there are many different ways to get your heart rate going, the most important thing is that it stays elevated for 20+ minutes. This helps the heart muscle to grow and builds endurance and strength. Here are a few different ways to get this done. Pick the workout that best fits your current lifestyle and fitness level!

- Walking
- Running
- Biking
- Rowing
- Hiking
- Sports (basketball, soccer, or similar for higher heart rate)

### STRENGTH

Pick 3 of the muscle groups listed below and complete one of the movements for each muscle group in a circuit. The circuit will be based on time. 10 minutes for beginners, 15 for intermediate, and 20 minutes for advanced. Here is an example: If I choose chest, biceps and triceps as my 3 muscle groups, I would pick one movement for each muscle. For my chest exercise, I might choose a “neutral position push up”, for my bicep exercise, I might choose “bicep curls”, and for my tricep exercise, I might choose “triangle pushups”.

Each of these exercises are done with repetitions, so, assuming I am a beginner, I might build the circuit like this: for 10 minutes I will do 10 neutral position push ups, then 12 bicep curls, then 12 triangle pushups. I would repeat this circuit again until I have reached the 10 minute mark on a clock.

Example: 10 push ups, 12 curls, 12 triangle pushups, 10 push ups, 12 curls, 12 triangle pushups, 10 push ups, 12 curls, 12 triangle pushups... STOP AT TEN MINUTES. Complete as many possible push ups, curls, and triangle pushups as possible in that 10 minutes.

We have included several video links so you can see how to properly do these exercises. HAVE FUN!

## **CHEST**

For the chest exercises, please complete 10 - 12 repetitions for each chest exercise.

PUSH UP - Neutral Position - <https://www.youtube.com/watch?v=FnMCnNZZaNE>

PUSH UP - Wide Hand Position - <https://www.youtube.com/watch?v=m3FTgWtJsFE>

PUSH UP - Narrow Hand Position - <https://www.youtube.com/watch?v=G2mlaEfpEIM>

INCLINE PUSH UP - <https://www.youtube.com/watch?v=agLzCipbpR4>

DECLINE PUSH UP - <https://www.youtube.com/watch?v=5QFjmotLfw4>

DIAMOND PUSH UP - [https://www.youtube.com/watch?v=JODnG1\\_S92I](https://www.youtube.com/watch?v=JODnG1_S92I)

PUSH UP HOLD - <https://www.youtube.com/watch?v=HAy8EuqLG9M>

RESISTANCE BAND PULL APART - <https://www.youtube.com/watch?v=Z9Bryd2XtwY>

RESISTANCE BAND FLY - <https://www.youtube.com/watch?v=gfS03SvURHc>

## **SHOULDERS**

For the shoulder exercises, please complete 10 - 12 repetitions for each shoulder exercise.

DELTOID LATERAL RAISES - With or without weights / resistance band

<https://www.youtube.com/watch?v=geenhiHju-o>

DELTOID FRONT RAISE - With or without weights / resistance band

<https://www.youtube.com/watch?v=FJdYqsoFZCE>

OVER HEAD PRESS - With or without weight -

<https://www.youtube.com/watch?v=M2rwvNhTOuO>

MILITARY PRESS - With or without weights - <https://www.youtube.com/watch?v=B-aVuyhvLHU>

SEATED MILITARY PRESS - With or without weight -

<https://www.youtube.com/watch?v=fAca9Amnwro>

ARNOLD PRESS - <https://www.youtube.com/watch?v=odhXwoS3mDA>

BEAR CRAWL – <https://www.youtube.com/watch?v=xqmDWtOtKnY>  
REVERSE FLY – <https://www.youtube.com/watch?v=evXOlglTPCw>  
CLEAN SQUAT PRESS – <https://www.youtube.com/watch?v=IOcH3bdIgdA>

## **BACK**

For the back exercises, please complete 10 - 12 repetitions for each back exercise.

BENT OVER ROW – <https://www.youtube.com/watch?v=LktGPg-AkvY>  
DEAD LIFT – <https://www.youtube.com/watch?v=MVf5--Oq8AM>  
GOOD MORNINGS – <https://www.youtube.com/watch?v=YA-h3n9L4YU>  
SUPERMAN – <https://www.youtube.com/watch?v=z6PJMT2y8GQ>  
AQUA-MAN – <https://www.youtube.com/watch?v=sf4KakjpOeQ>  
BRIDGE EXTENSION – [https://www.youtube.com/watch?v=\\_ZbjOp7op1o](https://www.youtube.com/watch?v=_ZbjOp7op1o)  
CAT STRETCH – <https://www.youtube.com/watch?v=ZiNXOE5EsZw>  
KNEELING EXTENSION – <https://www.youtube.com/watch?v=kSciW8wHrgk>  
PLANK – <https://www.youtube.com/watch?v=Cbtte1l15w>  
DOWNWARD DOG EXTENSION – <https://www.youtube.com/watch?v=jkj8r92IT4Y>

## **LEGS**

For the leg exercises, please complete 10 - 12 repetitions for each leg exercise. If an individual movement, complete 10 reps for each leg.

AIR / BODYWEIGHT SQUATS – [https://www.youtube.com/watch?v=C\\_VtOYc6j5c](https://www.youtube.com/watch?v=C_VtOYc6j5c)  
REVERSE LUNGE WITH KNEE LIFT – <https://www.youtube.com/watch?v=M4TjiWSfBDs>  
PLIÉ SQUAT WITH CALF RAISE – <https://www.youtube.com/watch?v=6lYPkJAfUrc>  
SQUAT JUMPS – <https://www.youtube.com/watch?v=CVaEhXotL7M>  
HIGH KNEE TOE TAPS – <https://www.youtube.com/watch?v=wTfWbsQql1o>  
SIDE / LATERAL LUNGE – <https://www.youtube.com/watch?v=sWdOsQSHSrc>  
SINGLE LEG CALF RAISE – <https://www.youtube.com/watch?v=uhLjADhUxFM>  
SIDE LEG RAISES – <https://www.youtube.com/watch?v=jgh6sGwtTwk>  
INNER THIGH LEG RAISES – <https://www.youtube.com/watch?v=UP9UFJyfM7c>  
GLUTE BRIDGE – <https://www.youtube.com/watch?v=EEdtOuY-bMw>  
SINGLE LEG GLUTE BRIDGE – <https://www.youtube.com/watch?v=Y-6Gonx2Wpo>

## **BICEPS**

For the bicep exercises, please complete 12 - 14 repetitions for each bicep exercise.

BICEP CURL - With or without weight / Resistance

[https://www.youtube.com/watch?v=uO\\_CNYidOw0](https://www.youtube.com/watch?v=uO_CNYidOw0)

HAMMER CURL - <https://www.youtube.com/watch?v=EdWCF9-ZAJI>

ARM CIRCLES - <https://www.youtube.com/watch?v=14ORTNMciH8>

BICEP CURL (USING DOOR FRAME) - <https://www.youtube.com/watch?v=8TGU9byDMLg>

## **TRICEPS**

For the tricep exercises, please complete 12 - 14 repetitions for each tricep exercise.

BODY WEIGHT DIPS - [https://www.youtube.com/watch?v=0326dy\\_-CzM](https://www.youtube.com/watch?v=0326dy_-CzM)

DIAMOND PUSH UPS - [https://www.youtube.com/watch?v=J0DnG1\\_S92I](https://www.youtube.com/watch?v=J0DnG1_S92I)

TRICEP EXTENSION (AGAINST WALL) - [https://www.youtube.com/watch?v=\\_bEXXZ9J9g](https://www.youtube.com/watch?v=_bEXXZ9J9g)

OVER HEAD TRICEP EXTENSION - <https://www.youtube.com/watch?v=nRijVZDpdLO>

BENT OVER TRICEP KICK BACK - <https://www.youtube.com/watch?v=vxEqAyBrT8Y>

## **CORE**

Work for 30 seconds on each movement.

PLANK - <https://www.youtube.com/watch?v=pSHjTRCQxlw>

SIDE PLANK - <https://www.youtube.com/watch?v=CMJA332bfsO>

PLANK SHOULDER TAP - <https://www.youtube.com/watch?v=wckYqAMqueQ>

FORE ARM PLANK - <https://www.youtube.com/watch?v=2OL8CIULNMO>

LATERAL PLANK WALK - [https://www.youtube.com/watch?v=3TKAfwjac\\_0](https://www.youtube.com/watch?v=3TKAfwjac_0)

BIRD DOG CRUNCH - <https://www.youtube.com/watch?v=wiFNA3sqjCA>

MOUNTAIN CLIMBER - <https://www.youtube.com/watch?v=nmwgirgXLYM>

LEG RAISES - <https://www.youtube.com/watch?v=JB2oyawG9KI>

BICYCLE CRUNCH - <https://www.youtube.com/watch?v=9FGilxCbdz8>

SINGLE LEG JACKKNIFE - <https://www.youtube.com/watch?v=Hlqbf9vZXy4>

SCISSOR SWITCH - <https://www.youtube.com/watch?v=WoNCIBVLbgY>

TOE TOUCHES - <https://www.youtube.com/watch?v=eazQpjRjy2U>

FLUTTER KICKS - <https://www.youtube.com/watch?v=BlJQtdcCzeA>

CRUNCH - [https://www.youtube.com/watch?v=Xyd\\_fa5zoEU](https://www.youtube.com/watch?v=Xyd_fa5zoEU)

SIT UP - [https://www.youtube.com/watch?v=1fbU\\_MkV7NE](https://www.youtube.com/watch?v=1fbU_MkV7NE)

STANDING CRUNCH - [https://www.youtube.com/watch?v=IZ8\\_X5vK8Ug](https://www.youtube.com/watch?v=IZ8_X5vK8Ug)