

WINTER FITNESS COMBINE TRAINING WEEK 2 SCHEDULE



Set a goal to check off at least 3 tasks a day this week

T A S K S

M T W T F S

Drink 3 glasses of water a day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Take a 15 minute brisk walk

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5 sets of lunges on each leg

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5 sets of Jumping Jacks

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5 Sets of Chair Squats or Wall Sit

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Post a photo of your favorite
workout move on SONE Facebook
and tag #StrongerEveryday

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Jumping Jacks: do for 30 seconds

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.
- Make it harder by adding 15 more seconds.

Chair modification: while seated, do the same arm and leg motions as above.



Here are some easy ways to drink more water!

- Drink water right when you wake up and right before you go to sleep.
- Make water your number one beverage to drink.
- Drink water instead of sugar-sweetened beverages.
- Drink out of a sports water bottle (16 ounces); they are refillable and can hold the right amount of water.
- Drink water before, during and after your workout or sport practice.



Fill a container with water and keep in the refrigerator and add a few slices of fruit, cucumber or mint for a refreshing cool drink.

Strength Level 2

Chair Squats

You will need a chair for this exercise. You may want to put the chair next to the wall for safety.

1. Stand in front of the chair with your arms straight out in front of you. Your feet should be as wide as your shoulders.
2. Bend your knees and hips. Lower yourself until you are seated in the chair. Do not use your hands.
3. Now stand up. Try your best to only use your legs (not your arms).



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