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Congratulations

Fitness has no FINISH LINE!

Congrats on taking the first steps to a new and healthy lifestyle. Fit is not a destination, it's a journey, a tough journey but an amazing one at that. It certainly sets the example for others around you, family, friends and sometimes even complete strangers. Everyone has a story,



and often we can become the inspiration for others who silently face immense struggle within. Please check out the blog at www.candoit2.com where I share my story to help others. Never look at anything as a failure, as long as we learn from everything we do, it's a success. Trust me I've learned a lot over the years.

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Getting Started

It's important to simply start, start anywhere, just start. When you get started no matter what, you are light years ahead of those on the couch thinking about it!omorrow never comes!

Guess what, tomorrow quickly becomes today! The time is now, and you are making your mark by starting with the class you just attended. Great job, now each day do something more, challenge yourself, if you have an off day, it's OK, don't let that one day defeat all the awesome days you've fought through! Shake it off and move on, just MOVE!

Healthy lifestyles lead to HAPPY HEARTS!

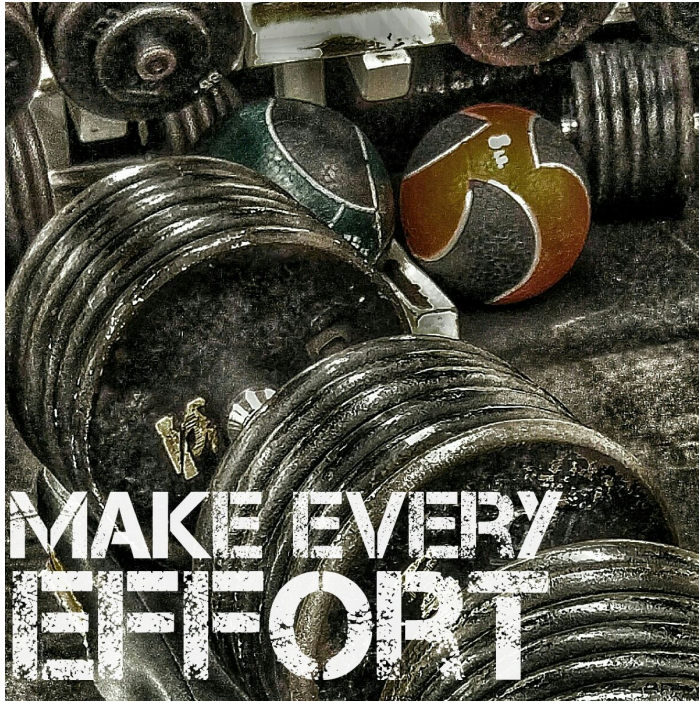
Exercise improves your mental health, increases longevity, improves your immune system, is a great stress management tool, treats and prevents more than 40 chronic diseases and it makes you look and feel younger!

Habits are hard to break!

We know our habits are the root of why we are where we are, yet we continue the unhealthy way why? We shape them then they shape us! .

- **Comfort zones are hard to break**-Step out of it and challenge yourself
- **We identify with unhealthy habits**- Habits can be changed they are not who we are!
- **Unhealthy habits PAYOFF**- Easier and more rewarding, yet cause long-term PAIN!
- **Immediate Gratification!** - In a society of instant gratification it's just easier, we want to feel good now, not later! Hebrews 11:25 There is pleasure in sin for a short time
- **Doubt**- is the devil in disguise, always working against you telling you that you've failed in the past, you'll never succeed, you didn't get it right the last time why is now going to be different.

Your mind will quit a 1000 times before your body will, stay strong, and focus on the long-term and surround yourself with like minded community. Getting fit works best when done in community, supporting spouse's, friends, neighbors etc. Sometimes complete strangers become your strongest supporters.



MAKE EVERY EFFORT

We can't just sit around and wait for our transformation to happen, we have to make every effort to make it happen! Everything... connected to the old way of life has to go! It's rotten through and through. Get rid of it! Paul Ephesians 4:22-24

I can guide you, teach you and show you many things to start your journey, the only thing I cannot do is do it for you. Believe me I want your success as much as you do, I should not want it more than you do however, if I do want it more than you, you may not be ready. I would love to help you be inspired through my story, my ups and downs. I have been humbled many times over as I have learned many lessons through successful fitness quests, and my not so successful attempts. I prefer to call them learning experiences. To totally transform, we must renew the mind as well. When we learn to control our thoughts and direct them to who and where we want to be, beautiful things happen. This is your day, you can make it happen!

Workout/GYM

Workouts

Prepared by Lew Everling

www.candoit2.com

OVERVIEW & PURPOSE

3 rotating resistance training plans to be combined with water classes or #Cardio routines of choice.

Routine 1

1. Chest press 12-15 reps x 3
2. Incline chest press 12-15 reps x 2
3. Leg Press 12-15 reps x 2
4. Tricep push downs 12-15 reps x 3
5. Torso twist each side 20 reps x 2
6. Banded Deadlift 12-15 reps

Routine 2

1. Shoulder press 12-15 reps x 3
2. Wide grip Lat pull downs 12x15 reps x 2
3. Bicep curls 12-15 reps x 2
4. Hip Abduction 12-15 reps x 2
5. Seated row 12-15 reps x 2
6. Hip Adduction 12-15 reps x 2
7. Calf press 15-18 reps x 3

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Routine 3

1. Leg Press 11-15 reps x 4
2. Leg extensions 11-15 reps x 3
3. Seated leg curls 11- 15 reps x3
4. Torso twists 11-15 reps x 3
5. Back extensions 11-15 reps x 2
6. Abdominal 15-19 reps x 2

Challenge

Each week

1. Second week increase weight
2. Decrease reps to 9-11
3. Third week increase weight
4. Decrease reps to 7-9
5. ***If you are in a hurry try a quick set, choosing a workout and eliminating 1 set to get through the round quicker.***

ACTIVITY

Choose your class or #Cardio activity for 30-45 minutes of bicycle, walking or elliptical to build upon your weight training. Add in step ups using a the stepper located in the corner with other equipment.

Workout/Home

Workouts

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OVERVIEW & PURPOSE

Bodyweight workouts that can done at home with minimal equipment and time.

Salute the Glute

- X-band walk 20 reps each direction x 4
- Single leg kick backs 15 reps x 4
- Body squats 15 reps x 4
- Glute Bridges 15 reps x 4
- Curtsy box lunges 20 reps each leg x 4
- Alternating High Knee kicks 15 reps each leg
- Bird-dogs 20-25 each side x 4

Routine 2

1. Body Squats 15 reps x 4
2. Alternating Lunges 15 reps each leg x 4
3. Donkey Kicks 15 reps each leg x 4
4. Gluet Bridges 25 reps x 4
5. Plank 30 seconds x 4
6. Leg raises 15 reps x 4
7. Standing Calf raises 15-18 reps x 4

Routine 3

1. Stair steppers up and down for 1 minute x 4
2. Squats 25 reps x 4
3. Alternating Lunges 20 reps x4
4. leg scissors 15 reps x 4
5. Mountain Climbers 20 reps each leg x 4
6. Abdominal crunches 15-19 reps x 4

Challenge

Each week

1. Second week increase reps
2. Third week decrease reps
3. ***If you are in a hurry try a quick set, choosing a workout and eliminating 1 or 2 sets to get through the round quicker. Time yourself to see how fast you can complete 4 rounds, gage your conditioning as you get faster and stronger.***

ACTIVITY

Choose your class or #Cardio activity for 30-45 minutes of bicycle, walking or elliptical to build upon your weight training. Add in step ups using a the stepper located in the corner with other equipment.

My Prayers for you

God, today I commit to You another day, a day to be healthier at the end of the day than I was at the beginning, wiser and more patient than when I woke. Please provide me the wisdom to be silent when needed and speak so my words are helpful, beneficial and to be interruptible.

Amen

Heavenly Father,

I must get healthy and glorify you, it is a journey that I can not do alone. I have tried many times, yet again and again I have failed. I fruitfully trust you will guide me as I do my part to succeed. I trust I will see your guidance as I learn to get healthier and encouraged to live with better habits in your glory.

Amen