

# Fitclass Challenge Week 3

## Floor Routine

3X 10 hip raises, 20 second hip raise hold, 20 crunches, 20 second V-sit  
3X 8 quick bicycles, 10 iso rowers, 20 seconds plank, 12 starfish crunches  
2X 10 pushups,

## Standing Routine

2X Walking lunges for a distance of your choice (30-50 feet, or 12 lunges each leg), 10 consecutive lunges each leg, 10 good mornings  
3X 8 flamingos each leg, 8 good mornings with a weight  
(use anything for a weight, use your imagination), 8 forward and lateral raise with kettlebell or dumbbell

## “Fun” routine (week totals, not to be done all at once!)

100 pushups 100 squats 10 minutes plank 100 core stabilizers  
OR

50 hip raises 50 donkey kicks 50 lunges each leg 100 iso rowers  
(hold for 2 seconds each)

## Cardio Cadence Suggestions (to be repeated for your duration, change speeds!!!)

1 minute fast, 30 seconds slow, 30 seconds fast, 1 minute slow...

3 minutes 50% of max speed, 30 seconds 75% of max, 30 seconds 85% of max...

1 minute forwards, 15 seconds backwards, 2 minutes forwards, 15 seconds backwards...

5 minutes of cardio, 1 set of floor exercises...

## Beginners

Total Cardio Time: 2.5 hours

Do Floor and Standing routine 2 times, try one of the “fun” routines

## Intermediate

Total Cardio Time: 3 hours

Do Floor and Standing routine 3 times, both “fun” routines or one of each

## Advanced/Chelsea Level

Total Cardio Time: 4 hours

Do Floor and Standing routine 4 times, both “fun” routines 2 times

Modifications: for arm/shoulder/back issues, omit plank and hands and knee movements and replace with hip raises, single leg hip raises, iso bikes, iso rows, wall or chair pushups, V-sits, wall sits.

Sometimes things hurt when they're not even related to your local injury, in which case DO WHAT DOESN'T HURT TO THE POINT OF TEARS. Please don't break yourself, there's only one of you so be nice to the merchandise.

For knees/leg/ankle: find cardio that works for you. Recumbent elliptical and recumbent bike, upright elliptical, walking on hard or soft surface, it's worth experimenting to find what works best for you. Make sure not to put sideways pressure through the joints; rather, make sure when bending the leg that the knee is in line with the foot and the hip isn't being pushed out to the side. Keep in line.

Remember: if your body doesn't let you do it the first time (and it doesn't tell you with the response of pure pain), rest, reset, and try again until you have completed as much as you can of your desired exercise set. There is no ego in exercise.

## Nutritional Challenge

No milk products, and meat/egg products limited to 3 instances. No cream in your coffee, or bacon in your tea. Hey, while I'm at it, no condiments (ketchup, barbecue sauce, premade salad dressing, mayonnaise, mustard, etc.) Enjoy :)