

# The 40-Day Shape Up Workout



## Workout #6

Beginner	Intermediate	Advanced
<ul style="list-style-type: none"> <li>• Warm up walking at moderate pace 5 minutes.</li> <li>• Your workout is to walk at a <i>tempo</i> pace (comfortably hard). It's faster than a typical fast walk, but slower than a something you couldn't hold for more than a few minutes. (see notes in newsletter) Hold this pace for 20 minutes.</li> <li>• A) Suitcase Squat* x20 (alt. arms at 10 reps)</li> <li>• B) "Plate" Raises* x15</li> <li>• C) Lunge with Rotation* x16 (alt. legs) <i>Perform A, B and C in order three times with a 2-minute rest between each combination.</i></li> <li>• D) 30 Seconds Plank on knees</li> <li>• E) 30 Seconds Superman <i>Repeat D &amp; E in order three times with 30 seconds or rest in between sets.</i></li> </ul> <p>Total time: ~40 minutes</p> <p><b>Supplemental workout:</b> (To be done the following day)</p> <p>Walk for 30 minutes, or do some form of easy cardio, like elliptical, stair climber, stationary bike. And same set of core work as above (D, E)</p> <p>* <b>Suitcase Squat:</b> Stand with your hips shoulder-width apart, with <i>one</i> hand holding a weight (gallon of milk, weighted plastic grocery bag filled with cans, 8 – 20lb dumbbell, if you've got one). Squat down, like you're lifting up a suitcase, and stand back up. The weight stays in one hand. Shift hands every 10 repetitions.</p>	<ul style="list-style-type: none"> <li>• Warm up jog for about a mile.</li> <li>• Your workout is to run at <i>tempo</i> pace (comfortably hard). It's faster than a typical run, but slower than a something you couldn't hold for more than a few minutes. (see notes in newsletter) Hold this pace for 20 minutes. <i>Cool down 5 minutes</i></li> <li>• A) Suitcase Squat* x40 (alt. arms at 10 reps)</li> <li>• B) "Plate" Raises* x20</li> <li>• C) Lunge with Rotation* x20 (alt. legs) <i>Perform A, B and C in order three times with a 2-minute rest between each combination.</i></li> <li>• D) 45 – 60 Seconds Mountain Climbers</li> <li>• E) 45 – 60 Seconds Superman</li> <li>• F) Side Plank Dips x 10 each side <i>Do <u>one</u> set of each</i></li> </ul> <p>Total Time: ~50 min</p> <p><b>Supplemental workout:</b> (To be done the following day) 4 – 5 mile easy run. And same set of core work (D, E, F) as above.</p> <p>*<b>Plate Raises:</b> Stand with your hips shoulder-width apart and holding a weighted object with both hands (see suitcase squat options). Keep abs tight and belly button drawn back to spine. Simply raise the weight with straight arms to shoulder height and lower down with straight arms. Ideally, this exercise is done with a weight-room plate, hence the name. Any other object you can grip will do!</p>	<ul style="list-style-type: none"> <li>• Warm up with an easy run for about a mile.</li> <li>• Your workout is to run at <i>tempo</i> pace (comfortably hard). It's faster than a typical run, but slower than a something you couldn't hold for more than a few minutes. (see notes in newsletter) Hold this pace for 20 minutes. <i>Cool down 5 minutes</i></li> <li>• A) Suitcase Squat* x60 (alt. arms at 10 reps)</li> <li>• B) "Plate" Raises* x30</li> <li>• C) Lunge with Rotation* x30 (alt. legs) <i>Perform A, B and C in order three times with a 2-minute rest between each combination.</i></li> <li>• D) 60 –75 Seconds Mountain Climbers</li> <li>• E) 60 – 75 Seconds Superman</li> <li>• F) Side Plank Dips x 10 each side <i>Do <u>one</u> set of each</i></li> </ul> <p>Total Time: ~50 - 55min</p> <p><b>Supplemental workout:</b> (To be done the following day) 5 – 6 miles easy run. And same set of core work (D, E, F) as above.</p> <p><b>NOTE ALL WORKOUT LEVELS:</b> If you can't run, substitute another form of cardio, such as cycling, indoor rowing, stair climber or elliptical. Start easy, and increase pace at 2 minute increments.</p> <p>*<b>Lunge with Rotation:</b> A simple lunge with a twist, holding a weighted object (see suitcase squat options). Lunge, extend arms straight out and rotate torso over your <u>lead</u> leg.</p>