

MediEats

MINDFUL WORKOUTS

30-DAY EXERCISE PLAN

ILLUSTRATED GUIDES

LARGE PRINT



NUTRITION & WELLNESS
COACH OLIVIA

Strengthen Your Core & Improve Flexibility

Introduction

Welcome to Your 30-Day Home and Outdoor Workout Program!

Hey there,

Welcome to the 30-Day Home and Outdoor Workout Program, designed specifically for individuals who are looking to stay active, healthy, and energized. My name is Olivia, your nutrition coach at MediEats, and I'm thrilled to embark on this fitness journey with you. This program is all about helping you improve your physical fitness, mental well-being, and overall quality of life, all from the comfort of your home or the great outdoors.

To get started, you'll need a few basic pieces of equipment:

- a pair of dumbbells (choose a weight that's comfortable for you)
- a resistance band
- a sturdy chair
- a yoga mat
- a stability ball (if you have one)

If you prefer, you can also use water bottles or canned goods as weights. It's important to wear comfortable clothing and supportive footwear to ensure you move freely and safely.

Before you begin, take a few moments to mentally prepare yourself. Visualize your goals, set a positive mindset, and remember that **this journey is about progress, not perfection.**



Consistency is key to seeing the benefits of this program. If you stick with it for the full month, you'll notice improvements in your **strength, flexibility, balance, and cardiovascular health**. You might also experience **enhanced mood and better sleep patterns**.

To get the best possible results, combine these workouts with a balanced Mediterranean diet rich in fresh fruits, vegetables, whole grains, and lean proteins. Hydration is crucial, so make sure to drink plenty of water throughout the day.

To stay motivated, set small, achievable goals, track your progress, and reward yourself for milestones reached. **Remember, every step you take is a step towards a healthier, happier you.**

When it's the best time to work out?

The best time to work out can depend on various factors such as your lifestyle and other factors. However, there are a few general guidelines that can help you choose the best time to exercise:

Time of day: Studies have shown that working out in the morning or after meals can be beneficial for managing glucose levels. This is because the body's insulin sensitivity is generally higher in the morning and after meals. However, this can vary from person to person and may require experimentation to find what works best for you.

Consistency: Regular exercise, regardless of the time of day, can help to improve insulin sensitivity and glucose management. Consistency is key, so try to establish a routine that works for you and stick to it.

Overall, the best time to exercise can vary from person to person, and it's important to find a routine that works for you.

How to Choose Between Beginner and Advanced Exercises

Choosing the right level for your workouts is crucial to your success and safety.

Here are some tips to help you decide whether to follow the beginner or advanced exercises:

1. Assess Your Current Fitness Level:

- **Beginner:** If you are new to regular exercise or returning after a long break, start with the beginner exercises. These will help you build a strong foundation and reduce the risk of injury.
- **Advanced:** If you have been consistently active and feel comfortable with more challenging movements, opt for the advanced exercises to push your limits and continue improving your fitness.

2. Listen to Your Body:

Pay attention to how your body feels during and after workouts. If you experience excessive fatigue, discomfort, or soreness, it might be best to stick with the beginner exercises until you build more strength and endurance.

3. Progress at Your Own Pace:

You can always start with the beginner exercises and gradually incorporate advanced moves as you gain confidence and capability. There's no rush, and the most important thing is to stay consistent and enjoy the process.

4. Consult with a Healthcare Professional:

Before beginning any new exercise program, it's a good idea to check with your doctor, especially if you have any pre-existing health conditions or concerns.

I am excited to see you thrive over the next 30 days. Let's make the most of this opportunity to improve your health and well-being together. Remember, you are not alone in this journey – we're here to support you every step of the way. Let's get started!

Warm regards,

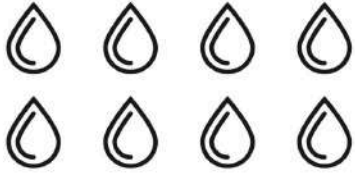
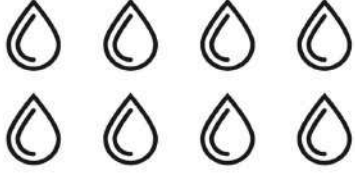
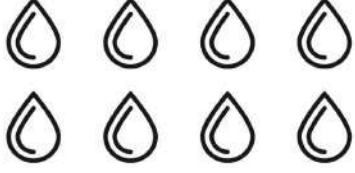
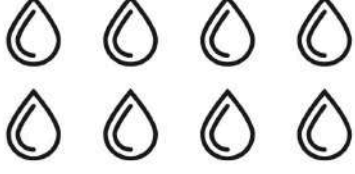
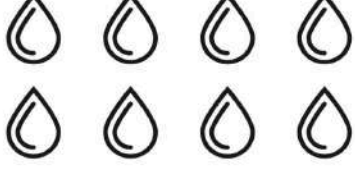
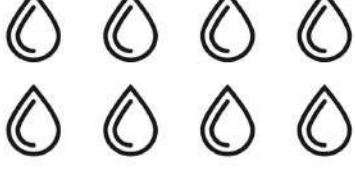
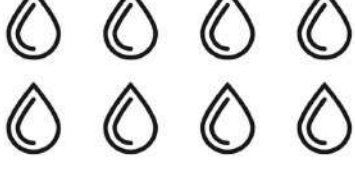


Olivia,
Nutrition & Wellness Coach at MediEats

EXERCISE TRACKER

Week :

Month :

Day	Workout	Intensity	Water intake
Mon	Exercise	How did the activity feel?	
Tues	Exercise	How did the activity feel?	
Wed	Exercise	How did the activity feel?	
Thurs	Exercise	How did the activity feel?	
Fri	Exercise	How did the activity feel?	
Sat	Exercise	How did the activity feel?	
Sun	Exercise	How did the activity feel?	

How to Use Your Exercise Tracker

Welcome to your exercise tracker! Follow these steps to effectively monitor your workouts, intensity, and water intake:

1. Set Up Your Tracker

Your tracker is organized by week, with sections for each day from Monday to Sunday.

2. Logging Your Workouts

- **Select the Day:** Find the section for the current day of the week.
- **Workout Type:** Write down the type of workout you did. For example, “Running,” “Yoga,” “Strength Training,” etc.
- **Duration:** Optionally, note the duration of your workout (e.g., 30 minutes, 1 hour).

3. Recording Workout Intensity

- **Intensity Levels:** Next to the workout type, write the intensity of your workout. You can use: “Low”, “Medium”, “High”.
- **Descriptors:** Alternatively, use descriptors like “Light,” “Moderate,” “Intense.”

4. Tracking Water Intake

Daily Water Intake: In the designated section for each day, log your water intake. Record it in glasses, bottles, or liters (e.g., “8 glasses” or “2 liters”).

5. Reviewing Your Week

Weekly Summary: At the end of the week, review your entries to see your progress.

Adjust Goals: Based on your review, set new goals for the next week, such as increasing workout intensity or improving water intake.

Tips for Effective Tracking


- **Consistency:** Fill out your tracker daily to ensure accuracy and maintain your routine.

- **Detailing Workouts:** Provide as much detail as possible about your workouts for better analysis.
- **Hydration Goals:** Aim to meet or exceed your daily water intake goals to stay hydrated and support your fitness activities.



Example Entry

Here’s an example of how a completed day might look:

Day	Workout	Intensity	Water intake
Mon	Running	Medium	

Why Tracking Your Workouts is Essential

Tracking your workouts is beneficial for several reasons, helping you stay motivated, accountable, and informed about your fitness journey. Here are some key advantages:

1. Motivation and Consistency

- **Visual Progress:** Seeing your progress on paper can be highly motivating. It serves as a tangible reminder of your efforts and improvements over time.

- **Routine Building:** Regular tracking helps establish a consistent workout routine, making it easier to stick to your fitness plan.

2. Accountability

- **Self-Discipline:** Writing down your workouts holds you accountable to your goals. It's harder to skip a session when you have a record to maintain.
- **Goal Setting:** Regular tracking enables you to set and adjust realistic fitness goals based on your performance and progress.



3. Performance Analysis

- **Identify Patterns:** By reviewing your tracker, you can identify patterns in your workouts and understand what works best for you.
- **Adjust Intensity:** Track your workout intensity to ensure you're challenging yourself appropriately and avoiding overtraining or undertraining.

4. Injury Prevention

- **Monitor Load:** Keeping track of workout types and intensity helps prevent overtraining and reduce the risk of injuries.
- **Recovery Tracking:** Record rest days and recovery activities to ensure you're allowing your body adequate time to recover.

5. Customization and Improvement

- **Personalization:** Use your data to customize your workouts to better suit your preferences and needs.
- **Progressive Overload:** Gradually increase workout intensity and duration based on your tracked performance, following the principle of progressive overload for continual improvement.

6. Hydration and Nutrition Awareness

- **Water Intake:** Tracking water intake alongside workouts helps you stay hydrated, which is crucial for optimal performance and recovery.
- **Holistic Health:** Seeing your hydration patterns can encourage you to maintain a balanced diet and proper fluid intake.



7. Mental and Emotional Benefits

- **Stress Relief:** Knowing you've accomplished your workout goals can reduce stress and boost your mood.
- **Self-Esteem:** Tracking and achieving fitness milestones can improve your self-esteem and overall mental well-being.

8. Medical and Professional Insights

- **Health Monitoring:** A detailed workout log can be useful for healthcare providers or fitness coaches to understand your physical activity levels and provide better advice or treatment.
- **Informed Adjustments:** Professionals can use your tracker data to make informed adjustments to your fitness plan, ensuring it aligns with your health status and fitness goals.

By keeping a detailed exercise tracker, you empower yourself with the information needed to make informed decisions about your fitness journey, leading to better results and a healthier lifestyle. Happy tracking!



30-Day Home and Outdoor Workout Program

Week 1

DAY 1: CARDIO

Each day includes options for both beginners and those seeking a more advanced challenge. Rest days are incorporated for recovery.

Beginner:

- Brisk Walking - 20 minutes

How to do it: Walk at a steady, brisk pace in your neighborhood or a local park. Keep your shoulders relaxed and swing your arms naturally.

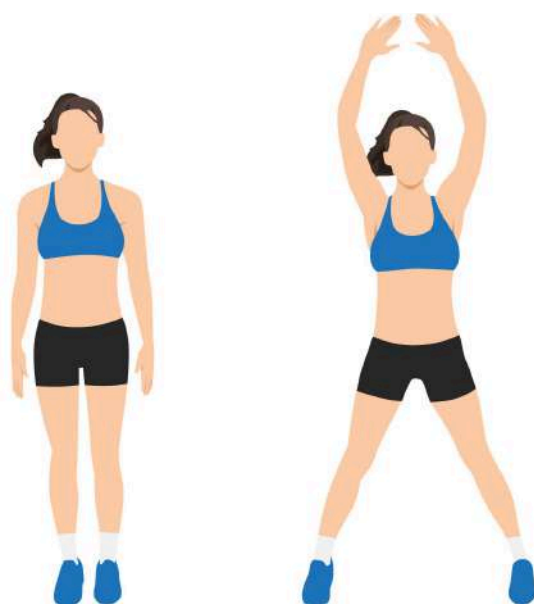
Advanced:

- Power Walking - 30 minutes

How to do it: Walk at a fast pace, almost as if you're running. Use your arms to pump more aggressively.

- Jumping Jacks - 3 sets of 20 reps

How to do it: Stand with your feet together and arms at your sides. Jump and spread your feet while raising your arms overhead, then return to the starting position.



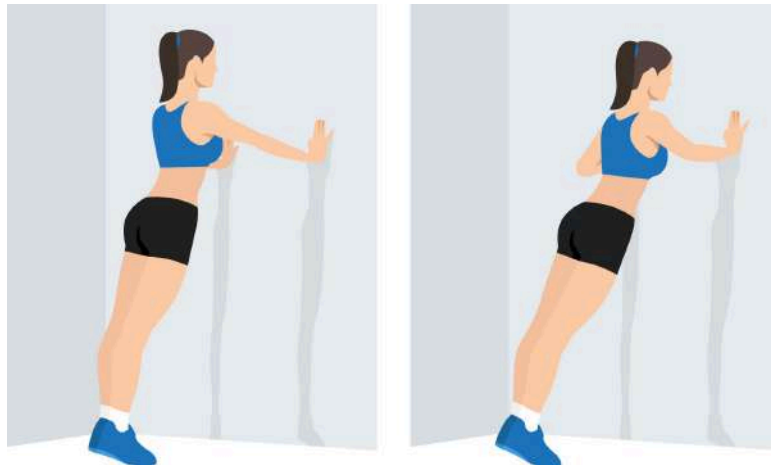
Jumping Jacks

DAY 2: STRENGTH TRAINING (UPPER BODY)

Beginner:

- Wall Push-Ups - 3 sets of 10 reps

How to do it: Stand a few feet away from a wall. Place your hands on the wall at shoulder height and width. Bend your elbows and lean towards the wall, then push back to the starting position.



Wall Push-Ups

Advanced:

- Incline Push-Ups - 3 sets of 10 reps

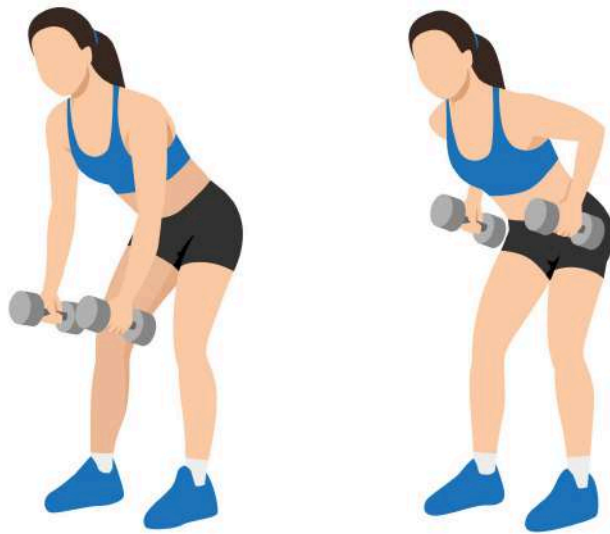
How to do it: Place your hands on a bench or sturdy chair. Lower your chest towards the bench, then push back up.



Incline Push-Ups

- Dumbbell Rows - 3 sets of 12 reps

How to do it: Bend at the hips, keep your back straight, and pull the dumbbells towards your hips.



Dumbbell Rows

DAY 3: FLEXIBILITY

Beginner:

- Seated Hamstring Stretch - 3 sets of 30 seconds each leg

How to do it: Sit on the floor with one leg extended. Reach towards your toes and hold the stretch.



Hamstring Stretch

Advanced:

- Standing Hamstring Stretch - 3 sets of 30 seconds each leg

How to do it: Stand and place one leg on the ground. Lean forward your toes and hold the stretch.



Standing Hamstring Stretch

- Standing Quadriceps Stretch - 3 sets of 30 seconds each leg

How to do it: Stand on one leg, grab the ankle of the opposite leg, and pull it towards your buttock.



Standing Quadriceps Stretch

DAY 4: CARDIO

Beginner:

- Slow Dancing - 20 minutes

How to do it: Put on some music and dance at a slow, comfortable pace in your living room or backyard.

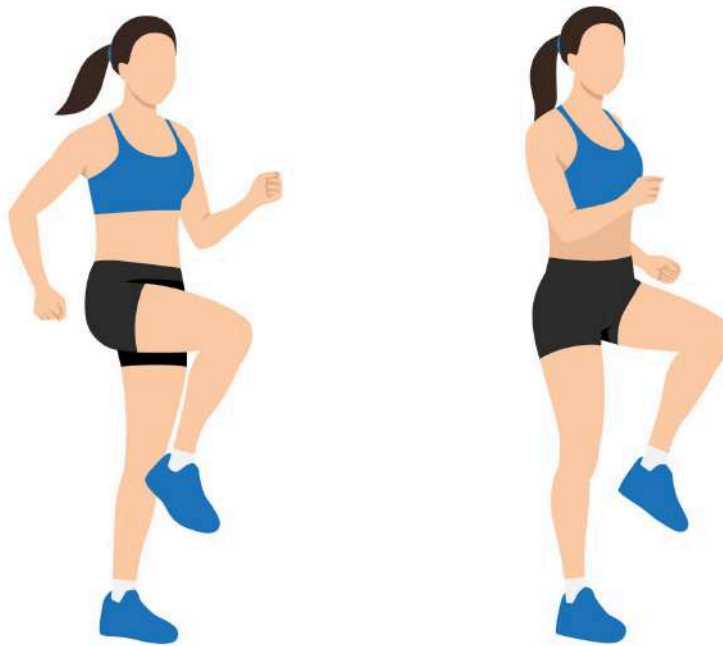
Advanced:

- Aerobic Dancing - 30 minutes

How to do it: Put on some upbeat music and dance vigorously, using large movements.

- High Knees - 3 sets of 20 reps

How to do it: Stand in place and lift your knees to your chest alternately as quickly as you can.



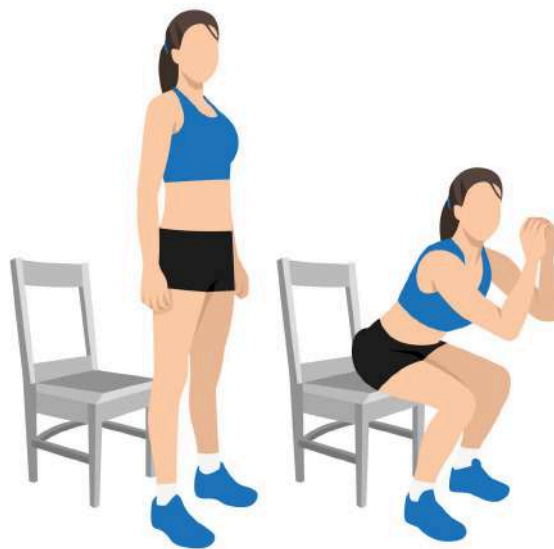
High Knees

DAY 5: STRENGTH TRAINING (LOWER BODY)

Beginner:

- Chair Squats - 3 sets of 10 reps

How to do it: Stand in front of a chair. Lower your body to sit on the chair, then stand back up.

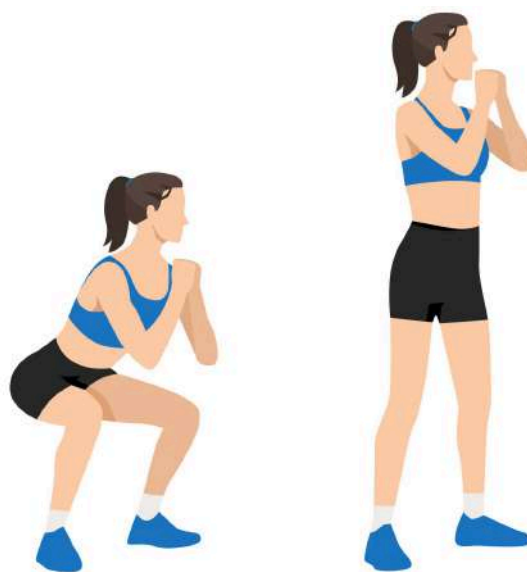


Chair Squats

Advanced:

- Traditional Squats - 3 sets of 15 reps

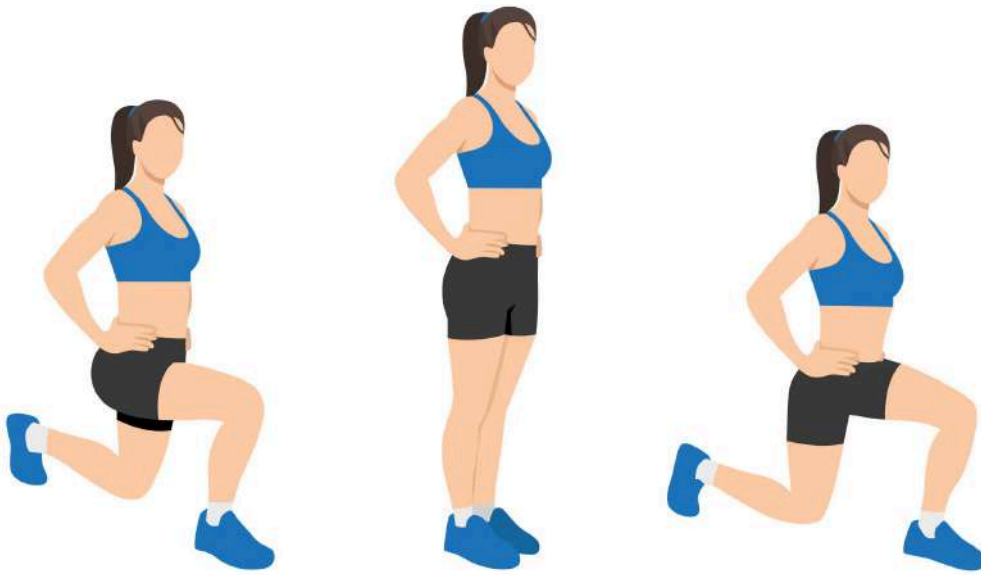
How to do it: Stand with feet shoulder-width apart. Lower your body until your thighs are parallel to the floor, then stand back up.



Traditional Squats

- Lunges - 3 sets of 15 reps each leg

How to do it: Step forward with one leg, lower your hips, then return to the starting position.



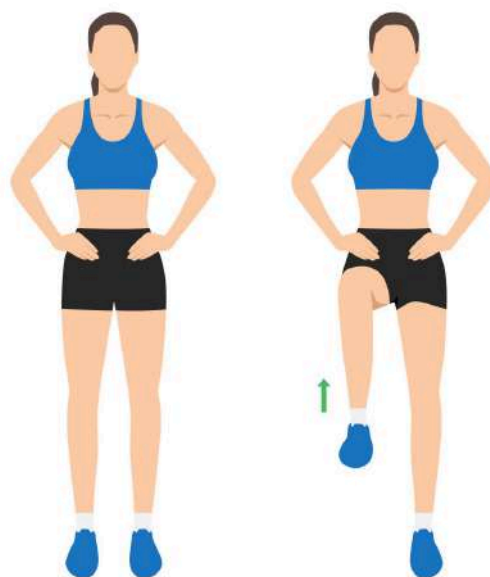
Lunges

DAY 6: BALANCE

Beginner:

- Standing on One Leg - 3 sets of 30 seconds each leg

How to do it: Stand near a wall for support if needed. Lift one leg and balance.

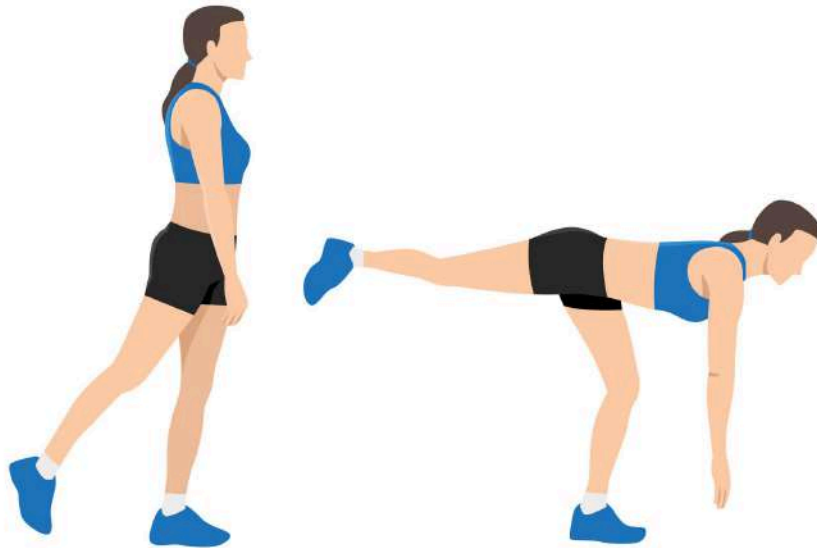


Standing on One Leg

Advanced:

- Single Leg Deadlift - 3 sets of 10 reps each leg

How to do it: Stand on one leg and hinge forward at the hips while extending the other leg back.



Single Leg Deadlift

- Balance Walk - 3 sets of 1 minute

How to do it: Walk heel-to-toe in a straight line, focusing on maintaining balance.

DAY 7: REST DAY

Week 2

DAY 8: CARDIO

Beginner:

- Stationary Marching - 20 minutes

How to do it: Lift your knees high as you march in place at home.

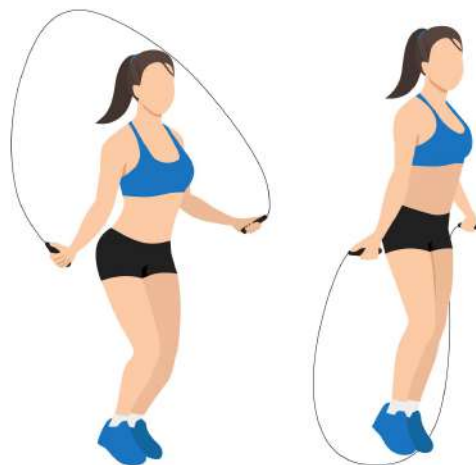


Stationary Marching

Advanced:

- Jump Rope - 30 minutes

How to do it: Use a jump rope and jump continuously at a moderate pace.



Jump Rope

- Butt Kicks - 3 sets of 20 reps

How to do it: Jog in place while kicking your heels towards your glutes.



Butt Kicks

DAY 9: STRENGTH TRAINING (UPPER BODY)

Beginner:

- Dumbbell Curls - 3 sets of 10 reps

How to do it: Hold a dumbbell in each hand, curl them towards your shoulders, then lower.

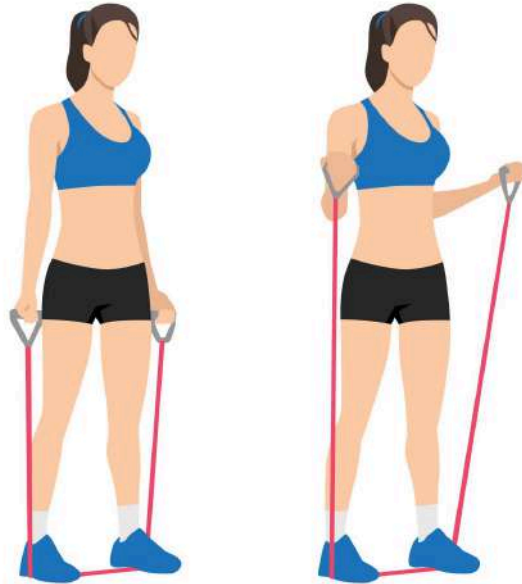


Dumbbell Curls

Advanced:

- Bicep Curls with Resistance Band - 3 sets of 15 reps

How to do it: Stand on a resistance band, holding the handles. Curl your hands towards your shoulders.



Bicep Curls with Resistance Band

- Tricep Extensions - 3 sets of 12 reps

How to do it: Hold a dumbbell with both hands, extend it over your head, and lower it behind your head before lifting it back up.



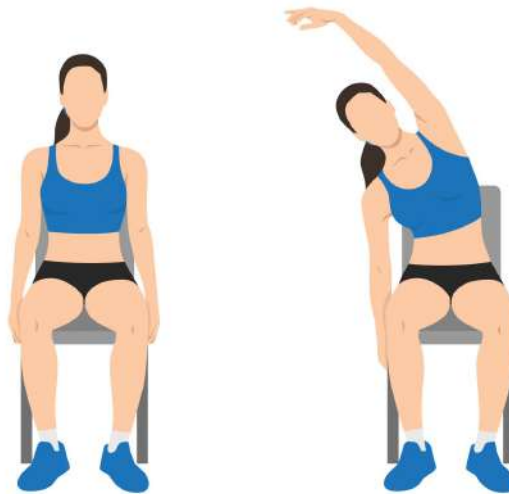
Tricep Extensions

DAY 10: FLEXIBILITY

Beginner:

- Overhead Reach - 3 sets of 30 seconds each side

How to do it: Sit or stand and reach one arm overhead, bending to the opposite side.

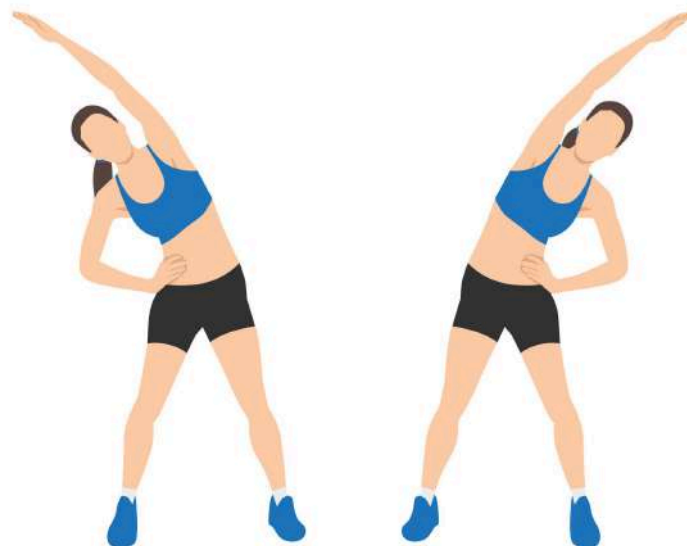


Overhead Reach

Advanced:

- Side Stretch - 3 sets of 30 seconds each side

How to do it: Stand with feet apart, reach one arm overhead, and bend to the opposite side.



Side Stretch

- Chest Opener - 3 sets of 30 seconds

How to do it: Stand and clasp your hands behind your back, lifting your arms slightly to open your chest.



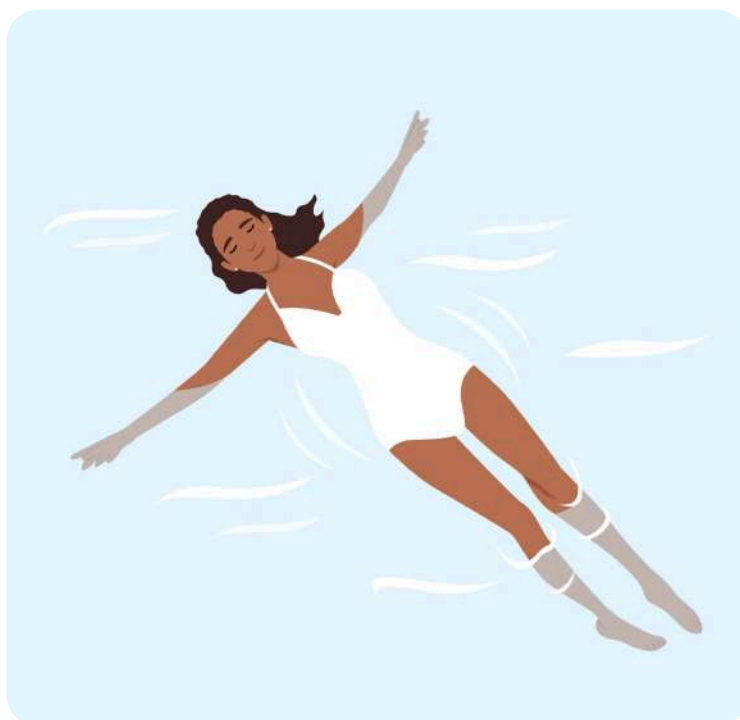
Chest Opener

DAY 11: CARDIO

Beginner:

- Gentle Swimming (or walking) - 10 minutes

How to do it: Swim at a slow, comfortable pace.



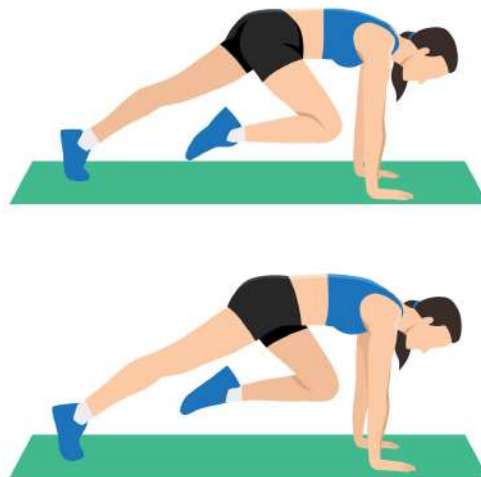
Advanced:

- Active Swimming (or walking) - 15 minutes

How to do it: Swim at a moderate to fast pace using the freestyle stroke.

- Mountain Climbers - 3 sets of 20 reps

How to do it: Start in a plank position and bring one knee towards your chest, then switch legs quickly.



Mountain Climbers

DAY 12: STRENGTH TRAINING (LOWER BODY)

Beginner:

- Standing Leg Lifts - 3 sets of 10 reps each leg

How to do it: Stand behind a chair, lift one leg to the side, then lower.

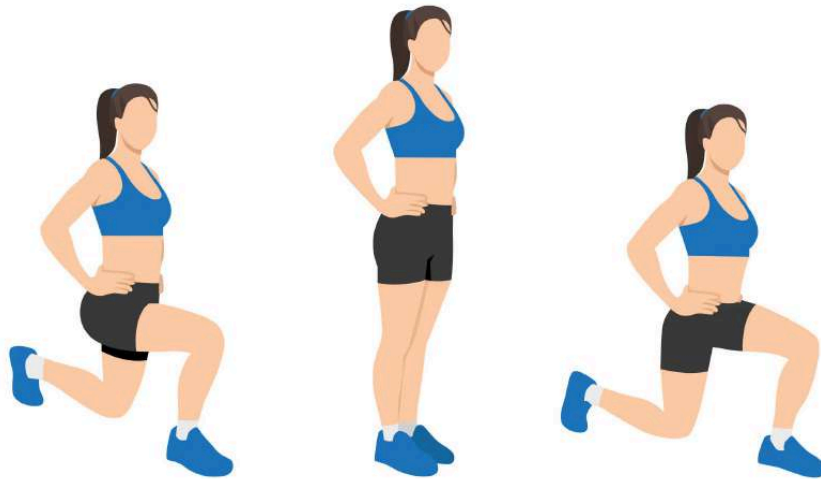


Standing Leg Lifts

Advanced:

- Lunges - 3 sets of 15 reps each leg

How to do it: Step forward with one leg, lower your hips, then return to the starting position.



Lunges

- Glute Bridges - 3 sets of 15 reps

How to do it: Lie on your back with your knees bent. Lift your hips towards the ceiling, then lower.



Glute Bridges

DAY 13: BALANCE

Beginner:

- Heel-to-Toe Walk - 3 sets of 30 seconds

How to do it: Walk in a straight line, placing the heel of one foot directly in front of the toe of the other foot.



Heel-to-Toe Walk

Advanced:

- Tightrope Walk - 3 sets of 1 minute

How to do it: Walk along an imaginary tightrope line, focusing on balance.

- Balance Ball Sit - 3 sets of 1 minute

How to do it: Sit on a stability ball, lifting one foot off the ground and balancing.

DAY 14: REST DAY

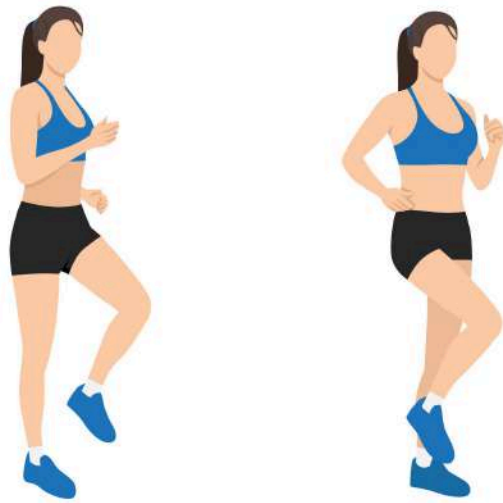
Week 3

DAY 15: CARDIO

Beginner:

- Marching in Place - 20 minutes

How to do it: Lift your knees high as you march in place.

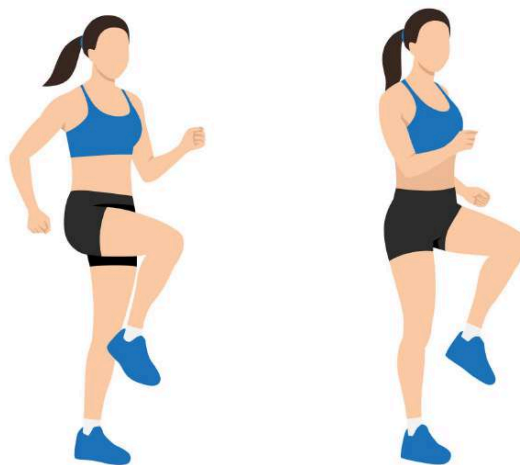


Marching in Place

Advanced:

- Jogging in Place - 30 minutes

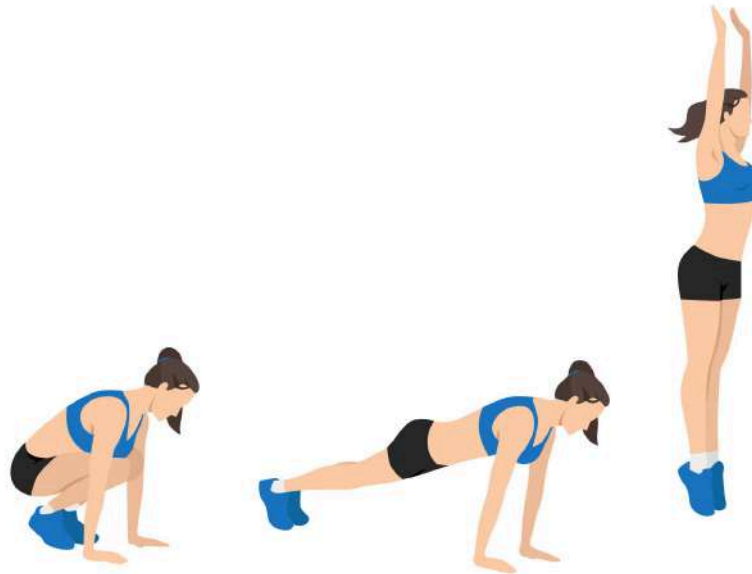
How to do it: Jog in place at a moderate pace, lifting your knees high.



Jogging in Place

- Burpees - 3 sets of 10 reps

How to do it: Stand with your feet shoulder-width apart, squat down, kick your legs back into a plank, jump your feet back to your hands, and stand up.



Burpees

DAY 16: STRENGTH TRAINING (UPPER BODY)

Beginner:

- Tricep Dips on Chair - 3 sets of 10 reps

How to do it: Sit on the edge of a sturdy chair. Place your hands next to your hips, lift your hips off the chair, and lower your body by bending your elbows.

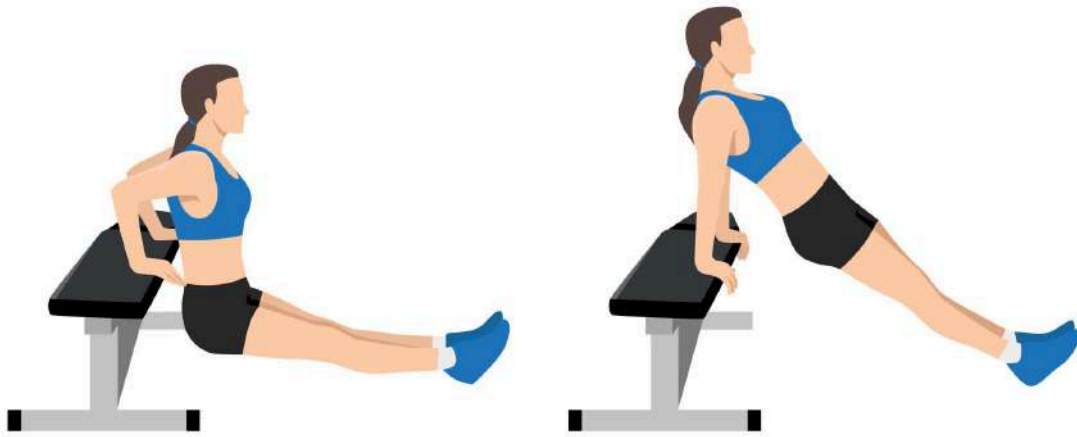


Tricep Dips on Chair

Advanced:

- Tricep Dips on Bench - 3 sets of 15 reps

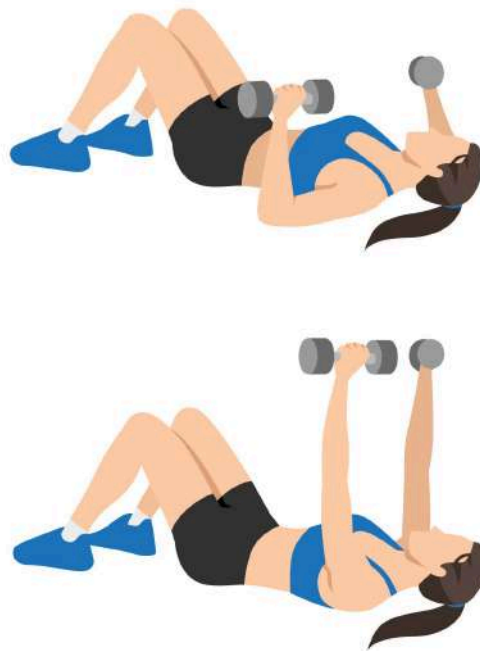
How to do it: Use a bench or sturdy surface. Lower your body by bending your elbows, then push back up.



Tricep Dips on Bench

- Chest Press - 3 sets of 15 reps

How to do it: Lie on your back with dumbbells in hand, press them towards the ceiling, and lower back down.



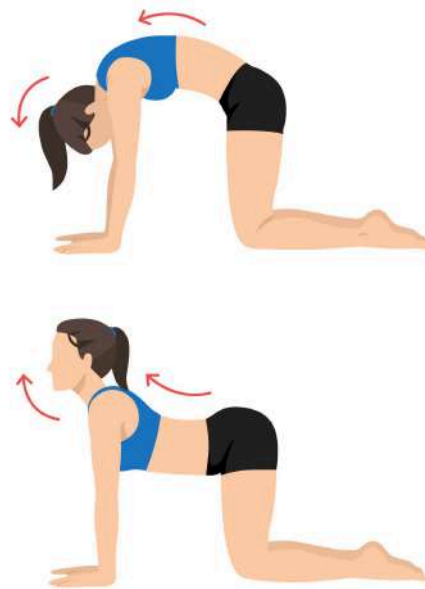
Chest Press

DAY 17: FLEXIBILITY

Beginner:

- Cat-Cow Stretch - 3 sets of 10 reps

How to do it: Get on your hands and knees. Arch your back up (cat), then lower it down (cow).



Cat-Cow Stretch

Advanced:

- Child's Pose - 3 sets of 1 minute

How to do it: Kneel on the floor, sit back on your heels, and stretch your arms forward, lowering your head to the floor.



Child's Pose

- Seated Forward Bend - 3 sets of 1 minute

How to do it: Sit with your legs extended and reach towards your toes.



Seated Forward Bend

DAY 18: CARDIO

Beginner:

- Slow Bike Ride - 20 minutes

How to do it: Ride a bike at a slow, steady pace in your neighborhood.

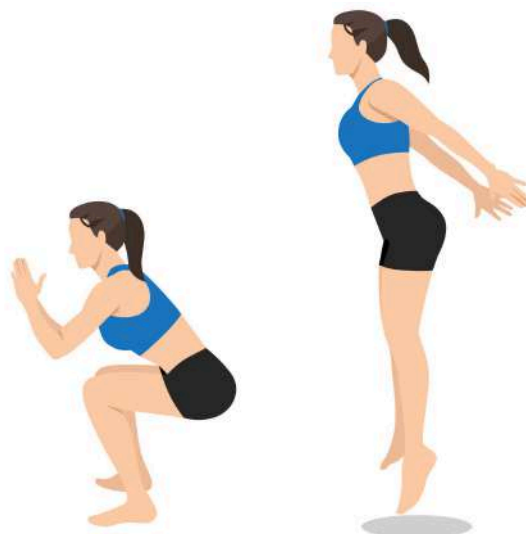
Advanced:

- Fast Bike Ride - 30 minutes

How to do it: Ride a bike at a faster pace, aiming for more intensity.

- Jump Squats - 3 sets of 15 reps

How to do it: Perform a squat, then jump up explosively and land back in a squat position.



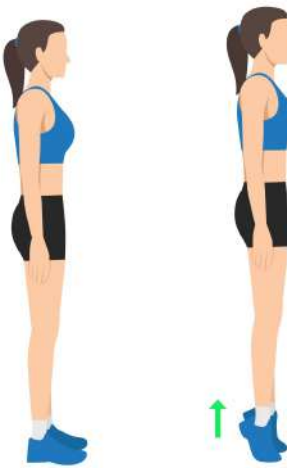
Jump Squats

DAY 19: STRENGTH TRAINING (LOWER BODY)

Beginner:

- Calf Raises - 3 sets of 10 reps

How to do it: Stand near a wall for balance. Lift your heels off the ground, then lower.



Calf Raises

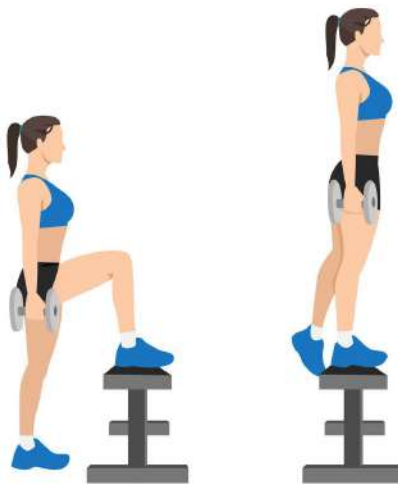
Advanced:

- Single-Leg Calf Raises - 3 sets of 15 reps each leg

How to do it: Perform calf raises on one leg.

- Step-Ups - 3 sets of 15 reps each leg

How to do it: Use a sturdy step or bench. Step up with one foot, then the other, and step back down.



Step-Ups

DAY 20: BALANCE

Beginner:

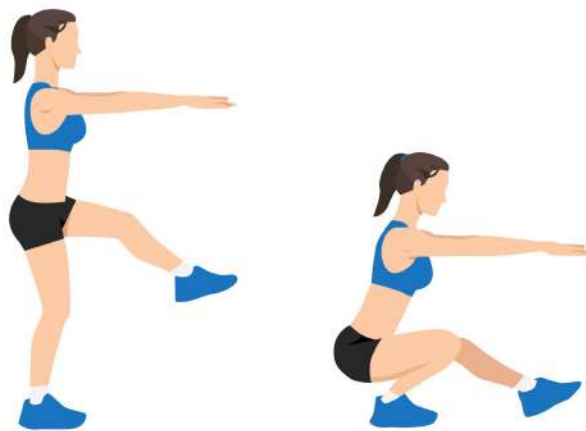
- Single Leg Stand - 3 sets of 30 seconds each leg

How to do it: Stand on one leg, using a wall for support if needed.

Advanced:

- Single Leg Squat - 3 sets of 10 reps each leg

How to do it: Perform a squat while standing on one leg.



Single Leg Squat

- Tree Pose - 3 sets of 1 minute each leg

How to do it: Stand on one leg, place the sole of the other foot against your inner thigh, and balance.



Tree Pose

DAY 21: REST DAY

Week 4

DAY 22: CARDIO

Beginner:

- Low-Impact Jumping Jacks - 3 sets of 20 reps

How to do it: Step your right foot out to the side while raising arms overhead, then return to the starting position. Repeat with left foot.

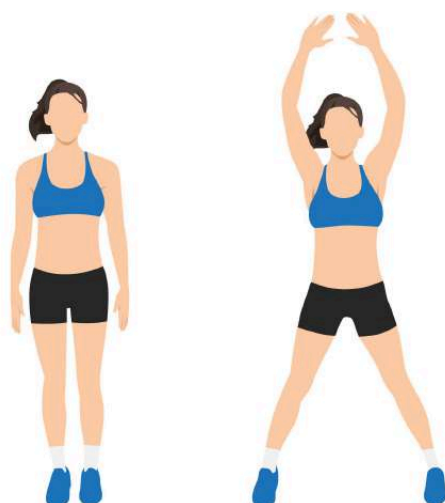


Low-Impact Jumping Jacks

Advanced:

- Jumping Jacks - 3 sets of 20 reps

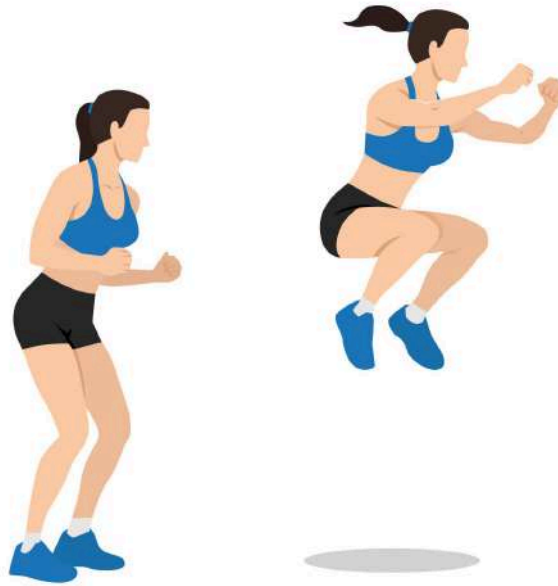
How to do it: Stand with your feet together and arms at your sides. Jump and spread your feet while raising your arms overhead, then return to the starting position.



Jumping Jacks

- Tuck Jumps - 3 sets of 10 reps

How to do it: Jump up, bringing your knees towards your chest.



Tuck Jumps

DAY 23: STRENGTH TRAINING (UPPER BODY)

Beginner:

- Seated Shoulder Press - 3 sets of 10 reps

How to do it: Sit on a chair with dumbbells in hand. Press the dumbbells overhead, then lower.

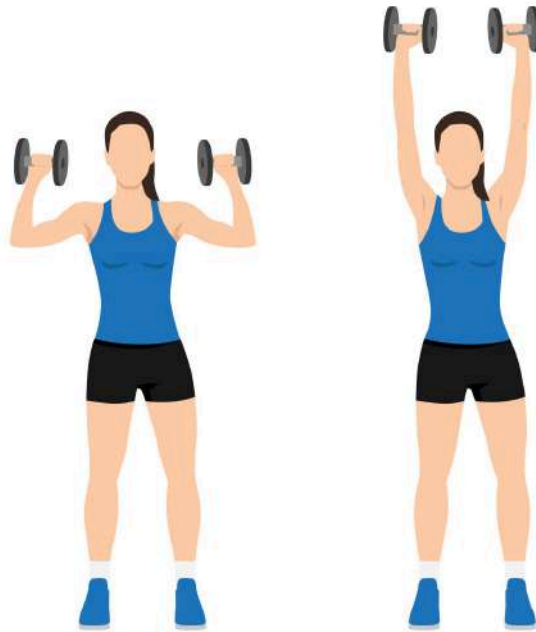


Seated Shoulder Press

Advanced:

- Standing Shoulder Press - 3 sets of 15 reps

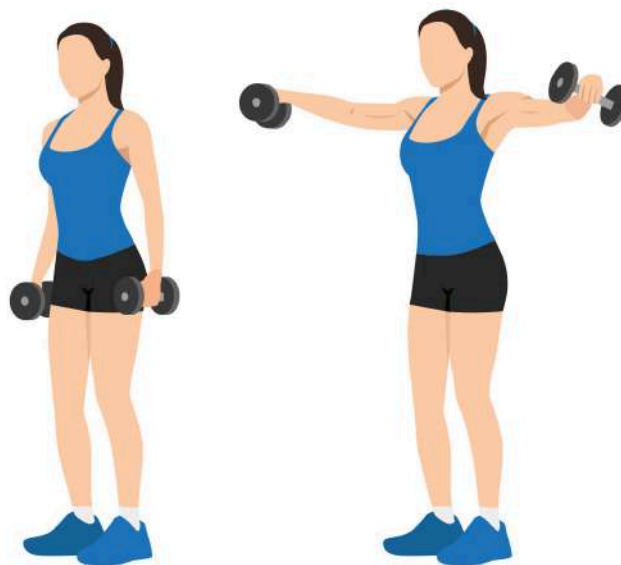
How to do it: Stand with feet shoulder-width apart, press the dumbbells overhead, then lower.



Standing Shoulder Press

- Lateral Raises - 3 sets of 15 reps

How to do it: Stand with dumbbells in hand, lift them to shoulder height, then lower.



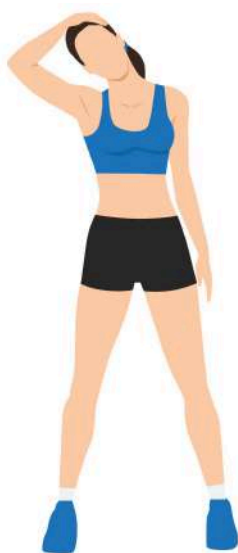
Lateral Raises

DAY 24: FLEXIBILITY

Beginner:

- Neck Stretches - 3 sets of 30 seconds each side

How to do it: Tilt your head to one side, bringing your ear towards your shoulder.



Neck Stretches

Advanced:

- Neck and Shoulder Stretches - 3 sets of 30 seconds each side

How to do it: Perform neck stretches followed by shoulder stretches, reaching one arm across your body and holding with the opposite arm.



Shoulder Stretch

- Upper Back Stretch - 3 sets of 1 minute

How to do it: Sit or stand, clasp your hands in front of you, and round your upper back.



Upper Back Stretch

DAY 25: CARDIO

Beginner:

- Walking in Nature - 20 minutes

How to do it: Walk at a comfortable pace in a park or nature trail.

Advanced:

- Hiking - 30 minutes

How to do it: Hike on a trail with varying terrain at a moderate pace.

- Hill Sprints - 3 sets of 5 reps

How to do it: Find a hill and sprint up, then walk back down.

DAY 26: STRENGTH TRAINING (LOWER BODY)

Beginner:

- Glute Bridges - 3 sets of 10 reps

How to do it: Lie on your back with your knees bent. Lift your hips towards the ceiling, then lower.



Glute Bridges

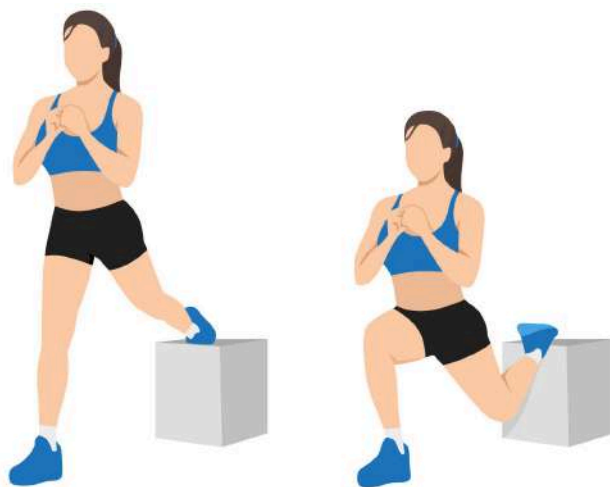
Advanced:

- Single-Leg Glute Bridges - 3 sets of 15 reps each leg

How to do it: Perform glute bridges with one leg extended.

- Bulgarian Split Squats - 3 sets of 15 reps each leg

How to do it: Place one foot on a bench behind you, perform a squat with the other leg.



Bulgarian Split Squats

DAY 27: BALANCE

Beginner:

- Standing Side Leg Raise - 3 sets of 10 reps each leg

How to do it: Stand near a wall for support. Lift one leg to the side, then lower.

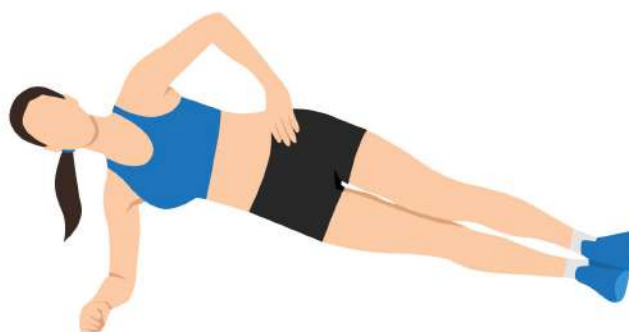


Standing Side Leg Raise

Advanced:

- Side Plank - 3 sets of 30 seconds each side

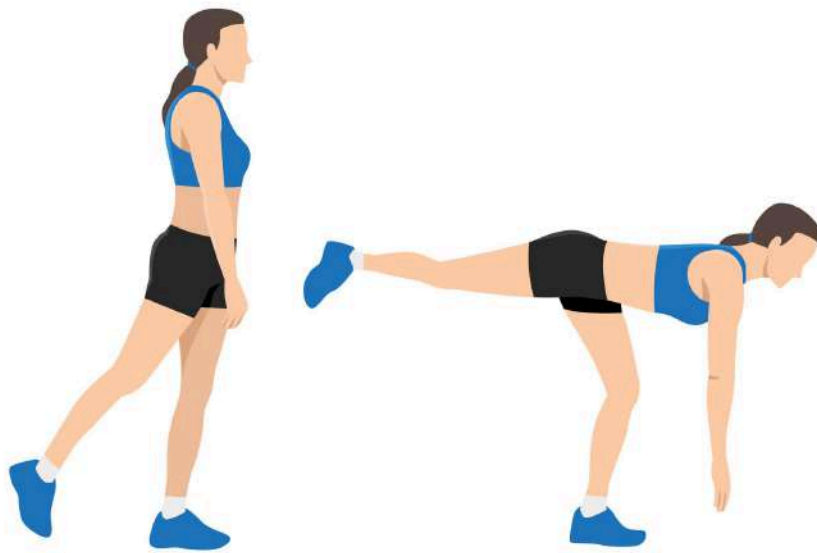
How to do it: Lie on your side and lift your hips off the ground, balancing on your forearm and feet.



Side Plank

- Single-Leg Deadlift - 3 sets of 10 reps each leg

How to do it: Stand on one leg, hinge forward at the hips while extending the other leg back.



Single-Leg Deadlift

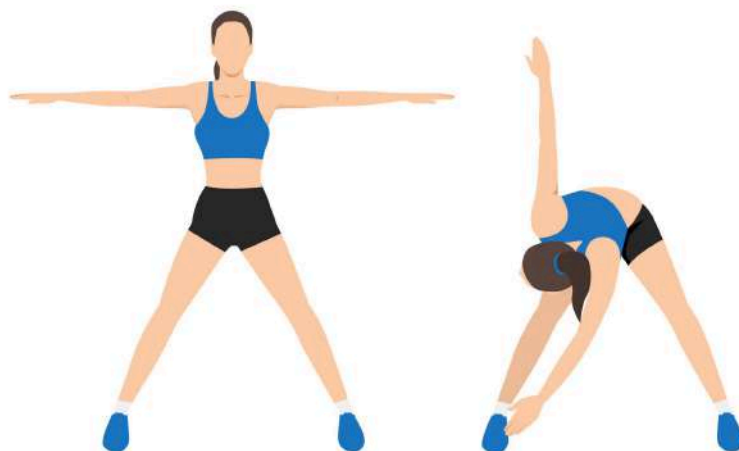
Day 28: Rest Day

DAY 29: CARDIO

Beginner:

- Step Touch - 20 minutes

How to do it: Step side to side, touching one foot to the other in a rhythmic motion.



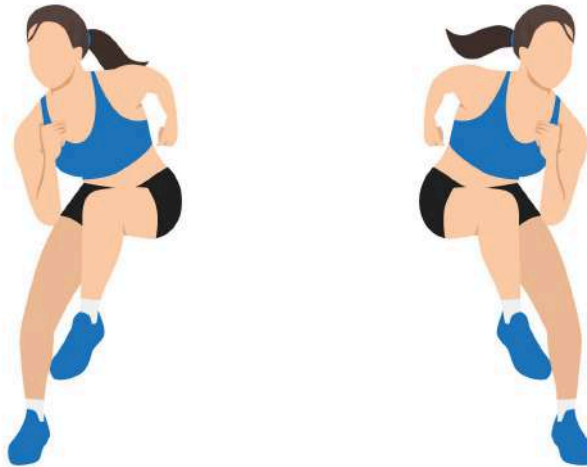
Step Touch

Advanced:

- Side Shuffle - 30 minutes

How to do it: Shuffle side to side quickly, keeping your body low.

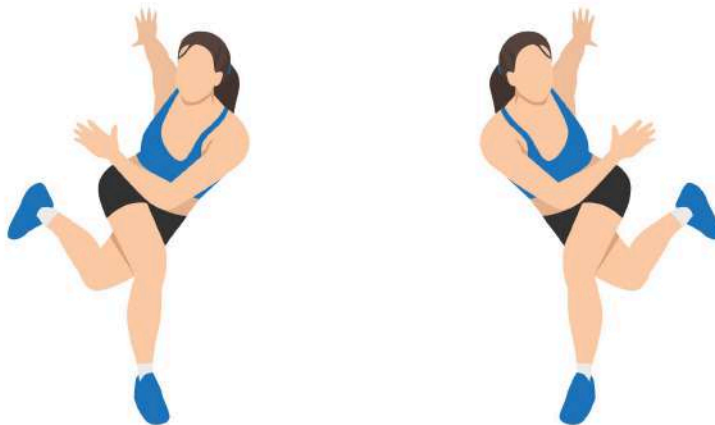
- Skater Jumps - 3 sets of 20 reps



Side Shuffle

- Skater Jumps - 3 sets of 20 reps

How to do it: Jump side to side, landing on one foot and bringing the other leg behind.



Skater Jumps

DAY 30: FULL BODY STRETCHING - YOGA FLOW FOR 20 MINUTES (Both Beginner And Advanced)

Yoga Flow - 20 Minutes

A yoga flow, also known as a Vinyasa flow, involves transitioning smoothly from one pose to the next. This flow helps to increase flexibility, improve muscle strength, and promote a sense of calm. Here's a simple 20-minute routine you can follow at home:

How to Do It:

1. Mountain Pose (Tadasana):

- Stand tall with feet together, arms at your sides.
- Take a few deep breaths, grounding your feet into the floor.



Mountain Pose

2. Forward Fold (Uttanasana):

- Exhale and hinge at your hips, lowering your torso over your legs.
- Let your head hang heavy and relax your neck.



Forward Fold

3. Halfway Lift (Ardha Uttanasana):

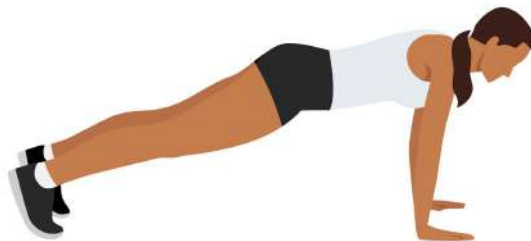
- Inhale and lift your torso halfway up, placing your hands on your shins or thighs.
- Keep your back flat and gaze forward.



Halfway Lift

4. Plank Pose:

- Exhale and step back into a plank position, keeping your body in a straight line.
- Engage your core and hold for a few breaths.



Plank Pose

5. Downward-Facing Dog (Adho Mukha Svanasana):

- Exhale and lift your hips up and back, forming an inverted V shape.
- Spread your fingers wide and press into your hands and feet.



Downward-Facing Dog

6. Cobra Pose (Bhujangasana):

- Lower your body to the floor and then inhale, lifting your chest up while keeping your elbows close to your sides.
- Look forward or slightly up.



Cobra Pose

7. Child's Pose (Balasana):

- Sit back on your heels and extend your arms forward, resting your forehead on the mat.
- Breathe deeply and relax.



Child's Pose

Repeat this sequence several times, moving smoothly from one pose to the next. Each movement should be synchronized with your breath.

Sun Salutations - 3 Sets of 5 Reps

Sun Salutations, or Surya Namaskar, are a series of yoga poses performed in a sequence to create a flow of movement. This routine is excellent for warming up the body and can be a complete workout on its own.

How to Do It:

1. Mountain Pose (Tadasana):

Stand tall with feet together and hands in prayer position at your chest.



Mountain Pose

2. Upward Salute (Urdhva Hastasana):

Inhale and raise your arms overhead, reaching toward the sky.



Upward Salute

3. Forward Fold (Uttanasana):

Exhale and hinge at your hips, lowering your torso over your legs.



Forward Fold

4. Halfway Lift (Ardha Uttanasana):

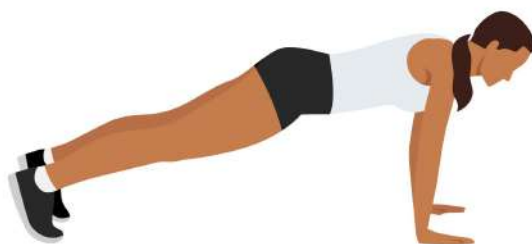
Inhale and lift your torso halfway up, hands on your shins.



Halfway Lift

5. Plank Pose:

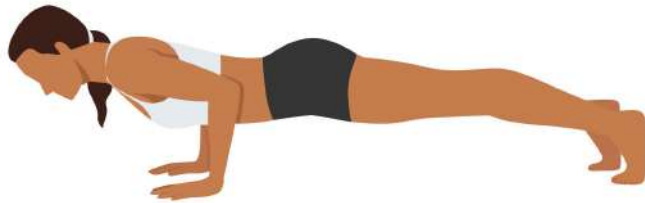
- Exhale and step back into a plank position, keeping your body in a straight line.
- Engage your core and hold for a few breaths.



Plank Pose

6. Chaturanga Dandasana:

Lower your body halfway to the floor, keeping your elbows close to your sides.



Chaturanga Dandasana

7. Upward-Facing Dog (Urdhva Mukha Svanasana):

Inhale and lift your chest up, rolling over your toes to the tops of your feet.



Upward-Facing Dog

8. Downward-Facing Dog (Adho Mukha Svanasana):

Exhale and lift your hips up and back, forming an inverted V shape.



Downward-Facing Dog

9. Forward Fold (Uttanasana):

Step or jump your feet forward to meet your hands, then fold over your legs.



Forward Fold

10. Upward Salute (Urdhva Hastasana):

Inhale and raise your arms overhead, reaching toward the sky.



Upward Salute

11. Mountain Pose (Tadasana):

Stand tall with feet together and hands in prayer position at your chest.



Mountain Pose

Recommendations for Yoga Resources

There are many resources available to help you learn and practice yoga, whether you prefer written instructions, videos, or in-person classes:

Online Platforms:

- YouTube: Channels like *Yoga with Adriene*, *Yoga Journal*, and *DoYogaWithMe* offer free classes for all levels.

This program is designed to be simple, effective, and enjoyable, allowing you to stay **active and healthy**. Remember to listen to your body and adjust the exercises as needed. Stay hydrated and have fun!