

Your Summer SHAPE-UP PLAN Week Two

Start the season right with this walking routine for a toned body, more energy, and better health.

MONDAY: LOWER BODY

10 minutes of brisk walking + table top leg raises + lying leg circles

(complete 3 sets of both moves.)

TABLE TOP LEG RAISES

- A.** Start on hands and knees in a table-top position. Raise your right foot toward the ceiling as you contract your right glute and hamstring.
- B.** Slowly lower your leg and tap your toe to the ground, then raise it back up; that's one rep. Complete 15 reps on each leg.



LEG CIRCLES

- A.** Get into table-top position, with your right leg straight and back. Holding this position, circle your right leg so that your toe traces a tiny circle about 2 inches in diameter (B.). Complete 15 circles on each leg.



TUESDAY CARDIO WALK

30

Minutes:

Alternate
between
5 minutes
moderate walking
and 5 minutes
brisk walking.

WEDNESDAY: UPPER BODY

10 minutes of brisk walking + shoulder press with lateral rotation + overhead tricep extension (complete 2 sets of both moves.)

SHOULDER PRESS WITH LATERAL ROTATION

- A.** Start holding one dumbbell in each hand with elbows bent at a 90-degree angle and elbows parallel to shoulders, like your arms are making the shape of a goal post.
- B.** Press both dumbbells up overhead then lower back to 90-degree bend.
- C.** Next, rotate the dumbbells down so that your palms face the floor, then rotate the dumbbells back up so that your palms face forward. That's one rep. Complete 12 reps in each set.



OVERHEAD TRICEP EXTENSION

- A.** Hold both dumbbells overhead with palms facing each other.
- B.** Keeping your elbows pointing forward and close to your ears, bend your elbows to lower the dumbbells below your head, and then contract your triceps to raise the dumbbells back overhead. That's one rep. Complete 12 reps in each set.



THURSDAY CARDIO WALK

30

Minutes:

Alternate
between
5 minutes
moderate walking
and 5 minutes
brisk walking.

FRIDAY: TOTAL BODY

10 minutes of brisk walking + reverse lunge with curl press + side squat with forward shoulder raise (complete 2 sets of each move.)

REVERSE LUNGE WITH CURL PRESS

- A.** Start holding one dumbbell in each hand by your sides with feet hip-width apart. Then step your right leg back and lower your right knee into a lunge. Each leg should make a 90-degree angle.
- B.** Holding the lunge position, use your biceps to curl both dumbbells toward your shoulders.
- C.** Then press both dumbbells overhead. Lower the dumbbells back down to your sides, and step the right foot up to meet the left. That's one rep. Complete 10 reps on each leg.



PILE SQUAT WITH FORWARD SHOULDER RAISE

- A.** Start in a wide stance with heels pointing in and toes pointing out, holding both dumbbells down in front of your hips. Bend your knees and squat low.
- B.** Keeping your arms straight, raise the dumbbells up forward so that your hands are parallel to your shoulders. Lower the dumbbells back to the starting position. Repeat 12 reps.



SATURDAY: REST

SUNDAY: RENEWAL WALK

walk 30 to 45 minutes at a moderate pace. After your walk, do some stretches (touch your toes; reach each arm across your body).

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Gold's Gym



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Tone It Up Karena Dawn, Katrina Scott, 2015-05-05 Are you ready to sweat tone nourish and empower your way to your fittest fiercest most fabulous body and life Katrina Scott and Karena Dawn the founders of the Tone It Up fitness and health brand have taken the world by storm with their fun energetic girlfriend to girlfriend approach to getting in shape To them being fit isn't just about looking smokin hot in a bikini but a whole body whole life way of being that starts with respecting your body and taking care of your beautiful amazing self inside and out With their 28 day program that incorporates brand new fitness routines delicious recipes and mental and spiritual practices you'll transform your body your attitude and your life to bring out the gorgeous goddess within you In just 28 days Katrina and Karena will help you get FIT With daily fitness challenges workout plans healthy eating tips and delicious recipes you'll be on your way to the strong sexy body you're after FIERCE You'll align your mind and body through visualization exercises daily meditations confidence boosting tips and dares to move outside your comfort zone FABULOUS This is the fun stuff beauty friendship inspiration joy and all the things to give you that unmistakable glow so you radiate from the inside out **The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover **Marketing/communications**, 1915 *Printers' Ink*, 1915 **Why Diets Fail US!** Lynn Edwards, 2005-08 More than a New Year's resolution or short term goal for an upcoming vacation or wedding fitness is a lifestyle And dieting is a national phenomenon At one time or another we all have dieted perhaps trying one of the fad diets of the day Billions of dollars are spent every year in an effort to lose weight yet the only thing getting lighter is our wallet Over time we have become convinced that the failure of our dieting efforts is our fault We did not try hard enough long enough nor good enough That every diet craze is the ultimate and we would be foolish not to try it But in actual fact it is the diet that fails US So why DO diets fail us Dr Lynn Edwards shares her unique perspective in deciphering the perils of dieting and the psychology of weight loss In this book another in her series of personal empowerment books she shares with us twelve reasons why diets fail us while presenting three fundamental ways to achieve a healthy body and lifestyle The 3M's are the basics to any successful and sustaining effort proven effective by the many clients she has supported over the years Diets are based in deprivation and Dr Lynn presents a refreshing model that builds on strengths and personal fulfillment **The Practical Printer**, 1908 *Mova's Jazz Cafe* Roger T. Maxey, 2011-03-08 Amelia Cheryl Monet a thirty year old New Orleans entrepreneur had successfully turned an abandoned warehouse in the Big Easy into Mova's Jazz Caf the hottest chill out lounge in the South That is until August 29 2005 when Hurricane Katrina destroyed not only the physical structures of the city but many long held dreams Determined to keep her club alive amidst the mass exodus of business from New Orleans Amelia thought the solutions to her problems would be within the musical incantations of a mysterious stranger Enter London Zao Thomas a wealthy womanizing jazz man from Chicago Whose charismatic charm and good looks were accented by his mastery of the guitar His talents would seemingly be the spark

needed to not only revitalize Amelias Caf but her life as well London would eventually end up taking Amelia on a journey of love and pain that would turn out to be more destructive than any hurricane could ever be

Maternal Newborn Nursing Care Plans Carol J. Green,2014-12-09 Maternal Newborn Nursing Care Plans Third Edition teaches students and practicing nurses how to assess plan provide and evaluate care for pregnancy delivery recovery abnormal conditions and newborn care Featuring more than 65 of the most common and high risk care plans for nursing care using the nursing process approach it includes NIC interventions discussions on collaborative problems key nursing activities signs and symptoms and diagnostic studies Using a progressive approach the text begins with generic care plans that address all patient situations regardless of the patient diagnosis or condition before moving on to more complicated and specific care plans *Chronicles of Oklahoma* ,1940 *The Greatest Magicmaster's Retirement Plan: Volume 6* Izushiro,2020-09-01 As the Friendship Magical Tournament continues best friends Tesfia Fable and Alice Tilake face off against each other And the fated showdown between Loki and Fillic finally arrives Who will become the ultimate victor of this chaotic tournament as the curtains rise on the final stage Meanwhile Alus and Lettie embark on a new mission and are faced with an unseen threat against humankind As the rulers of the seven nations tremble in fear at the second coming of calamity a new darkness begins to stir When Alus confronts Elise of the criminal organization Kurama the story takes off

The Learning Game Jonathan Smith,2012-07-26 We are all caught up in our children s lives We all remember our own schooldays and as parents we watch anxiously as our children go through it As we look at the world of teaching from the outside we wonder not only what is going on but what we can do to help Jonathan Smith a born teacher and writer takes us on his personal journey from his first days as a pupil through to the challenges of his professional and private life on the other side of the desk He makes us feels what it is like to be a teacher facing the joys and the battles of a class How do you influence a child He describes how you catch and stretch their minds What difference can a teacher make or how much damage can he do Should clever pupils teach themselves What works in the classroom world and what does not And while influencing the young how do you develop yourself how do you teach yourself to keep another life and find that elusive balance This is a compelling and combative story warmly anecdotal in approach yet as sharp in its views of the current debates as it is sensitive in its psychological understanding From the first page to the last and without a hint of jargon this inspiring book rings true [The Evolution of the Modern Organ and Its Control](#) J. M. B.,1919 *Printers' Ink; the ... Magazine of Advertising, Management and Sales* ,1915 **The Saturday Evening Post** ,1918 **Furniture Manufacturer and Artisan** ,1916 [Does This Make My Assets Look Fat?](#) Susan L. Hirshman,2010-09-14 As Susan Hirshman sees it the rules of successful dieting are the same rules that apply to successful money management In this upbeat and informative guide she offers women a 3 phase personalized plan that follows common dieting programs to help them understand their finances The structure of the book is consistent with that of a typical diet book it includes an evaluation phase an induction phase and a maintenance regimen Susan offers specific advice on topics

that matter most to women including how to develop realistic and attainable goals how to make smart financial decisions how to determine the best way to invest based on a reader's investment personality and how and when to get professional help from a financial advisor all while relating it back to a theme that practically every woman has experienced at least once in her life dieting Susan's program completely removes the intimidation factor that often accompanies the words personal finance and investing and provides women with all the information they need to take control of their financial situations once and for all

I Want a Fat Asset: How to Achieve Financial Success Susan L. Hirshman, 2011-09-06 Previously published as part of DOES THIS MAKE MY ASSETS LOOK FAT As Susan Hirshman sees it the rules of successful dieting are the same rules that apply to successful money management Now she offers these upbeat and informative tips that follows common dieting programs to help them understand their finances From setting your goals to figuring out your net worth statement and understanding asset allocation to variable annuities Susan offers specific advice on topics that matter most to women all while relating it back to a theme that practically every woman has experienced at least once in her life dieting Susan's program completely removes the intimidation factor that often accompanies the words personal finance and investing and provides women with all the information they need to take control of their financial situations once and for all

Country Gentleman, 1925 *The Country Gentleman*, 1925 **Up Down Roads and a Field of Suitcases** Erica Cruz, 2015-04-10 Adam an Australian journalist has always had a penchant for the unpredictable and the chaotic It is no wonder then that among the many places he visits he falls in love with a part of history a beautiful old town in South India then called Fort Cochin It is an offer by his Australian publishing house to visit and research the culture of old Fort Cochin which whets his fascination to learn more of the town and its people culture literary standing and dialect The surprise offer paves the way to a journey that will lead Adam to long forgotten treasures unspoken stories life changing decisions and long standing friends Follow Adam on a nostalgic journey of destiny and discovery What sort of treasure will Adam find under the floorboards of the old town house in South India a house built decades ago in the era of Dutch occupancy Despite the judgment of his very clear headed friends and adversity in all shape and form will Adam fulfill his quest and prove that this was no freak accident after all

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