



7 DAY Exercise Planner

by Selasi Berdie

for your *Body*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Buns of steel Workout	Interval Training workout	Light weights session	20 minute walk around your favourite location	Tight Tums workout	Take time to relax and enjoy the weekend	Take time to relax and enjoy the weekend
Upon completion enjoy Body Detox Smoothie	Upon completion enjoy Body Detox Smoothie	Upon completion enjoy Body Blueberry Breakfast Smoothie	Upon completion enjoy Body Blueberry Breakfast Smoothie	Upon completion enjoy Body Blueberry Breakfast Smoothie	Enjoy the start of your weekend with a delicious Bircher muesli	Enjoy the start of your weekend with a delicious Bircher muesli
Spend 5 minutes in the sun during the day to recharge your batteries & boost your vitamin D uptake	Spend 5 minutes in the sun during the day to recharge your batteries & boost your vitamin D uptake	Spend 5 minutes in the sun during the day to recharge your batteries & boost your vitamin D uptake	Spend 5 minutes in the sun during the day to recharge your batteries & boost your vitamin D uptake	Spend 5 minutes in the sun during the day to recharge your batteries & boost your vitamin D uptake	Stay active and try a new fun outdoors activity like surfing, hiking or riding	Stay active and try a new fun outdoors activity like surfing, hiking or riding
At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax	At the end of your day take 10 minutes of time to unwind and relax. Turn of all communication devices and just relax



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Buns of Steel



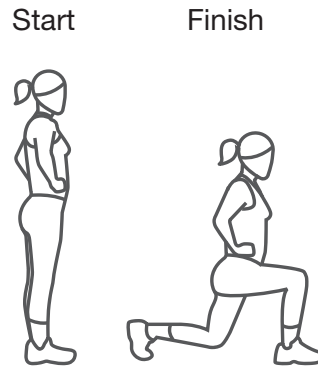
What you need: Suitable exercise space

Explanation: Want to get the killer legs and a bum to die for? Then this workout is for you.

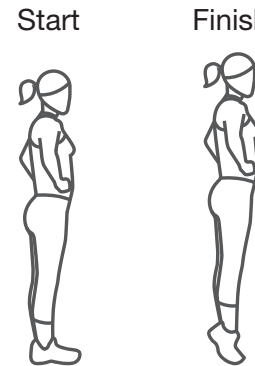
Sumo squats



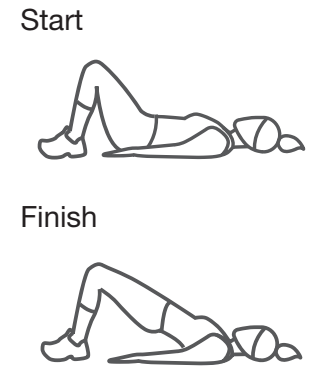
Waking Lunges



Calf raises



Hip thrusts



Beginner

20 REPS Sumo squats

20 REPS Waking Lunges (10 reps for each leg)

20 REPS Calf raises (Use door way)

20 REPS Hip thrusts

Intermediate

15 REPS x 2 Sumo squats

15 REPS x 2 Waking Lunges (10 reps for each leg)

15 REPS x 2 Calf raises (Use door way)

15 REPS x 2 Hip thrusts

Advanced

15 REPS x 3 Sumo squats

15 REPS x 3 Waking Lunges (10 reps for each leg)

15 REPS x 3 Calf raises (Use door way)

15 REPS x 3 Hip thrusts



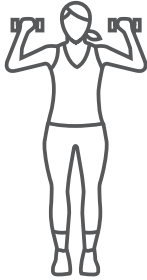


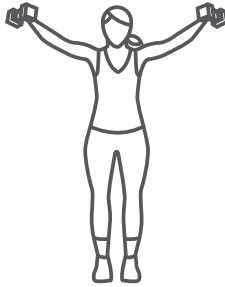


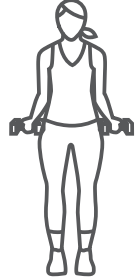



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Light weights



	Shoulder Press	Side Raise	Squat Jumps	Bicep Curls	Crunches
<p>What you need: Suitable exercise space and light weight dumbbells. If you don't have dumbbells just grab some cans out of the pantry.</p> <p>Explanation: Think lifting weights is only for body builders? Think again. Research has shown that lifting weights increases your Basal Metabolic rate more than straight cardio exercise helping you with the fat burning process, not to mention it helps give you a lean defined physique.</p>	<p>Start  Finish </p>	<p>Start  Finish </p>	<p>Start  Finish </p>	<p>Start  Finish </p>	<p>Start  Finish </p>
Beginner	20 REPS Dumbbell shoulder press	20 REPS Dumbbell Side raise	15 REPS Squat Jumps	20 REPS Dumbbell Bicep curls (15 reps each arm)	30 REPS Crunches
Intermediate	15 REPS x 2 Dumbbell shoulder press	15 REPS x 2 Dumbbell Side raise	15 REPS x 2 Squat Jumps	20 REPS x 2 Dumbbell Bicep curls (20 reps each arm)	20 REPS x 2 Crunches
Advanced	15 REPS x 3 Dumbbell shoulder press	15 REPS x 3 Dumbbell Side raise	15 REPS x 3 Squat Jumps	20 REPS x 3 Dumbbell Bicep curls (15 reps each arm)	20 REPS x 3 Crunches





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20 minute walk

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What you need: Pair of comfortable shoes

Explanation: Walking is one of the easiest, most enjoyable, and most beneficial forms of exercise. Grab a pair of shoes and head out the door to find out what you've been missing. All you need is a good pair of shoes & comfortable clothing.

Brisk Walk

Power Walk

Exercise on Stairs



Beginner

Briskly walk around your most ideal location of choice for 20 minutes

Intermediate

Briskly walk around your most ideal location for 5 minutes

Power walk for 5 minutes

Brisk walk for 5 minutes

Power walk for 5 minutes

Advanced

Find an inclined track, hill or stairs and walk for 20 minutes



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Tight Tums

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What you need: Suitable exercise space and exercise mat

Explanation: Time to get rid of the love handles and get the slim sexy stomach you've always dreamed of. Four simple exercises that will have you ready to head down to the beach and show of your body.

Reverse Crunch

Start



Finish



Heel Slaps

Start



Finish



Crunches

Start



Finish



V-Sit Ups

Start



Finish



Beginner

20 REPS

Reverse Crunch

30 REPS

Heel slaps (15 reps each side)

20 REPS

Crunches

15 REPS

V-Sit ups

Intermediate

20 REPS x 2

Reverse Crunch

30 REPS x 2

Heel slaps (15 reps each side)

20 REPS x 2

Crunches

15 REPS x 2

V-Sit ups

Advanced

20 REPS x 3

Reverse Crunch

30 REPS x 3

Heel slaps (15 reps each side)

20 REPS x 3

Crunches

15 REPS x 3

V-Sit ups