



PCOS Challenge

The National Polycystic Ovary Syndrome Association

5K Run/Walk

PCOS Challenge 5k Training Guide

By: Dr. Kimberly Rodriguez



LATINAS RUNNING

Ginny Silvestro, CPT, FNS



Welcome to the PCOS Challenge 5k Training Guide

This 4-Week Plan is to help you Get Started on your 5k Journey

Meet the Coaches

Hola, Dr. Kim here.

I designed this 5k Run Training plan to help you get started on your 5k Journey.

A little bit about me :

I am Guatemalan-American, a Doctor of Chiropractic and have a B.S. in Health , Physical Education, and Clinical Exercise Science. I love to educate and empower people to become athletes regardless of where they are in their fitness journey. I am a distance runner, hiker, and the Founder of **Latinas Running**. Latinas Running is an all-inclusive running community that promotes diversity and body positivity one mile at a time. Welcome!



This training plan was designed for people who are new to running/walking or who haven't ran in a while . It's the perfect companion to anyone registering for their first 5k race, or someone looking to improve on their previous best 5k time. I have made a plan for walking or Running. Choose the best one for you.

Never ran a race before? No problem. You'll gain **strength, endurance, confidence** and improve your overall fitness!

 Facebook.Com/LatinasRunning

 @LatinasRunning



Hi! I'm Ginny.

I built this 4 week/two-day a week cross-training plan to help you increase your strength during your 5k training journey.

I'm here to help make your 5k journey a successful one. Supplemental exercise is just as important as our walk or runs when training for any distance. Focusing your training on muscle groups in our legs, arms, back and core will help your body become more stable and strong in the areas needed to push you forward as you complete your training plan.

More about me:

I'm a NASM Certified Personal Trainer and Fitness Nutrition Specialist. I have a B.S. in Physical Education and an M.S. in Health. I'm also the owner of **Body Enhancing Fitness, Inc.**

My mission focuses on working with others towards a healthy, sustainable lifestyle. My philosophy centers on learning to **BE FIT at any size or any age**, so many of my programs include modifications so that everyone who uses them are successful.

I am an avid runner of 7 years, having completing numerous 5ks, 10ks, and a half marathon. I also cycle, swim and adore lifting. Most recently I completed a sprint triathlon.

I'm so happy to be working with you, now!

This cross-training plan was designed as a supplement to the **Latinas Running 5K Training Guide** by Dr. Kimberly Rodriguez. It is a strength plan that will work for walkers or runners of all abilities. Best of luck on your 5K!

 [Facebook.com/BodyEnhancingFitness](https://www.facebook.com/BodyEnhancingFitness)

 [@BodyEnhancingFitness](https://www.instagram.com/BodyEnhancingFitness)

5K CALENDAR BREAKDOWN

On your calendar, you'll notice each week has a slightly different workout session planned.

Make the commitment to do each training session as scheduled. Doing so will prevent you from training too much or not training enough.

If you can't follow a day, no worries! **Don't be hard on yourself,**

Just keep going!

Try to walk at least 20-30 minutes that day.

Your Running **OR** Walking Plan Includes:

- 3 Running or Walking Sessions a Week (Leave Weekends for Your Longer Runs)
- 2 Cross-Training (XT) Sessions
- 1 Active Recovery (Walking or a light exercise)
- 1 Rest Day

CROSS-TRAINING CALENDAR BREAKDOWN

On your calendar, you'll notice one to two Cross-Training (XT) days scheduled per week. These exercises will help to strength and stabilize your body and are to be used in addition to the days you walk or run. Although you may be tempted to do your strength and conditioning on the same day as your walk or run, it is better to stick to do it on an "off" day in order to prevent injury. If you need any modifications to these exercises, see the note in the listed exercise to find the exercise modification on YouTube.

All exercises on the XT plan below can be found on the [Body Enhancing Fitness YouTube Channel](#)



5K Running Plan

Week 1	Warm-up: 5 Min Run 1 Mile Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Good Mornings -Ab Crunch -Bird Dogs	Warm-up: 5 Min Run 1 Mile Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Front Squat -Bicycle Crunch -Calf Raises -Plank	Active Recovery	Warm-up: 5 Min Run 1.5 Mile Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 2	Warm-up: 5 Min Run 1 Mile Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Forward Lunge -Plank -Glute Bridge	Warm-up: 5 Min Run 1.5 Mile Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch - Front Squat - Ab Crunch - Calf Raise	Active Recovery	Warm-up: 5 Min Run 2 Miles Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 3	Warm-up: 7 Min Run 2 Mile Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Good Mornings -Bicycle Crunch -Bird Dog	Warm-up: 5 Min Run 1.5 Miles Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Front Squat -Plank -Glute Bridge	Active Recovery	Warm-up: 5 Min Run 2 Miles Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 4	Warm-up: 5 Min Run 1 Mile Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Forward Lunge -Ab Crunch -Calf Raise	Warm-up: 5 Min Run 2.5 Miles Cool-Down- 5 Min Stretch – 5 Min	Active Recovery Hydrate	Walk 2 Miles Stretch Hydrate!	 3.1 MILES	Active Recovery- Walk 1-2 Miles to prevent soreness

5K Walking Plan

Week 1	Warm-up: 5 Min Walk 20 Minutes Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Good Mornings -Ab Crunch -Bird Dogs	Warm-up: 5 Min Walk 25 Minutes Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Front Squat -Bicycle Crunch -Calf Raises -Plank	Active Recovery	Warm-up: 5 Min Walk 1.5 Mile Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 2	Warm-up: 5 Min Walk 25 Minutes Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Forward Lunge -Plank -Glute Bridge	Warm-up: 5 Min Walk 25 Minutes Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch - Front Squat - Ab Crunch - Calf Raise	Active Recovery	Warm-up: 5 Min Walk 2 Miles Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 3	Warm-up: 7 Min Walk 35 Minutes Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Good Mornings -Bicycle Crunch -Bird Dog	Warm-up: 5 Min Walk 30 Minutes Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Front Squat -Plank -Glute Bridge	Active Recovery	Warm-up: 5 Min Walk 2 Miles Cool-Down- 5 Min Stretch – 5 Min	Rest Day
Week 4	Warm-up: 7 Min Walk 40 Minutes Cool-Down/Stretch 5-10 Min	Cross-Train Warm-up/Stretch -Forward Lunge -Ab Crunch -Calf Raise	Warm-up: 5 Min Walk 45 Minutes Cool-Down- 5 Min Stretch – 5 Min	Cross-Train Warm-up/Stretch -Good Mornings -Ab Crunch -Bird Dogs	Active Recovery	 Walk 3.1 MILES	Rest Day

PERFORM THIS WARM-UP ROUTINE BEFORE YOU RUN/WALK

Walk 2 Minutes

Then Perform These :

Arm Swings/ Arm Circles Forward and Backwards- 10x

Standing Knee Hugs – 5 X Each Leg

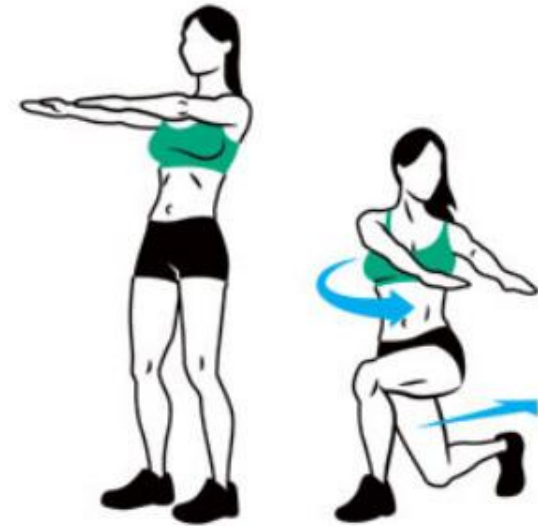
Table Tops – 5 X Each Leg

Standing Glute Kick Back- 5x Each Leg

Hamstring Scoops- 5 X Each leg

Quad Pulls- 5X Each Leg

Walking Lunges with Trunk Rotation 3X Each side



- A Warm-Up gets your central nervous system, soft tissues, and your organs ready to work.
- It can help increase performance and reduce the risk of injury.

On Cross-Training Days....

1. Self Myofascial Release (SMR): If you have a foam roller, apply gentle pressure to any tender spots/trigger points for 30 seconds to release tension in those areas.

2. Static Stretching: Do 2 sets each of a 30 second hold.

- | | |
|--|---------------------------|
| -Arm Swings/ Arm Circles Forward and Backwards | -Standing Glute Kick Back |
| -Table Tops | -Hamstring Scoops |
| -Standing Knee Hugs | -Quad Pulls |

COOLDOWN AND STRETCH

A solid cooldown routine after your training runs and races is just as important to your performance and recovery as the warmup.

COOLDOWN AND STRETCH ROUTINE

3-5 minutes of gentle walking.

If you're running , transition to a brisk walk first and then do gentle walking for the last minute or two.

If you're walking, just transition to a slower pace .

Quad Stretch- 3 X each leg with a 15 second Hold

Calf- Stretch- 3X Each leg- Hold for 20 Seconds

Hamstring Stretch- 3X Each Leg- Hold for 20 Seconds

Child's Pose – 3x Hold for 20 Seconds

*This one is great , especially if your back hurts after a workout.

CROSS-TRAINING EXERCISES

You will only have 3-4 exercises a day to complete. Each exercise will have written directions as well as a video link. You will complete a specific amount of sets (group of repetitions) and specific amount of repetitions or reps (number of times you perform the exercise). The amount will be noted in the directions for each exercise.

There will be space for you to record your progress if you like.

Please note that there may also be modifications of each exercise listed.

You can find the link to those videos on the Body Enhancing Fitness YouTube channel

Let's Get Started!

Week 1 Day 1

<u>Dumbbell Good Mornings</u> ❑ Stand in a comfortable stance with feet shoulder width apart. ❑ Grab and hold 1-2 dumbbells at shoulder level with your palms facing toward you. Slightly bend your knees. ❑ Grip the dumbbell(s) tightly, pulling it into your body. Take a deep breath in and tighten your core ❑ Without changing the bend in your knees, hinge at your hips and lower your torso until it's almost parallel to the floor. Do not bend lower than hip level. ❑ Lift your upper body back up to the original position and repeat for the set number of repetitions.	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	<u>Bodyweight Good Mornings</u> <i>Dumbbell Good Mornings</i>
<u>Ab Crunch</u> ❑ Lie on your back with your knees bent and feet flat on the floor, hip-width apart. ❑ Place your hands behind your head so your thumbs are behind your ears. Don't lace your fingers together. ❑ Hold your elbows out to the sides but rounded slightly in. ❑ Tilt your chin slightly, leaving a few inches of space between your chin and your chest. ❑ Gently engage your abdominals by pulling them inward. ❑ Curl up and forward so that your head, neck, and shoulder blades lift off the floor. ❑ Hold for a moment at the top of the movement and then lower slowly back down.	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	<u>Sky Crunch</u> <i>Ab Crunch</i>

Bird Dog	Modifications on YouTube →	Standing Bird Dog , Chair Bird Dog
❑ On the floor or a cushioned mat, kneel with knees hip-width apart and hands firmly on the ground about shoulder-width apart. Tighten your abdominal muscles. ❑ Practice lifting one hand and the opposite knee just an inch or two off the floor while balancing on the other hand and knee and keeping your weight centered. ❑ When you feel steady and ready to move on to full range of motion, point the arm out straight in front and extend the opposite leg behind you. You should form one straight line from your hand to your foot, keeping hips squared to the ground. If your low back begins to sag, raise your leg only as high as you can while keeping your back straight. ❑ Hold for a few seconds, then return your hands and knees. Switch to the other side. ❑ Keep the abs engaged throughout the entire exercise.	*You'll need a timer for this exercise Complete 3 rounds with a 30 second rest between rounds. Lift right arm and left leg for 5 seconds; lower to start position. Lift left arm and right leg for 5 seconds; lower to start position. Continue to alternate for 30-60 seconds depending on your ability level.	 <i>Bird Dog</i>

All exercises above and their modifications can be found on



On the [Body Enhancing Fitness YouTube Channel](https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/)

https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/

Week 1 Day 2

<u>Dumbbell Front Squat</u>	Modifications on YouTube →	<u>Bodyweight Squat</u>, <u>Modified Sumo Squat</u>
☐ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. ☐ Keeping your body upright and your arms parallel to the floor, tighten your abs and lower your body until the crease of the hip drops below the level of the knee, keeping your bodyweight centered over your heels. Push your hips back and bend your knees. ☐ Pause at the bottom, and then drive your heels into the floor to return back to the starting position. Alteration: Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell up over your shoulder, resting one of the dumbbell heads on the top of each shoulder	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	1. 2. <i>Dumbbell Front Squat</i>
Bicycle Crunch	Modifications on YouTube →	<u>Cross Crunch</u>
This exercise can be done on the floor or on an exercise mat. ☐ Lie flat on the floor with your lower back pressed to the ground and knees bent. Your feet should be on the floor and your hands are behind your head. ☐ Contract your abdominal muscles, drawing in your belly button to stabilize your spine. ☐ With your hands gently holding the side of your head, pull your shoulder blades back and slowly raise your knees to about a 90-degree angle, lifting your feet from the floor. ☐ Exhale and slowly, at first, go through a bicycle pedal motion, bringing one knee up towards your armpit while straightening the other leg, keeping both elevated higher	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	1. 2. <i>Bicycle Crunch</i>

than your hips. ☐ Rotate your torso so you can touch your elbow to the opposite knee as it comes up. ☐ Alternate to twist to the other side while drawing that knee towards your armpit and the other leg extended until your elbow touches the alternate knee.		
Dumbbell Calf Raises	<i>Modifications on YouTube →</i>	<u>Calf Raises</u> , <u>Seated Calf Raise</u>
☐ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. Place arms at the side of your body. ☐ Raise your heels a few inches off the ground so that you are on your tiptoes. ☐ Hold the position for a moment, and then lower your to the floor, feeling a stretch in your calf muscles. ☐ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Repeat.	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 1. 2. <i>Dumbbell Calf Raises</i>

Straight Arm Plank	Modifications on YouTube →	Elbow Plank , Plank on Knees , Wall Plank
This exercise can be done on the floor or on an exercise mat. ❑ Kneel on the floor. Place your hands (facing forward) on the floor in front of you directly under your shoulders. Lift your body off the ground by extending your weight from your knees to your toes. ❑ Support your body weight on your hands and toes ❑ Keep your abdominals tight and contracted with your back straight, eyes ahead of you, forming a “table top” position. If you feel your belly sagging toward the floor, push up toward the ceiling slightly. ❑ Hold this position for the allotted time. If you cannot hold for the full time, readjust your position and continue until the timer ends.	Complete 3 sets of 8-12 repetitions (reps) Set 1 – 30 second hold 20-30 sec rest Set 2 - 30 second hold 20-30 sec rest Set 3 – hold til failure	 <i>Straight Arm Plank</i>

All exercises above and their modifications can be found on



On the [Body Enhancing Fitness YouTube Channel](#)

https://www.youtube.com/channel/UC0Tn4Uy_9k4PIdj5hHTd6dQ/

Week 2 Day 1

Dumbbell Alternating Forward Lunges	Modifications on YouTube →	Forward Lunge, How to Modify A Forward Lunge (with a yoga block, Modified and Assisted Lunges For Injuries)
□ Stand up straight with a dumbbell in each hand. Hang your arms at your sides. Palms should face the thighs (hammer grip). Feet should be a little less than shoulder-width apart. □ Take a big step forward with either leg, bending at the knee until the front thigh approaches parallel to the ground, landing on the heel. Inhale as you go down. The rear leg is bent at the knee and balanced on the toes. DO NOT let the knee go past the tip of the toes on the leg you step forward with! □ Step back to your standing starting position while exhaling. □ Repeat the motion with the other leg. Alternate legs until you complete the set.	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 1. 2. <i>Dumbbell Alternating Forward Lunges</i>
Straight Arm Plank	Modifications on YouTube →	Elbow Plank, Plank on Knees, Wall Plank
This exercise can be done on the floor or on an exercise mat. □ Kneel on the floor. Place your hands (facing forward) on the floor in front of you directly under your shoulders. Lift your body off the ground by extending your weight from your knees to your toes. □ Support your body weight on your hands and toes □ Keep your abdominals tight and contracted with your back straight, eyes ahead of you, forming a “table top” position. If you feel your belly sagging toward the floor, push up toward the ceiling slightly. □ Hold this position for the allotted time. If you cannot hold for the full time, readjust your position and continue until the timer ends.	Complete 3 sets of 8-12 repetitions (reps) Set 1 – 30 second hold 20-30 sec rest Set 2 - 30 second hold 20-30 sec rest Set 3 – hold til failure	 <i>Straight Arm Plank</i>

<u>Glute Bridges</u>	Modifications on YouTube →	<i>Not Available</i>
☐ On the floor or an exercise mat, lie on your back. Bend knees and place feet flat on ground. ☐ Place arms at the side of your body. ☐ Lift hips up toward the ceiling, lifting entire back up off ground. Think of extending knees forward toward wall in front of you so you can lengthen hips. ☐ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Tap the floor with your bottom. Repeat lift. ** To get even more of a release through the front of body and hips, interlace the fingers underneath body by rolling up onto shoulder heads. Alteration: When moving to the low position from a raise, rest on the floor for 3-5 seconds instead of tapping the floor and raising up.	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 <i>Glute Bridge</i>

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https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/

Week 2 Day 2

<u>Dumbbell Front Squat</u>	Modifications on YouTube →	<u>Bodyweight Squat</u>, <u>Modified Sumo Squat</u>
☐ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. ☐ Keeping your body upright and your arms parallel to the floor, tighten your abs and lower your body until the crease of the hip drops below the level of the knee, keeping your bodyweight centered over your heels. Push your hips back and bend your knees. ☐ Pause at the bottom, and then drive your heels into the floor to return back to the starting position. Alteration: Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell up over your shoulder, resting one of the dumbbell heads on the top of each shoulder	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 Dumbbell Front Squat
<u>Ab Crunch</u>	Modifications on YouTube →	<u>Sky Crunch</u>
☐ Lie on your back with your knees bent and feet flat on the floor, hip-width apart. ☐ Place your hands behind your head so your thumbs are behind your ears. Don't lace your fingers together. ☐ Hold your elbows out to the sides but rounded slightly in. ☐ Tilt your chin slightly, leaving a few inches of space between your chin and your chest. ☐ Gently engage your abdominals by pulling them inward. ☐ Curl up and forward so that your head, neck, and shoulder blades lift off the floor. ☐ Hold for a moment at the top of the movement and then lower slowly back down.	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 Ab Crunch

Dumbbell Calf Raises	Modifications on YouTube →	Calf Raises , Seated Calf Raise
❑ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. Place arms at the side of your body. ❑ Raise your heels a few inches off the ground so that you are on your tiptoes. ❑ Hold the position for a moment, and then lower your to the floor, feeling a stretch in your calf muscles. ❑ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Repeat.	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 1. 2. <i>Dumbbell Calf Raises</i>

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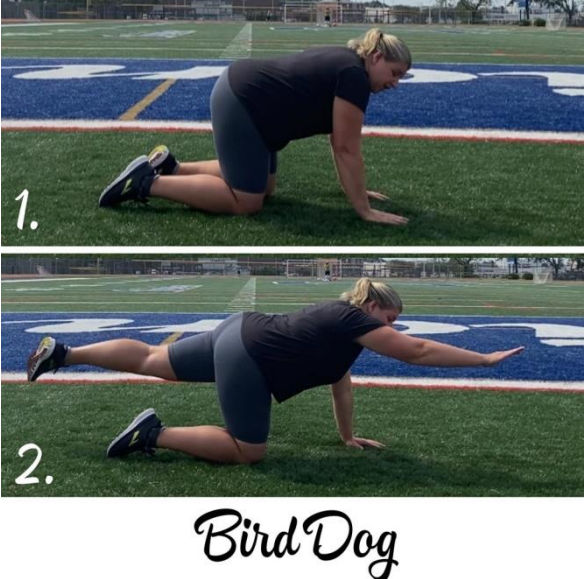


On the [Body Enhancing Fitness YouTube Channel](#)

https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/

Week 3 Day 1

<u>Dumbbell Good Mornings</u>	<i>Modifications on YouTube →</i>	<u>Bodyweight Good Mornings</u>
☐ Stand in a comfortable stance with feet shoulder width apart. ☐ Grab and hold 1-2 dumbbells at shoulder level with your palms facing toward you. Slightly bend your knees. ☐ Grip the dumbbell(s) tightly, pulling it into your body. Take a deep breath in and tighten your core ☐ Without changing the bend in your knees, hinge at your hips and lower your torso until it's almost parallel to the floor. Do not bend lower than hip level. ☐ Lift your upper body back up to the original position and repeat for the set number of repetitions.	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	<i>Dumbbell Good Mornings</i>
Bicycle Crunch	<i>Modifications on YouTube →</i>	<u>Cross Crunch</u>
This exercise can be done on the floor or on an exercise mat. ☐ Lie flat on the floor with your lower back pressed to the ground and knees bent. Your feet should be on the floor and your hands are behind your head. ☐ Contract your abdominal muscles, drawing in your belly button to stabilize your spine. ☐ With your hands gently holding the side of your head, pull your shoulder blades back and slowly raise your knees to about a 90-degree angle, lifting your feet from the floor. ☐ Exhale and slowly, at first, go through a bicycle pedal motion, bringing one knee up towards your armpit while straightening the other leg, keeping both elevated higher than your hips. ☐ Rotate your torso so you can touch your elbow to the opposite knee as it comes up. ☐ Alternate to twist to the other side while drawing that	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	<i>Bicycle Crunch</i>

knee towards your armpit and the other leg extended until your elbow touches the alternate knee.		
<u>Bird Dog</u>	<i>Modifications on YouTube →</i>	<u>Standing Bird Dog, Chair Bird Dog</u>
☐ On the floor or a cushioned mat, kneel with knees hip-width apart and hands firmly on the ground about shoulder-width apart. Tighten your abdominal muscles. ☐ Practice lifting one hand and the opposite knee just an inch or two off the floor while balancing on the other hand and knee and keeping your weight centered. ☐ When you feel steady and ready to move on to full range of motion, point the arm out straight in front and extend the opposite leg behind you. You should form one straight line from your hand to your foot, keeping hips squared to the ground. If your low back begins to sag, raise your leg only as high as you can while keeping your back straight. ☐ Hold for a few seconds, then return your hands and knees. Switch to the other side. ☐ Keep the abs engaged throughout the entire exercise.	*You'll need a timer for this exercise Complete 3 rounds with a 30 second rest between rounds. Lift right arm and left leg for 5 seconds; lower to start position. Lift left arm and right leg for 5 seconds; lower to start position. Continue to alternate for 30-60 seconds depending on your ability level.	 <i>Bird Dog</i>

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Week 3 Day 2

<u>Dumbbell Front Squat</u> □ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. □ Keeping your body upright and your arms parallel to the floor, tighten your abs and lower your body until the crease of the hip drops below the level of the knee, keeping your bodyweight centered over your heels. Push your hips back and bend your knees. □ Pause at the bottom, and then drive your heels into the floor to return back to the starting position. Alteration: Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell up over your shoulder, resting one of the dumbbell heads on the top of each shoulder	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____ reps 20-30 sec rest Set 2 - _____ reps 20-30 sec rest Set 3 - _____ reps	<u>Bodyweight Squat</u>, <u>Modified Sumo Squat</u>  1. 2. Dumbbell Front Squat
Straight Arm Plank This exercise can be done on the floor or on an exercise mat. □ Kneel on the floor. Place your hands (facing forward) on the floor in front of you directly under your shoulders. Lift your body off the ground by extending your weight from your knees to your toes. □ Support your body weight on your hands and toes □ Keep your abdominals tight and contracted with your back straight, eyes ahead of you, forming a “table top” position. If you feel your belly sagging toward the floor, push up toward the ceiling slightly. □ Hold this position for the allotted time. If you cannot hold for the full time, readjust your position and continue until the timer ends.	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 – 30 second hold 20-30 sec rest Set 2 - 30 second hold 20-30 sec rest Set 3 – hold til failure	<u>Elbow Plank</u>, <u>Plank on Knees</u>, <u>Wall Plank</u>  Straight Arm Plank

<u>Glute Bridges</u>	<i>Modifications on YouTube →</i>	<i>Not Available</i>
☐ On the floor or an exercise mat, lie on your back. Bend knees and place feet flat on ground. ☐ Place arms at the side of your body. ☐ Lift hips up toward the ceiling, lifting entire back up off ground. Think of extending knees forward toward wall in front of you so you can lengthen hips. ☐ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Tap the floor with your bottom. Repeat lift. ** To get even more of a release through the front of body and hips, interlace the fingers underneath body by rolling up onto shoulder heads. Alteration: When moving to the low position from a raise, rest on the floor for 3-5 seconds instead of tapping the floor and raising up.	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	1.  2.  <i>Glute Bridge</i>

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https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/

Week 4 Day 1

Dumbbell Alternating Forward Lunges □ Stand up straight with a dumbbell in each hand. Hang your arms at your sides. Palms should face the thighs (hammer grip). Feet should be a little less than shoulder-width apart. □ Take a big step forward with either leg, bending at the knee until the front thigh approaches parallel to the ground, landing on the heel. Inhale as you go down. The rear leg is bent at the knee and balanced on the toes. DO NOT let the knee go past the tip of the toes on the leg you step forward with! □ Step back to your standing starting position while exhaling. □ Repeat the motion with the other leg. Alternate legs until you complete the set.	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	Forward Lunge, How to Modify A Forward Lunge (with a yoga block, Modified and Assisted Lunges For Injuries)  1. 2. <i>Dumbbell Alternating Forward Lunges</i>
<u>Ab Crunch</u> □ Lie on your back with your knees bent and feet flat on the floor, hip-width apart. □ Place your hands behind your head so your thumbs are behind your ears. Don't lace your fingers together. □ Hold your elbows out to the sides but rounded slightly in. □ Tilt your chin slightly, leaving a few inches of space between your chin and your chest. □ Gently engage your abdominals by pulling them inward. □ Curl up and forward so that your head, neck, and shoulder blades lift off the floor. □ Hold for a moment at the top of the movement and then lower slowly back down.	Modifications on YouTube → Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	Sky Crunch  1. 2. <i>Ab Crunch</i>

Dumbbell Calf Raises	Modifications on YouTube →	Calf Raises , Seated Calf Raise
❑ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. Place arms at the side of your body. ❑ Raise your heels a few inches off the ground so that you are on your tiptoes. ❑ Hold the position for a moment, and then lower your to the floor, feeling a stretch in your calf muscles. ❑ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Repeat.	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 <i>Dumbbell Calf Raises</i>

All exercises above and their modifications can be found on



On the [Body Enhancing Fitness YouTube Channel](#)

https://www.youtube.com/channel/UC0Tn4Uy_9k4PI dj5hHTd6dQ/

Week 4 Day 2 (Walkers Only)

<u>Dumbbell Front Squat</u>	<i>Modifications on YouTube →</i>	<u>Bodyweight Squat</u> , <u>Modified Sumo Squat</u>
☐ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. ☐ Keeping your body upright and your arms parallel to the floor, tighten your abs and lower your body until the crease of the hip drops below the level of the knee, keeping your bodyweight centered over your heels. Push your hips back and bend your knees. ☐ Pause at the bottom, and then drive your heels into the floor to return back to the starting position. Alteration: Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell up over your shoulder, resting one of the dumbbell heads on the top of each shoulder	Complete 3 sets of 8-12 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 <i>Dumbbell Front Squat</i>
Bicycle Crunch	<i>Modifications on YouTube →</i>	<u>Cross Crunch</u>
This exercise can be done on the floor or on an exercise mat. ☐ Lie flat on the floor with your lower back pressed to the ground and knees bent. Your feet should be on the floor and your hands are behind your head. ☐ Contract your abdominal muscles, drawing in your belly button to stabilize your spine. ☐ With your hands gently holding the side of your head, pull your shoulder blades back and slowly raise your knees to about a 90-degree angle, lifting your feet from the floor. ☐ Exhale and slowly, at first, go through a bicycle pedal motion, bringing one knee up towards your armpit while straightening the other leg, keeping both elevated higher	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 <i>Bicycle Crunch</i>

than your hips. ☐ Rotate your torso so you can touch your elbow to the opposite knee as it comes up. ☐ Alternate to twist to the other side while drawing that knee towards your armpit and the other leg extended until your elbow touches the alternate knee.		
Dumbbell Calf Raises	<i>Modifications on YouTube →</i>	<u>Calf Raises</u>, <u>Seated Calf Raise</u>
☐ Stand with your feet shoulder-width apart, toes pointed forward. With palms facing inside, hold a dumbbell in each hand at your side. Place arms at the side of your body. ☐ Raise your heels a few inches off the ground so that you are on your tiptoes. ☐ Hold the position for a moment, and then lower your to the floor, feeling a stretch in your calf muscles. ☐ Lift high and hold for 2-3 seconds. Lower to starting position in a controlled movement. Repeat.	Complete 3 sets of 10-15 repetitions (reps) Set 1 - _____reps 20-30 sec rest Set 2 - _____reps 20-30 sec rest Set 3 - _____reps	 1. 2. <i>Dumbbell Calf Raises</i>

Straight Arm Plank	Modifications on YouTube →	Elbow Plank , Plank on Knees , Wall Plank
This exercise can be done on the floor or on an exercise mat. ❑ Kneel on the floor. Place your hands (facing forward) on the floor in front of you directly under your shoulders. Lift your body off the ground by extending your weight from your knees to your toes. ❑ Support your body weight on your hands and toes ❑ Keep your abdominals tight and contracted with your back straight, eyes ahead of you, forming a “table top” position. If you feel your belly sagging toward the floor, push up toward the ceiling slightly. ❑ Hold this position for the allotted time. If you cannot hold for the full time, readjust your position and continue until the timer ends.	Complete 3 sets of 8-12 repetitions (reps) Set 1 – 30 second hold 20-30 sec rest Set 2 - 30 second hold 20-30 sec rest Set 3 – hold til failure	 <i>Straight Arm Plank</i>

All exercises above and their modifications can be found on



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PLEASE NOTE

This training plan was designed to provide individuals at all fitness levels with a comprehensive training. It is designed for those who have a basic level of fitness (can walk comfortably for 30 minutes). If you are unsure of your fitness level, we strongly recommend you consult your Doctor.

This plan was created for educational purposes and guidance.

This is not intended to be medical advice.

Latinas Running and Body Enhancing Fitness, Inc. assumes no responsibility for injuries suffered while following this guide. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.