

DAY 3

Exercise Name	Date:		
	Sets	Reps	Lbs
Push Ups (can opt for lay down push ups)	4	15	
Resistance Band Bicep Curls	4	1 min	
Resistance Band Tricep Kickbacks	4	1 min	
Shoulder Press (resistance bands or dumbbells)	4	15	
Side Plank (30 seconds each side)	4	1 min	
Burpees	4	1 min	
Bicycle Crunches	4	1 min	
Instructions: This workout should take roughly 30 minutes. Start at the top of the column (set) and move down vertically (completing exercises back to back with minimal/no rest) until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets.			

Bonus Challenge Day 3 – Eat with Intention

It sounds cliché, but there really is truth in the saying that “you are what you eat”. HOW we eat is just as important as what we eat, and can greatly impact our body’s ability to digest and absorb nutrients effectively. Starting today, attempt to eat each meal more mindfully. Don’t use your phone or computer, watch TV, or use any other electronics while you eat. Sit at a table or desk where there aren’t other distractions, and just focus on the food in front of you. Try chewing each bite 20-30 times and really practice savoring each bite, identifying and appreciating the different flavors and textures.