



HealthySelf Reset™



# HealthySelf Reset™

Movement: Week 3



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## WEEK 3

Welcome to Week 3 of our HealthySelf workouts! Remember to **click on the movement names to watch an instructional video**. The video will also provide options for scaling each movement to meet your ability level. You will also find custom timers for each workout session. Click on the **TIMER** in order to view it on your smart phone or computer. The warm up portion of the session is meant to prime your body to move and should be completed at an easy pace. The workout session should be completed with as much intensity as you can bring. The Morning5 movements are meant to be completed as soon as you get out of bed in the morning to prime your body and set the tone for the day. We hope you have fun with these movements, and please let us know if you have any questions by posting in our [Facebook Group](#).

### Day 1 - Morning5

Do 25 [Burpees](#) first thing when you get out of bed

### Day 2 - Workout

#### [DAY 2 TIMER](#)

#### Warm Up (0:00-5:00)

[Squat Prep](#) 10x Each Movement

Then, 3 Times Through:

10 [Mountain Climbers](#)

5 [Push-ups](#)

#### Transition (5:00-6:00)

#### Workout (6:00-25:20)

Alternate between 0:20 work / 0:10 rest for 8 Intervals (4 Minutes) of each exercise:

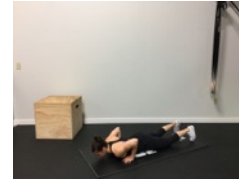
Rest 1:00 before moving on to the next exercise

[Squat](#)

[Push-Up](#)

[Sit-Up](#)

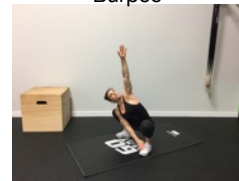
[Burpee](#)



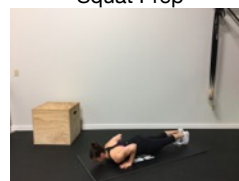
Burpee



Mountain Climbers



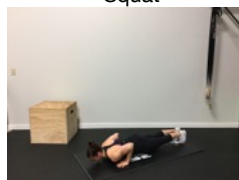
Squat Prep



Push-Up



Squat



Push-Up



Sit-up



Burpee



\*Do 8 intervals of Squats, then rest 1:00, then 8 intervals of Push-Ups, rest 1:00, etc.



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**Cool Down (25:20-30:00)**

[Scorpion](#) 15x Each Side

[Iron Cross](#) 15x Each Side

[Couch Stretch](#) 45 Sec Per Side

**Day 3 - Morning5**

First thing when you get out of bed, to 5 minutes of [Vinyasa](#)

**Day 4 - Workout**

**[DAY 4 TIMER](#)**

**Warm Up (0:00-8:00)**

Calf Stretch 1:00 Per Side

Then, 6 Times Through:

0:20 work / 0:10 rest

[Jump Squat](#)

[Plank](#)

\*Do 12 Total Intervals, Alternate Movements Each Interval

**Transition (8:00-9:00)**

**Workout (9:00-24:00)**

As Many Rounds as Possible in 15 Minutes:

30 [Jumping Jacks](#)

10 [Push-Ups](#)

10 [Squats](#)

**Recover (24:00-25:00)**

**Cool Down (25:00-30:00)**

Calf Stretch 1 Minute Per Side

Chest Stretch 1 Minute Per Side

**Day 5 - Morning5**

When you first wake up, do this 3x through: 5 [Push-Ups](#), 10

[Squats](#), and 15 [Jumping Jacks](#)

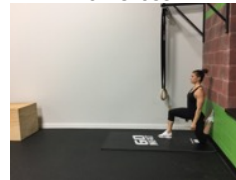
\*To scale, just do this once or twice through. It should take less than 5 minutes total.



Scorpion



Iron Cross



Couch Stretch



Vinyasa



Calf Stretch - Option 1



Calf Stretch - Option 2



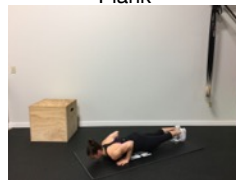
Jump Squat



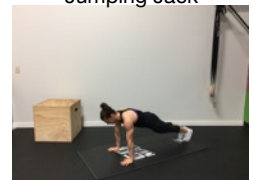
Plank



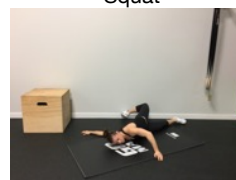
Jumping Jack



Push-Up



Squat



Chest Stretch - Option 1



Chest Stretch - Option 2



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## Day 6 - Workout

### DAY 6 TIMER

#### Warm Up (0:00-10:00)

4 Times Through:

5 [Push-Ups](#)

10 [Lunges](#) (5 on each leg)

15 [Jumping Jacks](#)

\*Stop at 10:00 even if you haven't completed this 4 times.

\*\*Try to increase your speed with each round.

#### Transition (10:00-12:00)

#### Workout (12:00-24:00)

As Many Rounds As Possible in 12 Minutes:

10 [Burpees](#)

20 [Jumping Lunges](#)

30 [Sit-ups](#)

#### Cool Down (24:00-30:00)

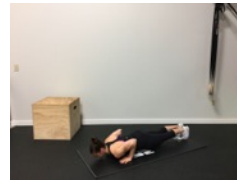
Pigeon 1 Minute Per Side

Instep Stretch 1 Minute Per Side

30 [Scorpion](#) (15x Per Side)

## Day 7 - Morning5

First thing when you get out of bed: Instep Stretch, 1 min each side + Pigeon 1 min each side



Push-Up



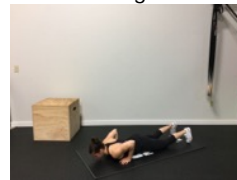
Lunge



Jumping Jack



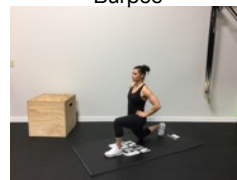
Burpee



Jumping Lunge



Sit-up



Pigeon



Instep Stretch



Scorpion

