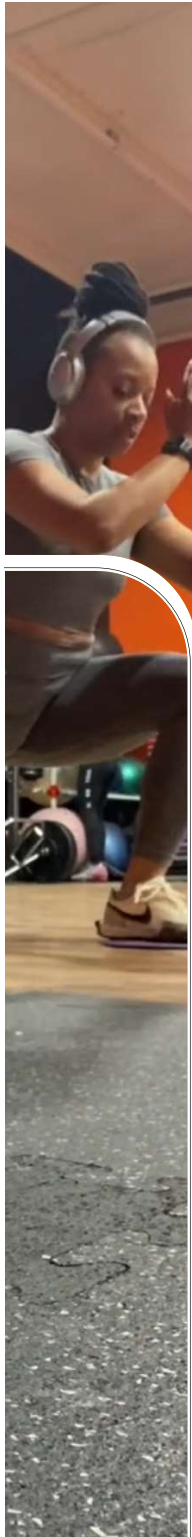




Workout Plan



INTRODUCTION

Hi! I'm Shareka, an ISSA Certified Personal Trainer and CEO of Get Up and Get Moving (GUGM) Fitness. My passion is helping others achieve their fitness goals – whether it's weight loss, cardio/strength training or creating a consistent exercise program to improve your overall health and transform your body. My focus is on individuals that want to improve their physical health, but don't know how to get started. I can assist you in developing a 30-minute program -- you CAN reach your fitness goals if you're consistent! Let me help you begin the journey to a healthier YOU! Let's do an initial assessment to create a custom exercise/fitness routine to improve your physical and mental health!

What does being FIT mean to you?

Join the GUGM Fitness and Give me 30 mins!!



Thank you for choosing GUGM Fitness. Here is your customized workout plan. This plan is designed to help you build strength and condition your body to #getupandgetmoving while burning calories. The equipment needed for this 2 week plan is: resistance bands, 5-10 lb weights and a kettlebell. Let me know if you have any Questions.

#getupandgetmoving



30 min workout

3-4 times a week



WEEK 1

15 Second rest after each exercise

45 second jumping jacks w/
resistance band

45 second chest fly

45 second squat bicep curl

45 second boxing jab w/weight

45 second tricep kick backs

45 second lunges w/shoulder press (rt leg)

45 second lunges w/shoulder press (lt leg)

45 second crunch w tricep curl

45 second plank step outs

Rest 1 minute

Repeat 2 more rounds

**Equipment: 5-10 lb weight
and resistance band**

Click the link for video:

[https://www.dropbox.com/scl/fi/6lsv5ve9qito9buelyf2w/1week-custom-pkan.mov?
rlkey=bkyvr66kl8pgepvbgpxqo8v9c&dl=0](https://www.dropbox.com/scl/fi/6lsv5ve9qito9buelyf2w/1week-custom-pkan.mov?rlkey=bkyvr66kl8pgepvbgpxqo8v9c&dl=0)



Your Feedback is Welcome!

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