

RECON DAILY EXERCISE ROUTINE

WHAT YOU NEED:

Treadmill or a place to walk and clear space for push-ups or burpees

Option: Pair of dumbbells (5-10lbs) and sturdy chair or bench for incline push-ups

WEEK 1

5 push-ups › walk 5 minutes › 5 push-ups

OR

5 sets of 5 burpees, rest for 1 minute between each set.

Keep your first week simple. Your only goal this week is to get in the habit of exercising every day.

WEEK 2

10 push-ups › walk 10 minutes › 10 push-ups

OR

7 sets of 5 burpees, rest for 1 minute between each set.

Option: Carry a set of light dumbbells during the 10 minutes of walking.

WEEK 3

15 push-ups › walk 15 minutes › 15 push-ups

OR

10 sets of 5 burpees, rest for 1 minute between each set.

Option: Carry a set of light dumbbells during the 15 minutes of walking. You can add in movements like bicep curls with the dumbbells.

WEEK 4

20 push-ups › walk 20 minutes › 20 push-ups

OR

5 sets of 10 burpees, do 10 push-ups between each set

Option: Try inclined push-ups. If you're carrying dumbbells while walking, add in more movements such as shoulder shrugs, lateral raises, or military presses.

QUESTIONS?

Call **1.800.273.1686** or Email **RECON@PersonalTrainerFood.com**