

A 30 day exercise program that works for beginners



We know how hard it is to carve out time for an exercise program, and one thing we are not short on besides time, is excuses. Here is a simple program that builds cardiovascular endurance, keep your muscles strong and your skin turgor happier. For those of you over 50, you know what we are talking about! What you need: 12 minutes a day initially, just 5 days a week, the ability to be outside and own a pair of tennis shoes!

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| Week One | Walk at a comfortable rate for 60 steps, then either walk much faster than you are normally comfortable doing, for a total of 60 steps OR run as fast you can for 60 steps. Repeat this cycle 5 times - total of 10 minutes |
| | Do 5 push ups either on your knees or regular push ups. - total of 2 minutes 12 minutes total for your entire work out. |
| Week Two | Add one more cycle so you are doing 6 versus 5 cycles. - total of 12 minutes |
| | Do 7 push ups and 7 lunges, (7 on each side) - total of 3 minutes 15 minutes total for your entire work out. |
| Week Three | Continue to walk 60 steps but then increase the number of accelerated steps to 80 - total of 14 minutes |
| | Do 10 push ups and 10 lunges - total of 3.5 minutes 17.5 minutes total for your entire work out. |
| Week Four | Add one more cycle so you are doing 7 versus 6 cycles - total as 16 minutes |
| | Do 15 push ups and 15 lunges - total of 4 minutes 20 minutes for your entire work out. |
| Supplements | Start taking a good source of the amino acid, leucine, which you can get with whey protein. Be sure it is formulated as concentrated whey, not an isolate. A good source can be purchased at mercola.com . If you are vegetarian, the Vegan protein powder can also be purchased on mercola.com . One more helpful supplement, Collagen 2, will allow soft tissues support. This can be purchased at any health food store. |
| Stretch | Ask about our 2 Bounce stretching protocol. We will send you the you tube link. Total time needed is 2 minutes. |
| Ready? | Take a picture of yourself on Day 1 and Day 30 and email those shots to us as pwclinic@comcast.net . The winner will get a free massage! |

