



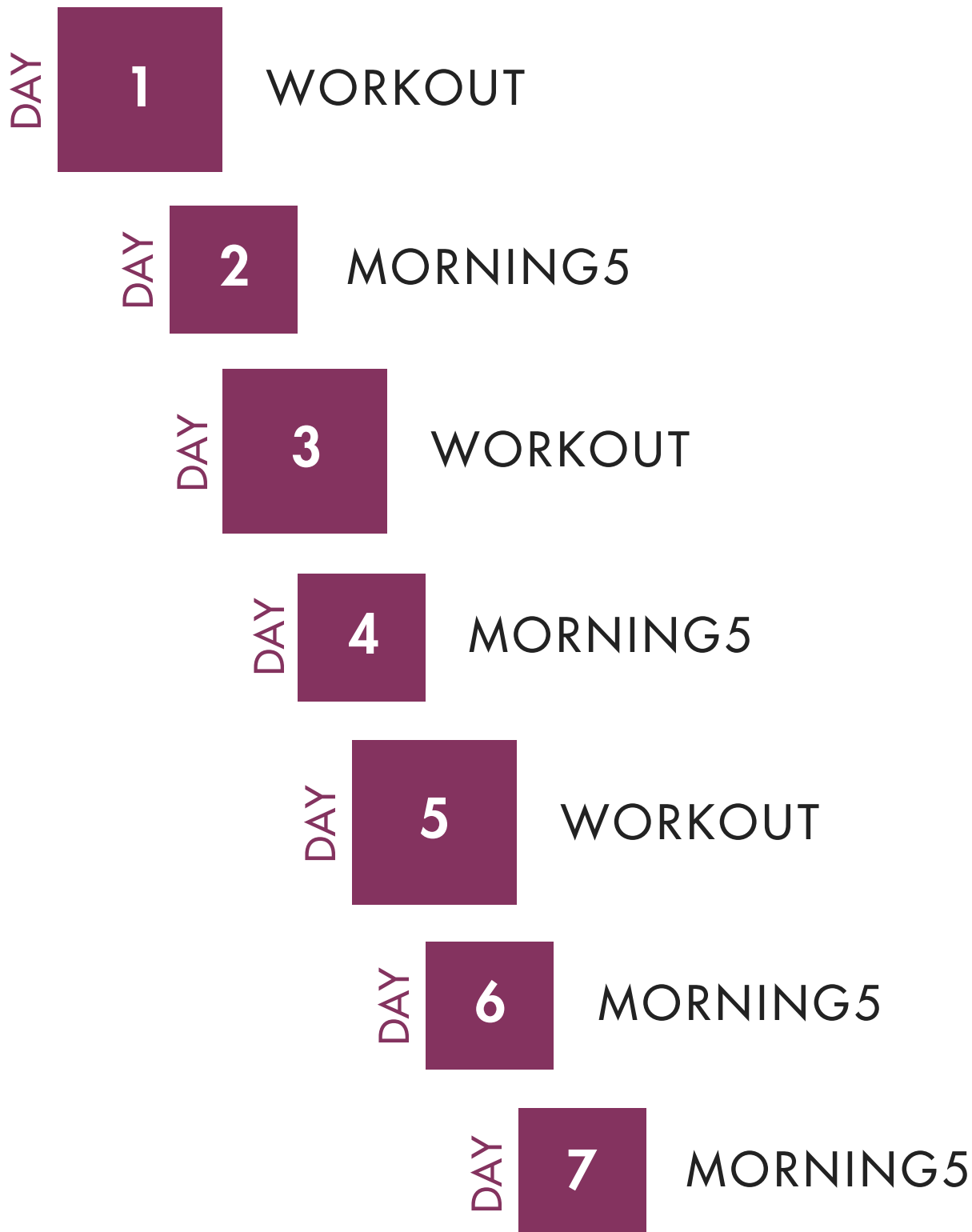
# HEALTHYSELF RESET

WEEK 1 | WORKOUTS + MORNING5





# WEEK 1 | SCHEDULE





# DAY 1 | WORKOUT

**TIMER**

## WARM UP 0:00 - 10:00

0:00-3:00 SQUAT PREP  
3:00-5:00 WRIST MOBILITY  
5:00-10:00 cycle through the following movements for 5 min at a warm-up pace:  
20 JUMPING JACKS  
10 LUNGES (5 REPS EACH LEG)  
5 SIT-UPS  
5 SUPERMANS

## WORKOUT 10:00 - 22:00

Complete as many rounds as possible in 12 min of the following:  
20 MOUNTAIN CLIMBERS  
(right leg + left leg = 2 reps)  
10 AIR SQUATS  
10 SIT-UPS  
10 BURPEES

## COOL DOWN 22:00 - 30:00

COUCH STRETCH, 1 min each side  
ELBOW TO TOE, 15 reps each side  
IRON CROSS, 1 min  
SCORPION, 1 min  
DOWN DOG, 1 min



# DAY 2 | MORNING5

**TIMER**

**MORNING5**  
**0:00 - 5:00**

5 rounds of:  
0:20 SUPERMAN  
0:10 REST  
0:20 PLANK  
0:10 REST  
\*Perform each movement for the indicated duration



# DAY 3 | WORKOUT

**TIMER**

**WARM UP**  
**0:00 - 11:00**

0:00-9:00 WARM UP  
6 rounds of:  
0:20 Per Movement / 0:10 Rest  
JUMPING JACKS  
PLANK  
BURPEES  
  
9:00-11:00 TRANSITION

**WORKOUT**  
**11:00 - 20:00**

11:00-19:00 WORKOUT  
As Many Rounds as Possible in 8 Minutes:  
15 JUMP SQUATS  
15 TRICEPS DIPS  
15 V-UPS  
  
19:00-20:00 RECOVER

**COOL DOWN**  
**20:00 - 30:00**

VINYASA, 5 min  
COUCH STRETCH, 1 min each side  
PIGEON STRETCH, 1 min each side  
PANCAKE, 1 min



# DAY 4 | MORNING5

**TIMER**

**MORNING5**  
**0:00 - 5:00**

VINYASA



# DAY 5 | WORKOUT

## TIMER

**WARM UP**  
**0:00 - 10:00**

0:00-8:00 WARM UP

Two rounds:

15 SQUATS

15 MOUNTAIN CLIMBERS

15 BURPEES

15 JUMP SQUATS

\*Stop at 8 minutes, even if you haven't finished

8:00-10:00 TRANSITION

**WORKOUT**  
**10:00 - 22:00**

Complete 50 repetitions of each movement, then 40 repetitions of each, 30, 20, and 10:

JUMPING JACKS

SIT-UPS

\*To scale this workout, do 25-20-15-10-5 repetitions of each movement

**COOL DOWN**  
**22:00 - 30:00**

CALF STRETCH, 1 min each side

ELBOW-TO-TOE, 30 reps each side

UP DOG, 0:45 work/0:15 rest for 3 sets



# DAY 6 | MORNING5

**TIMER**

**MORNING5**  
**0:00 - 5:00**

0:00-2:00 10 SQUATS, 10 PUSH-UPS, 10 BURPEES  
2:00-3:00 IRON CROSS  
3:00-4:00 SCORPION  
4:00-5:00 UP DOG

\*perform each movement for the indicated duration.





# DAY 7 | MORNING5

**TIMER**

**MORNING5**  
**0:00 - 5:00**

25 BURPEES  
Then do VINYASA flow for the remainder of the 5 minutes