



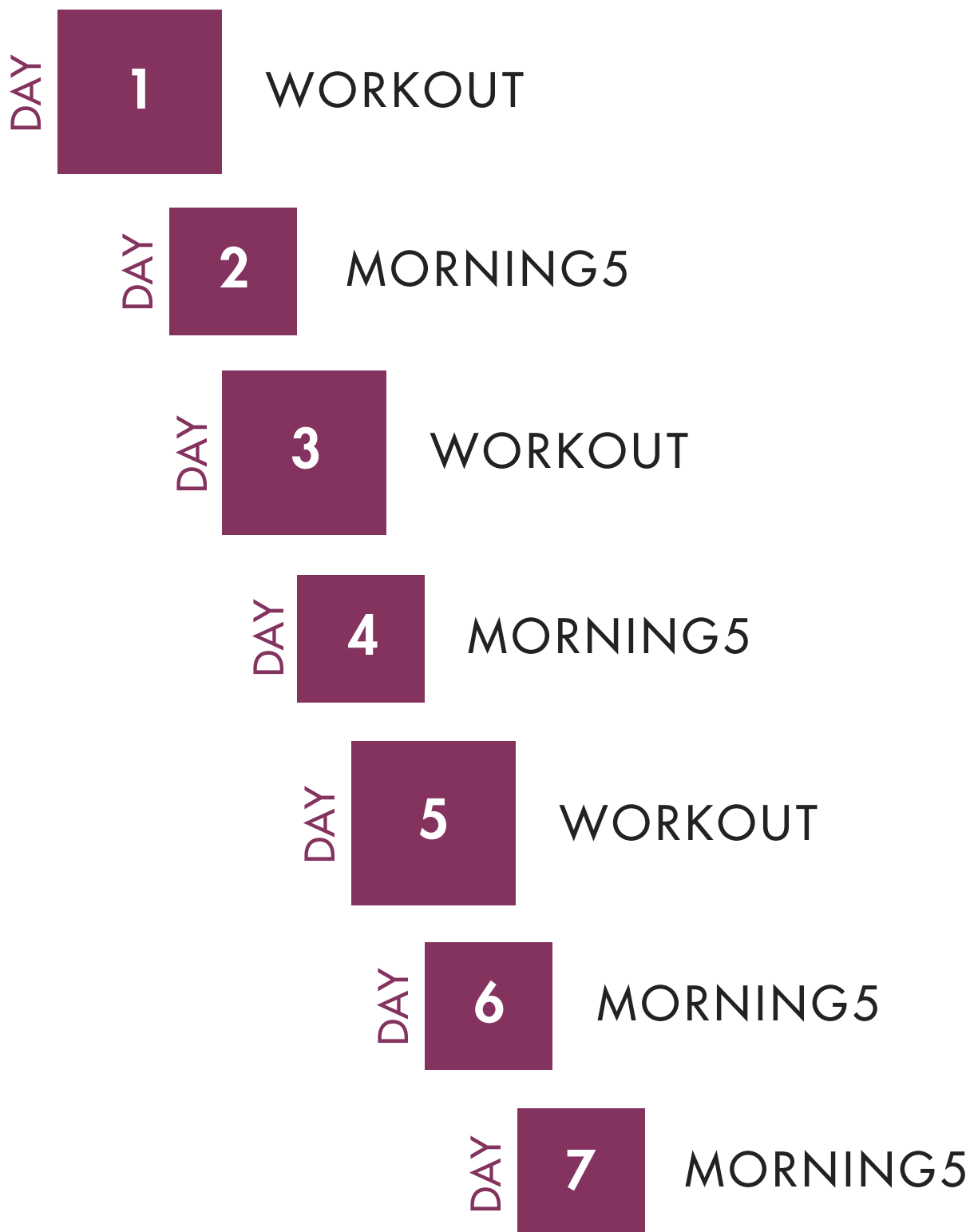
HEALTHYSELF RESET

WEEK 2 | 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 WARM-UP
2 rounds:
RUN IN PLACE, 1 min
10 JUMP SQUATS
10 SIT-UPS
10 LUNGES (right leg + left leg = 2 reps)
10 PUSH-UPS

WORKOUT 10:00 - 25:00

5 rounds of:
0:30 LUNGES (right leg + left leg = 2 reps)
0:15 REST
0:30 SIDE PLANK (Right)
0:15 REST
0:30 JUMP SQUATS
0:15 REST
0:30 SIDE PLANK (Left)
0:15 REST
*Perform each movement for the indicated duration

COOL DOWN 25:00 - 30:00

UP DOG, 1 min
COUCH STRETCH, 1 min each side
DOWN DOG, 1 min
SCORPION, 1 min



DAY 2 | MORNING5

TIMER

MORNING5
0:00 - 5:00

VINYASA



DAY 3 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

WRIST MOBILITY, 1 min
UP DOG, 1 min
DOWN DOG, 1 min
IRON CROSS, 1 min
SCORPION, 1 min
5:00-10:00 As many rounds as possible in 5 minutes at a warm-up pace:
20 JUMPING JACKS
10 SQUATS
5 PUSH-UPS

WORKOUT
10:00 - 25:00

“Death by Burpees”
Minute 1, complete 1 BURPEE
Minute 2, complete 2 BURPEES
Minute 3, complete 3 BURPEES
...etc up to 15 minutes and 15 burpees
If you can't finish all the burpees in 1 min, take the next min off and decrease by 2 reps and stay at that number for the remainder of the 15 min

COOL DOWN
25:00 - 30:00

COUCH STRETCH, 1 min each side
ELBOW TO TOE, 1 min
IRON CROSS, 1 min
SCORPION, 1 min



DAY 4 | MORNING5

TIMER

MORNING5
0:00 - 5:00

SQUAT PREP, 15 reps each movement
0:30 PLANK
SCORPION, 10 reps each side



DAY 5 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

0:00-3:00 SQUAT PREP
3:00-5:00 WRIST MOBILITY
5:00-10:00 Do 0:15 of each movement for 5 rounds:
PLANK
SIDE PLANK (Left)
SIDE PLANK (Right)
SUPERMAN

WORKOUT
10:00 - 25:00

SETUP, 1 min

Every 2 min x 7 rounds:
5 PUSH-UPS
10 AIR SQUATS
15 V-UPS
Rest the remainder of the interval.

COOL DOWN
25:00 - 30:00

IRON CROSS, 10 reps each side
SCORPION, 10 reps each side
DOWN DOG, 1 min
UP DOG, 1 min



DAY 6 | MORNING5

TIMER

MORNING5
0:00 - 5:00

0:00-3:00 Complete 3 rounds of:

0:20 JUMPING JACKS

0:20 HOLLOW HOLD

0:20 SUPERMAN

3:00-5:00 PIGEON STRETCH, 1:00 each side



DAY 7 | MORNING5

TIMER

MORNING5
0:00 - 5:00

COUCH STRETCH, 1 min each side
DOWN DOG, 1 min
UP DOG, 1 min
ELBOW TO TOE, 1 min