**Workout Checklist**

**Warm Up**

[Example: Slow walking lunges across the room, back and forth, for sixty seconds.]

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**Cardio**

[Example: Jog on the treadmill for five minutes at 3% incline.]

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**Weights**

[Example: Lat pulldown machine. Twelve reps. Rest. Repeat three times.]

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**Core**

[Example: Hold forearm plank for at least ninety seconds.]

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**Extra Credit**

[Example: Thirty mountain climbers!]

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**Stretch/Cool Down**

[Example: Wide leg stance forward fold. Hold at least thirty seconds.]

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**Victory/Reward**

***Complete at least three workouts this week…to unlock a special reward!***

***Come up with a few ways to reward yourself for your hard work.***

[Example: Treat myself to tickets for the new Keanu Reeves movie!]

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