

Strength Endurance Workout

BENEFITS PERSONAL TRAINING PARTNERED WITH **I CHALLENGE DIABETES**

VIDEO WORKOUT SUPPORTING GUIDE

This guide was created as a supporting resource for a pre-recorded, follow-along workout. **Make sure to check it out here: <https://youtu.be/fGBUlatwp1g>**.

WARM UP

Complete each warm up exercise for 45 seconds, with 10 seconds transition time, for 2 rounds total.



JUMPING JACK INCHWORMS

**HIGH PLANK TO
DOWNWARD DOG
WITH TAPS**

**LEGS WIDE, ALT. TOE
TAPS**

WORK

Complete exercises in circuits (5 exercises, back to back). Complete each exercise for 45 seconds, with 20 seconds transition time, for 3 rounds total, Rest for 1-2 minutes after you have completed all of your rounds.

CIRCUIT ONE:

***Stiff-Legged Deadlift
with Upright Row***

***Alternating Reverse
Lunges with Bicep Curl***

***Chest Fly with Sit-
Up/Row***

***Bent-Over Row to
Triceps Kickback***

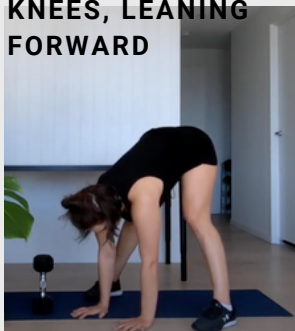
Plank Jacks



COOL DOWN

Hold each stretch for at least 30 seconds.

LEGS WIDE, SOFT
KNEES, LEANING
FORWARD



ABDUCTOR STRETCH



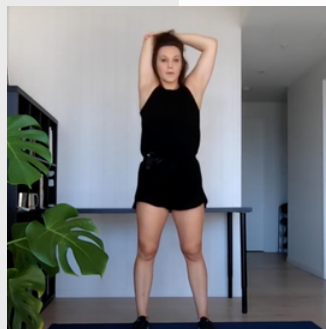
QUAD STRETCH



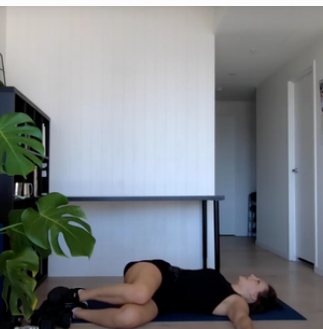
CHEST STRETCH



TRICEPS STRETCH



THORACIC STRETCH



Hey, I'm Jenn! How wonderful to meet you!

In case we're crossing paths for the first time...

My name is Jenn, I'm a Type 1 Diabetic, Canadian, who loves travel, photography, good vibes, and great naps. I am the fitness, nutrition & wellness coach behind BENEFITS Personal Training.

I'll try and keep things short here.

Encouraging people to pursue their best selves is at the heart of everything I do. It's my joy to provide the knowledge, accountability, and support that you need to discover a healthy lifestyle that is nurturing, sustainable, encouraging and empowering.

I've been in business since 2013 helping people become the best version of themselves through personal fitness training, outdoor group training, and online fitness & nutrition coaching.

DISCLAIMER

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