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# Ready, Set, Go!

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Ever have those days when you feel like walking right past your plans for a workout? You just have too much to do or you're simply out of energy so you step right over those workout clothes you laid out the night before.

Is the problem really that you lack motivation? Personally, I believe it's something more, something on the INSIDE. Motivation waxes and wanes with emotions and outside influences. I can think of a million times I looked at my list of to dos, felt other priorities press me and was tempted to take a day off!

So, what's the secret to succeed in moving these beautiful bodies? Here's a few of my musing that go beyond motivation:

- **Be Inspired by your deeper intentions.** There's something more than motivation, something inside you reminding you to move, right? It's what made you lay out your workout clothes in the first place. It's why you're here [1]! What makes you want to move more in the body God gave you? I know my reasons [2]. *Write yours down and lay the list right on top of your outfit or stick it on the mirror!*
- **Habits Die Hard.** Building a new routine means giving another one up. It's undeniably tough to do! It feels a little like swimming upstream or going against the grain of what's comfortably normal. That's just a fact. So, when you're pulled in a different direction, tempted to toss in the towel, recognize it's all part of the process. Accept it....and *exercise anyways*!
- **Feel Good Fitness.** We all want the 'perfect plan' or feel obligated to the latest fitness trend. But fitness should be inspiring and feel good! Play in the park, dance in the living room, listen to invigorating music and creatively incorporate more movement into your everyday routine [3]. Then, fit in strategic strength exercises (like those on this site! [4]) when you can to round out your routine. Here's how I do it. [5]
- **Consistency is Key.** I believe our bodies were meant to move. God gave us muscles, joints, and ligaments....and they all start to stiffen, lose strength and become less functional when we don't USE them. *To LIVE WELL, we must get up and move* in whatever way feels fitting for where we're at today. The more consistent you are, the more you'll want to keep moving. If it's not the body

benefits, it'll be the mood boosting, mind calming effects that keep you moving. Check out how I describe a Happily Whole MIND [6]and BODY [7].

With that, I want to give you a simple routine for those days when you're ready to give up or give in to temptation. It's short but effective. When you only have twenty to thirty minutes, pop open your computer or print this out for an energizing exercise routine including a touch of toning and cardio in-between.

I've mixed and matched exercises from previous workouts to show you how fitness can be flexible.

Side Plank Option 1

Side Plank Option 2

Side Plank Option 3

Skater Lunge Step 1

Skater Lunge Step 3

Happily Whole
Living well from the inside out
Dumbbell Row Step 1

Dumbbell Row Step 1

Happily Whole
Living well from the inside out
Dumbbell Row Step 2

Dumbbell Row Step 2

Push up on Stability ball Step 1

Push up on Stability ball Step 2

Stability Ball Bridge Step 1

Stability Ball Bridge Step 2

Happily
Living well from the inside out
Walking Lunge
Overhead Press Step 1

Walking Lunge with Overhead Press Step 1

Happily Whole
Walking Lunge
Overhead Press
Step 2

Walking Lunge with Overhead Press Step 2

plank

## Warm-Up

No warm up necessary for this workout.  It's built into the routine.  Just take a few deep breaths, clear some space and get ready to move.

**Do the cardio exercise for 3 minutes, the strength exercise for 2 minutes and the core exercise for 1 minutes.  So be sure to have a watch or clock within sight.**

****Please remember: NOT all exercises have a corresponding photo. If you want more targeted workouts with greater details and descriptions, consider becoming a Happily Whole Member [8].**

## Workout Set

| Exercise | Description | Sets | Reps | Tempo |
|---|---|---|---|---|
| Jumping Jacks | Ok, I know some of you just refuse. Here are a couple variations. Land with soft knees and lower into a little squat when you land. Take it down another notch and do a step touch to the left and right as you raise your hands overhead | 1 | 3 minutes | As quick as you can to raise your heart rate |
| Push up on the Stability ball | Roll out in a prone position. Hands on the floor. Lower head and chest down to the floor. Adjust the amount of weight you are lifting by rolling out farther on the ball. | 1 | 2 minutes | Lower down for 2 count, lift to 3 count. |

| Exercise | Description | Sets | Reps | Tempo |
|---|---|---|---|---|
| Side Plank | Sit on your side hip with your legs extended. Bend your bottom leg to 90 degree. Your top leg should be straight and extended. The hand on the floor should be under your shoulder. Lift your hips from the floor and remember to keep your body in alignment from your head to your toes. Hold for 5 count. Lower back down. | 1 | 30 seconds each side | Raise your spine to 3 count and lower for 3 count. |
| Skater Lunge | Step left with left leg, cross right leg behind. Step right with right leg, cross left leg behind. Increase speed to comfortable pace | 1 | 3 minutes | As quick as you can to raise your heart rate. |
| Dumbbell Row | Leaning forward with flat back, extend arms to floor. Draw weights up to arm pits. | 1 | 2 minutes | Raise to 2 count, lower to 3 count. |
| Stability Ball Bridge | Begin sitting on SB. Walk out until head and shoulders are on the ball. Push tummy to ceiling then lower hips down toward the floor. Repeat | 1 | 1 minute | Lower to 2 count, raise to 3 count. |
| Hop, Hop, Squat | Perform 2 hops and on 3rd hop, land in a squat. Keep your knees soft when you land. Don’t lock them out. | 1 | 3 minutes | Keep it up and get your heart punping. |
| Walking Lunge with Overhead Press | Lunge forward and lower back knee to floor. As you lower into lunge, raise weights up into bicep curl and then overhead into overhead press. Step back foot forward as if walking. Lower into lunge. | 1 | 2 minutes | Lunge to 2 count, lift weights to 2 counts. |
| Plank | Lay on the floor face down. Place your forearms on the floor with your elbows under your shoulders. Extend your legs and push up onto your elbows and toes. Hold this position. Don’t let your hips lower to the ground. If you need to lower down, make sure you raise back up and reach 1 min. | 1 | 1 minute | With a strong core, hold and keep breathing. |

## Cool Down

Take a moment to walk around or march in place to lower your heart rate. Lay on floor with your arms stretched out overhead. Straighten your legs and feel your abs relax and stretch.  Pull one leg in at a time keeping your knee straight for a hamstring stretch. Hug both knees in, rock side to side and then roll up! Done.

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**Links**
[1] https://www.livinghappilywhole.com/happily-whole-lifestyle
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