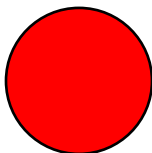


Every day presents diverse challenges that may hinder your workout routine or take the fun out of fitness. You may be tired, busy or simply bored with your current routine, and these factors impact your mood and how well you perform when exercising. Assessing your energy level and adapting your workout to either (1) **match** or (2) **combat** your zone, enables you to have long term fitness success and stay on track with your goals.

Use the below assessment and the following workout routines to adapt and conquer each day!

ASSESS YOUR ENERGY LEVEL AND CHOOSE A ZONE



Red Zone

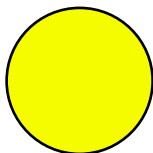
Mood: Fatigued, busy, feeling less than 60 percent

Fitness Options

1. Low intensity RED ZONE exercise session to keep you moving through a difficult day

OR

2. Moderate intensity YELLOW ZONE exercise session to increase your energy and mix up your day



Yellow Zone

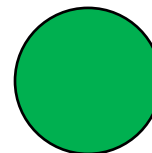
Mood: Slightly fatigued, hesitant, feeling between 60 - 85 percent

Fitness Options

1. Moderate intensity YELLOW ZONE exercise session to maintain your fitness routine and stay on track

OR

2. High intensity exercise session to enhance your mood and step into the GREEN ZONE



Green Zone

Mood: High energy, balanced, feeling 85 percent or higher

Fitness Options

1. High intensity GREEN ZONE exercise session to keep you in the zone

OR

Complete all three circuits!

DIRECTIONS:

Complete one circuit three to six times at an intensity you are comfortable with. If you are in the **GREEN ZONE** and choose to complete all three circuits in succession, start with the first circuit for three rounds

RED ZONE	YELLOW ZONE	GREEN ZONE
20 sec. work THEN 20 sec. rest Repeat 3-6 rounds	12-15 reps exercises 1 and 2 THEN 30 sec. high knees Repeat 3-6 rounds	8-12 reps exercises 1 and 2 THEN 30 sec. mountain climbers Repeat 3-6 rounds
Air Squats	Dumbbell Squat and Press	Dumbbell Clean and Press
Trunk Rotation	High Plank Shoulder Taps	Woodchoppers
High Knees Marching	High Knees Running	Mountain Climbers

Circuit 1: Red Zone

- 20 seconds work followed by 20 seconds rest
- Complete each exercise in order

Air Squats

Stand with feet shoulder width apart. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight balanced throughout your feet. Return to starting position and repeat for 20 seconds.



Trunk Rotation

While keeping your pelvis facing forward, carefully turn your head and upper spine to the right. Hold position for a second then repeat on the opposite side. Repeat the rotations for 20 seconds.



High Knees Marching

While stationary, lift one leg at a time to march in place. Pump your arms throughout the motion. Perform exercise for 20 seconds.



Circuit 2: Yellow Zone

- 12-15 reps exercises 1 and 2 then 30 seconds of high knees
- Repeat 3-6 rounds

Dumbbell Squat and Press

Stand with feet shoulder width apart, dumbbells in hand, resting on your shoulders. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight balanced throughout your feet. As you stand, press dumbbells straight overhead. Lower dumbbells back down to your shoulders and repeat for 12-15 reps.



High Plank Shoulder Taps

Position your hands directly under your shoulders, with your legs extended behind you and your feet in a wide stance. Without twisting your hips, tap your hand to your opposite shoulder one at a time. Keep your back flat, hips in line with shoulders, and feet driven hard into the ground. Perform exercise continuously.



High Knees Running

While stationary, jog your knees up toward your waist one at a time. Try to increase your speed. Pump your arms throughout the movement. Perform exercise for 30 seconds.



Circuit 2: Green Zone

- 8-12 reps exercises 1 and 2 then 30 seconds of mountain climbers
- Repeat 3-6 rounds

Dumbbell Clean and Press

Stand with feet hip width apart and a slight bend in the knees. Let dumbbells hang at knee level, keeping your back flat. Explode upward, straightening your hips and knees and allowing elbows to bend to snatch dumbbells up towards your chin. Keeping them close to your body throughout the movement. Snatch the dumbbells by flipping your wrists to lift and catch them in front of your shoulders, bending your legs to assist with the catch. Straighten legs and press dumbbells overhead. Return back to the starting position and repeat for 8-12 reps.



Woodchops

Begin standing with feet hip width apart, knees slightly bent and toes pointing to the left. Hold a dumbbell with two hands to the side of your left knee. Slightly twist your torso and pull the dumbbell from your hip in towards your midline. Allow your toes to pivot as your torso twists. Twist your torso and press dumbbell diagonally across your body towards your right shoulder, finishing with your toes pointing right. Slowly pivot and twist back to your starting position. Remember to keep your back flat and strong. Perform 8-12 reps on one side then repeat the same number of reps on the other side.



Mountain Climber

Start in a high plank with your hands directly under your shoulders and legs extended behind you. Quickly drive your knees in one at a time towards your chest for 30 seconds. Remember to engage your core throughout the motion.

