

Summer of Strength

<http://jessicasmithtv.com/join-us-for-a-summer-of-strength/>

Here is your suggested weekly workout line up for the next five weeks
(Feel free to start your week off with Sunday or Monday as Day 1 – whatever works best for you).

This five week rotation can be easily repeated throughout the summer and into the fall – you may want to take a week off in between cycles (or not); feel free to follow it as outlined and/or use it as a guide and swap in other workouts of your choice in order to continue on but within a similar structure.

Too hard? If you are new to exercise or starting back up after a long hiatus, remember to listen to your body and go at your own pace. You may want to sub in one of our more beginner friendly routines any day you find the recommended one a bit too much. Prefer no floor work? Feel free to choose from our vitally floor work free “Walk On” series options [we also have a lot of floor work free or standing only YouTube video options as well].

Too easy? If you have been keeping up with your workouts and going strong, feel free to amp things up by using our advanced modification options, **increasing your weights** during strength training, or, even adding on additional workout time if that feels right for you. And, please keep in mind that there are several days a week that purposely have you training in your endurance zone, a more moderate intensity that while it may feel ‘easier,’ still offers big health benefits.

Week 1 ~ Focus: Stamina

Notes: It's time to build up our stamina! Be sure to use your heaviest set(s) of weights this week (remember, you can start with your heaviest and then drop down to the next lower set if you can't complete every rep in the set with great form). Challenge your body, but always stay safe too!

	YouTube	DVD
DAY 1: TOTAL BODY	35-Minute Straight Up Strength Training	30-Minute Total Body [“Walk Strong 3”]
DAY 2: STRETCH	30-Minute Strength in Stillness	30-Minute Yoga for Strength & Flexibility [“Yoga Fusion Fix”]
DAY 3: UPPER BODY	20-Minute Awesome Arms & Abs	30-Minute Upper Body Strength [“Walk Strong”]
DAY 4: STRETCH	15-Minute Short & Sweet Stretch	15-Minute Yoga for Stress Relief and Relaxation [“Yoga Fusion Fix”]
DAY 5: LOWER BODY	15-Minute Lower Body Blast	30-Minute Lower Body [“Walk Strong 3”]
DAY 6 & 7: OFF	<i>Feel free to mix these in during the week if you prefer. Mix it up any way that works best for you! OFF Days off are also great for adding in additional stretch or prehab style routines too.</i>	

Week 2 ~ Focus: Endurance

Notes: This week is all about building a stronger foundation by focusing on muscular endurance, balance, agility, and mobility. Focus on being able to perform your repetitions through the largest range of motion you safely can using great form for every rep. We're going higher on the rep count, so feel free to go lighter on your weights during this week's sessions.

	YouTube	DVD
DAY 8: TOTAL BODY STRENGTH	30-Minute Stepping Strength	45-Minute Stepping Strength ["Walk On: Get Strong"]
DAY 9: ENERGIZING STRETCH	30-Minute Strong Stretch	30-Minute AM: Energizing Flow ["Yoga Stretch for Beginners and Beyond"]
DAY 10: TOTAL BODY FUSION	20-Minute Barefoot Fusion Sculpt	47-Minute Fusion Strength ["Feel Good Fusion"]
DAY 11: CORE STRETCH	20-Minute Core Stretch	20-Minute Core Stretch ["Total Body Balance"]
DAY 12: TOTAL BODY BARRE	52-Minute Ballet Burn	60-Minute Barre Fitness (Play All) ["Barre Fitness"]
DAY 13 & 14: OFF	<i>Feel free to mix these in during the week if you prefer. Mix it up any way that works best for you! OFF Days off are also great for adding in additional stretch or prehab style routines too.</i>	

Week 3 ~ Focus: Power

Notes: Our power-focused training this week will offer even more of a cardio effect, especially if you go heavier with your weights (when appropriate, making sure you can still maintain great form and control during the reps) during the sessions. Be sure to attempt these tougher training days when you are both fully rested and hydrated so you can really push yourself during the workouts (and then enjoy those light mobility work days in between!).

	YouTube	DVD
DAY 15: METABOLIC CONDITIONING	30-Minute MetCon 5	30-Minute Metabolic Conditioning ["Walk Strong 3"]
DAY 16: FLEXIBILITY & MOBILITY	8-Minute Total Body Towel Stretch	30-Minute Gentle Yoga for Stability and Mobility ["Gentle Yoga Stretch"]
DAY 17: CARDIO SCULPT	20-Minute Cardio Sculpting	28-Minute Total Body Abs Transformer ["Cardio Abs"]
DAY 18: DYNAMIC STRETCH	18-Minute Total Body Stress Relieving Dynamic Stretch	30-Minute Dynamic Stretch ["Walk Strong"]
DAY 19: INTERVAL SCULPT	30-Minute Travel Friendly Cardio + Strength Circuit Workout	30-Minute Cardio Interval Sculpt ["Walk Strong 3"]
DAY 20 & 21: OFF	<i>Feel free to mix these in during the week if you prefer. Mix it up any way that works best for you! OFF Days off are also great for adding in additional stretch or prehab style routines too.</i>	

Week 4 ~ Focus: Function

Notes: While our sessions always focus on both form and function since our ultimate goal is to train for a better quality of life, this week's sessions highlight some of the bonus effects these types of workouts can provide not only during your exercise time, but in your daily life too.

	YouTube	DVD
DAY 22: TOTAL BODY + CORE	23-Minute Single Sided Strength	15-Minute Streamline Sculpt + 15-Minute Total Body Training + OPTIONAL 15-Minute Add On Abs ["Walk Strong 3"]
DAY 23: PILATES	20-Minute Belly, Buns & Thighs Yoga	30-Minute Pilates + Yoga ["Walk Strong 3"]
DAY 24: TOTAL BODY PREHAB & STRENGTH	30-Minute Total Body Standing Strength	[OPTIONAL extended warm up] 30-Minute Prehab ["Walk Strong"] + 35-Minute Total Focus ["Walk Strong: Boost Metabolism & Muscle"]
DAY 25: GENTLE YOGA FOR BACK PAIN PREVENTION	40-Minute Gentle Yoga for Back	30-Minute Yoga for Back Pain Prevention ["Gentle Yoga for Back Pain Relief & Prevention"]
DAY 26: TOTAL BODY BARRE & AGILITY	20-Minute Total Body Barre *NEW* + [OPTIONAL] 40-Minute Fusion Band	30-Minute Barre Sculpt ["Walk Strong 3"] + [OPTIONAL] Balance & Agility ["Walk Strong: Build Balance & Inner Strength"]
DAY 27 & 28: OFF	<i>Feel free to mix these in during the week if you prefer. Mix it up any way that works best for you! OFF Days off are also great for adding in additional stretch or prehab style routines too.</i>	

Week 5 ~ Focus: Total Strength

Notes: The final week of this rotation is focused on bringing together the stamina, endurance, power, and function that you've been developing and putting it into each one of these routines with total strength. Work to the best of your ability, performing the fullest expression of all of the movements, managing the heaviest weight or advancement option you are able to handle with great form and control. (Just a heads up, Day 29's DVD options are a little longer than usual, so feel free to swap days around if needed, or use the YouTube options instead, in order to fit it into your schedule). Oh, and at the end of the week, don't forget to celebrate your STRENGTH once you are done! You did it — yeah!!

	YouTube	DVD
DAY 29: LOWER & UPPER BODY	30-Minute Total Body Strength Training + 15-Minute Total Body Cardio Strength	35-Minute Lower Focus + 35-Minute Upper Body ["Walk Strong: Boost Metabolism & Muscle"]
DAY 30: STRETCH	25-Minute Total Body Stretch	20-Minute Yoga for Balance & Core Strength ["Yoga Fusion Fix"]
DAY 31: TOTAL BODY STRENGTH	18-Minute Total Body Sculpting Time Saver Workout	40-Minute Strictly Strength [Walk On: Get Strong]
DAY 32: STRETCH	15-Minute Stretch Out Stress	30-Minute Gentle Yoga for Flexibility and Relaxation ["Gentle Yoga Stretch"]
DAY 33: STRENGTH & ENDURANCE	36-Minute Stride & Strength Walk	30-Minute Strength Interval Walk ["Walk On: 30 Day Plan / Major Metabolism Booster"]
DAY 34 & 35: OFF	<i>Feel free to mix these in during the week if you prefer. Mix it up any way that works best for you! OFF Days off are also great for adding in additional stretch or prehab style routines too.</i>	