

January Jump Start

<http://jessicasmithtv.com/2019-january-challenge/>

Your suggested weekly workout line up for the month is outlined for you below
(feel free to start your week off with Sunday or Monday as Day 1 – whatever works best for you).

Active Rest Days: Do something you enjoy that keeps you moving but that doesn't feel like 'exercise!'
Play an outdoor sport with family, volunteer to help at a local shelter, go for a hike with a friend, etc.

Week 1		
	YouTube	DVD
DAY 1: STRENGTH	35-Minute Straight Up Strength Training	40-Minute Strictly Strength ["Walk On: Get Strong!"]
DAY 2: CARDIO + STRETCH	HIIT for Beginners: Kickboxing Interval Training <i>Bonus Add-On:</i> 18-Minute Full Body Stretching	30-Minute Cardio Hit! ["Walk Strong 3"] <i>Bonus Add-On:</i> 17-Minute Total Stretch ["Total Stretch"]
DAY 3: STRENGTH	30-Minute Total Body Strength Training	30-Minute Total Body Training ["Walk Strong 1"]
DAY 4: CARDIO + STRETCH	30-Minute Feel Good Fusion <i>Bonus Add-On:</i> 20-Minute Dynamic Stretch	35-Minute Flow Cardio ["Feel Good Fusion"] <i>Bonus Add-On:</i> 33-Minute Dynamic Stretch ["Total Stretch"]
DAY 5: STRENGTH	28-Minute Ballet Body Barre	20-Minute Barre Burn ["Barre Fitness"]
DAY 6: CARDIO + STRETCH [Optional]	HIIT for Beginners: Walking Interval Cardio Workout, Low Impact <i>Bonus Add-On:</i> 18-Minute Simple, Total Body Stretch	30-Minute Low Impact HIIT ["Walk On: 21 Day Plan"] <i>Bonus Add-On:</i> 30-Minute Stride, Stretch & Relax ["Walk On: 21 Day Plan"]
DAY 7: ACTIVE REST DAY	<i>Bonus Add-On:</i> 15-Minute Stretch Out Stress	<i>Bonus Add-On:</i> 15-Minute Yoga for Stress Relief and Relaxation ["Yoga Fusion Fix"]

Week 2

	YouTube	DVD
DAY 8: STRENGTH	30-Minute Steppin' Strength	45-Minute Stepping Strength ["Walk On: Get Strong!"]
DAY 9: CARDIO + STRETCH	30-Minute Steady State Cardio <i>Bonus Add-On:</i> 25-Minute Total Body Stretch	30-Minute Steady, Ready, Go! ["Walk Strong: Burn Fat & Have Fun!"] <i>Bonus Add-On:</i> 30-Minute Deep Stretch ["Total Stretch"]
DAY 10: STRENGTH	20-Minute Barefoot Fusion Sculpt	47-Minute Fusion Strength ["Feel Good Fusion"]
DAY 11: CARDIO + STRETCH	30-Minute Interval Cardio + Core <i>Bonus Add-On:</i> 15-Minute Short and Sweet Stretch	30-Minute Interval Mix ["Walk Strong 1"] <i>Bonus Add-On:</i> 20-Minute Flow 3: Hips and Knees ["Gentle Yoga"]
DAY 12: STRENGTH	35-Minute Cardio Strength Step Circuit	30-Minute Metabolic Conditioning ["Walk Strong 3"]
DAY 13: CARDIO + STRETCH [Optional]	30-Minute Stride and Step <i>Bonus Add-On:</i> 30-Minute Yoga Stretch	30-Minute Cardio Step Jam ["Walk Strong 3"] <i>Bonus Add-On:</i> 30-Minute Session 1: Flexibility and Relaxation ["Gentle Yoga Stretch"]
DAY 14: ACTIVE REST DAY	<i>Bonus Add-On:</i> 12-Minute Under the Weather Routine	<i>Bonus Add-On:</i> 30-Minute Yoga for Back Pain Prevention ["Gentle Yoga for Back Pain and Prevention"]

Week 3

	YouTube	DVD
DAY 15: STRENGTH	15-Minute Cardio + Strength Circuit + 15-Minute Total Body Strength	30-Minute Cardio Interval Sculpt ["Walk Strong 3"]
DAY 16: CARDIO + STRETCH	30-Minute HIIT for Beginners: Cardio Intervals <i>Bonus Add-On:</i> 8-Minute Total Body Towel Stretch	30-Minute Boogie I.T. ["Walk Strong 3"] <i>Bonus Add-On:</i> 20-Minute Yoga for Balance and Core Strength ["Yoga Fusion Fix"]
DAY 17: STRENGTH	25-Minute Total Body Toned	30-Minute Circuit 3: Total Focus ["Walk Strong: Boost Metabolism + Muscle"]
DAY 18: CARDIO + STRETCH	30-Minute Power Interval Walk <i>Bonus Add-On:</i> 20-Minute Recovery Day Routine	3-Mile Flat Abs Power Walk ["Walk On: Walk Off Belly Fat"] <i>Bonus Add-On:</i> 30-Minute Session 2: Stability and Mobility ["Gentle Yoga Stretch"]
DAY 19: STRENGTH	30-Minute 'Knee Friendly' Total Body Barre Workout	30-Minute Barefoot Fusion Sculpt ["Walk Strong 1"]
DAY 20: CARDIO + STRETCH [Optional]	30-Minute Cardio Core Fusion Flow <i>Bonus Add-On:</i> 18-Minute Total Body Stress Relieving Dynamic Stretch	30-Minute Core Control ["Walk Strong: Build Balance + Inner Strength"] <i>Bonus Add-On:</i> 30-Minute Yoga for Strength and Flexibility ["Yoga Fusion Fix"]
DAY 21: ACTIVE REST DAY	<i>Bonus Add-On:</i> 30-Minute Stretch, Rest & Relax	<i>Bonus Add-On:</i> 30-Minute PM Relaxing Flow ["Yoga Stretch for Beginners and Beyond"]

Week 4

	YouTube	DVD
DAY 22: STRENGTH	30-Minute Total Body Sculpt	30-Minute Total Body ["Walk Strong 3"]
DAY 23: CARDIO + STRETCH	Pick Your 4 Favorite Miles from our "Walking Workouts" Playlist* <i>*count these miles towards your step count for today!</i> <i>Bonus Add-On:</i> 10-Minute Seated Chair Stretch	Walk On: 4-Mile Power Walk* [full program, if time permits] <i>*count these miles towards your step count for today!</i> <i>Bonus Add-On:</i> 20-Minute Chair Stretch Routine ["Walk On: 30 Day Plan"]
DAY 24: STRENGTH	15-Minute Upper Body Burn + 15-Minute Lower Body Blast	30-Minute Upper Body + 30-Minute Lower Body ["Walk Strong 3"]
DAY 25: CARDIO + STRETCH	30-Minute Cardio Ball Blast <i>Bonus Add-On:</i> 30-Minute Strength in Stillness	30-Minute Have a Ball! ["Walk Strong: Burn Fat + Have Fun!"] <i>Bonus Add-On:</i> 30-Minute Yoga Strength + Stretch ["Walk Strong 3"]
DAY 26: STRENGTH	36-Minute Stride and Strength	30-Minute Tred and Shed ["Walk On: 21 Day Plan"]
DAY 27: CARDIO + STRETCH [Optional]	30-Minute Kickboxing Cardio Abs <i>Bonus Add-On:</i> 15-Minute Foam Roller Routine	28-Minute Cardio Abs + Bonus 4-Minute Tabata ["Cardio Abs"] <i>Bonus Add-On:</i> 30-Minute Prehab Routine ["Walk Strong 1"]
DAY 28: ACTIVE REST DAY	Bonus Add-On: 12-Minute Better Posture Workout	Bonus Add-On: The Strong Feet + Ankles Workout + Strong Knees + Hips Routine ["Walk On: 5 Fat Burning Miles"]