

SiSU Move

CHALLENGE E-BOOK

Free 28-Day
Workout Plan to help
get you moving and
much more!

[SISUHEALTHGROUP.COM](https://www.sisuhealthgroup.com)

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ABOUT SiSU HEALTH

Our mission is to help every single person become their best self and live better. We provide you with the resources so you can measure, track and improve your health.

SiSU Health Group positively disrupts the enormous social and economic burden that preventable disease presents to individuals, families and future generations.

We encourage everybody to embrace movement in their everyday life. Exercise has shown to have many benefits for you body and your mind.

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Get your body moving

Physical exercise has many benefits for your mind, body and soul. Some people find it challenging to maintain a regular exercise routine, but sometimes a different perspective on exercise is all you need.

Exercise comes in many forms; what works for some, may not work for others. We recommend finding something that works for you and try increasing the frequency of that exercise as you get stronger.

If exercise is completely new to you, consult your medical professional before you get started.

EXERCISE

Tips on how you can get moving.

By making small, manageable changes to your routine, you can make a sustainable difference to your health long term.

Monthly

- Discuss exercise with your medical professional
- Join your local gym or try a yoga class
- Use YouTube to find virtual training sessions
- Find an exercise buddy for motivation and accountability

Weekly Action Ideas

- Exercise three times a week
- Schedule two-morning workouts
- Create an exercise plan for the week
- Explore new workout playlists to keep you motivated

Daily Action Ideas

- Take the stairs
- Park far away
- Go for a walk before dinner
- Aim to walk a minimum of 10,000 steps a day



Plan your weekly activities

When looking to develop healthy lifestyle habits, it can be easier to plan it out. Thinking ahead can help you set yourself up for success, by taking the guesswork out and prepreparing what you're going to do for exercise during the week, it can help you stick to your goal.

Try our 28-day workout plan. Aim to incorporate at least three workouts a week. Always pick an exercise that is safe for you to do.

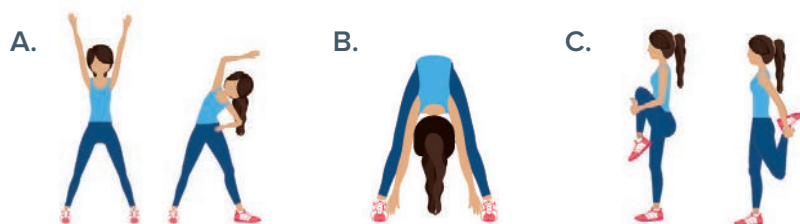
Tip: If you are new to exercise, start by going for 30 minute walks first, increasing the speed, incline and time until you feel comfortable to attempt any HIIT or strength exercises.

Note: Always consult a medical professional if you are new to exercise.



Stretching

Stretching is a great way to relax; it also aids in your recovery, injury prevention and flexibility. Ease into each of the below positions and hold for 20-30 seconds. Make sure you repeat all stretches on both sides of your body, ie. Both arms and both legs. Maintain steady breathing throughout and do not force yourself to stretch, you should feel a slight pull, but not a burning tear.



- A. Side Stretch
- B. Hamstring Stretch
- C. Toe Touch

EXERCISE

28 day exercise plan.

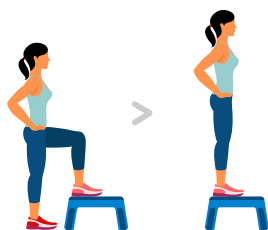
Complete 4 rounds of each with 25 seconds rest between each set.

Tip: Make sure you have a water bottle with you to keep you hydrated and a small towel for comfort.

Day 1



Jumping Jacks - **20 reps**

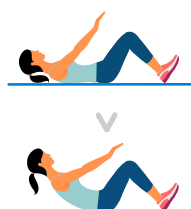


Step Ups - **10 reps**



Squats - **10 reps**

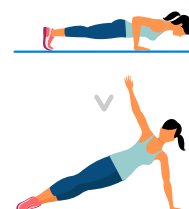
Day 2



Sit Ups - **10 reps**

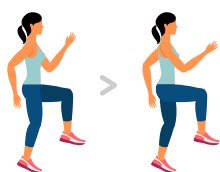


Plank - **15 secs**



Push up to side plank - **10 reps**

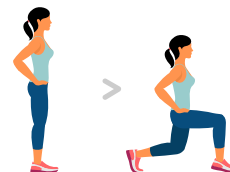
Day 3



High Knees - **20 reps**

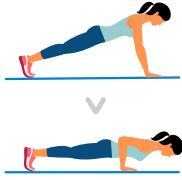


Wall Sit - **15 secs**

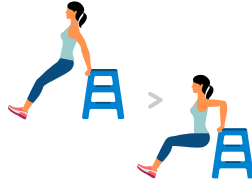


Walking Lunges - **10 reps**

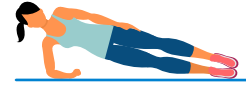
Day 4



Push Ups - **10 reps**

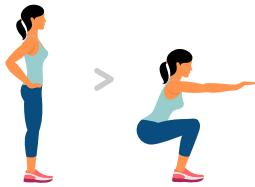


Tricep Dips - **10 reps**



Side Plank - **20 secs**

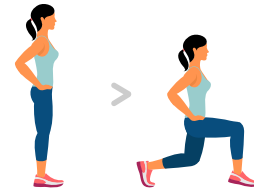
Day 5



Squats - **10 reps**

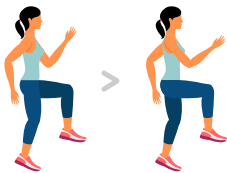


Jumping Jacks - **20 reps**



Walking Lunges - **10 reps**

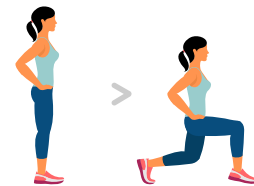
Day 6



High Knees - **20 reps**

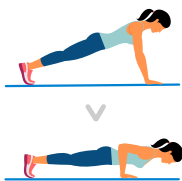


Jumping Jacks - **20 reps**

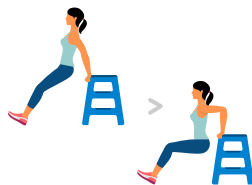


Jump Lunges - **12 reps**

Day 7



Push Ups - **10 reps**

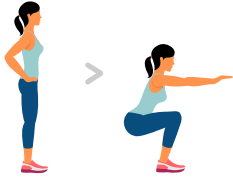


Tricep Dips - **10 reps**



Side Plank - **20 secs**

Day 8



Squats - **10 reps**



Jumping Jacks - **10 reps**

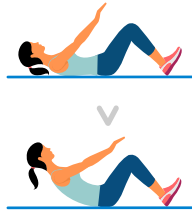


Walking Lunges - **12 reps**

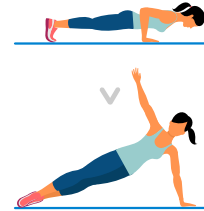
Day 9



High Knees - **20 reps**

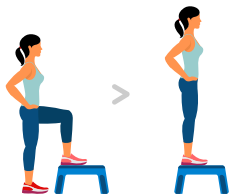


Sit Ups - **20 reps**

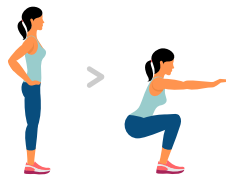


Push ups to side plank - **10 reps**

Day 10



Step Ups - **10 reps**

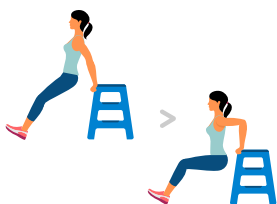


Pulse Squats - **10 reps**

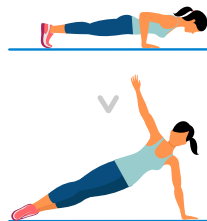


Jumping Jacks - **20 reps**

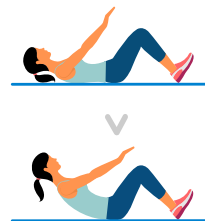
Day 11



Tricep Dips - **10 reps**



Push Up to Plank - **10 reps**



Sit Ups - **20 secs**

Day 12



Squats - **10 reps**

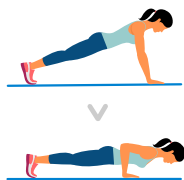


Jumping Jacks - **10 reps**

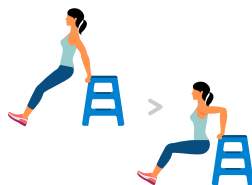


Side Plank - **20 secs**

Day 13



Push Ups - **10 reps**

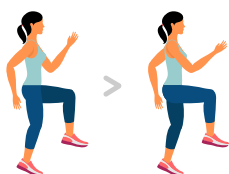


Tricep Dips - **20 reps**



Squats - **10 reps**

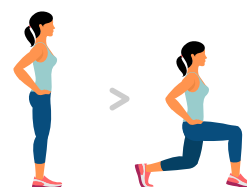
Day 14



High Knees - **20 reps**

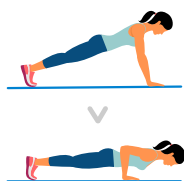


Jumping Jacks - **20 reps**

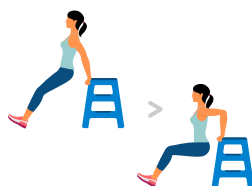


Jump Lunges - **12 reps**

Day 15



Push Ups - **10 reps**

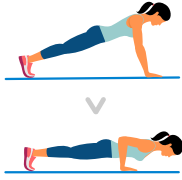


Tricep Dips - **10 reps**

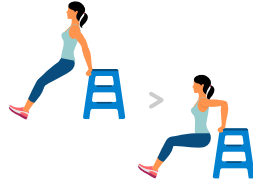


Side Plank - **20 secs**

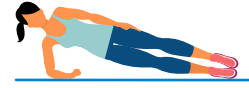
Day 16



Push Ups - **10 reps**



Tricep Dips - **10 reps**



Side Plank - **20 secs**

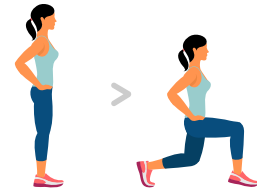
Day 17



Squats - **10 reps**



Jumping Jacks - **20 reps**



Walking Lunges - **10 reps**

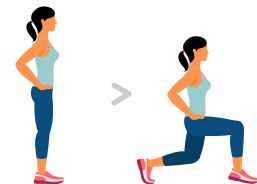
Day 18



High Knees - **20 reps**

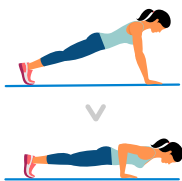


Jumping Jacks - **20 reps**

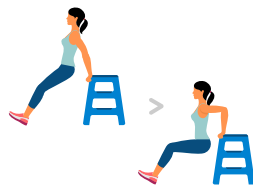


Jump Lunges - **12 reps**

Day 19



Push Ups - **10 reps**



Tricep Dips - **10 reps**



Side Plank - **20 secs**

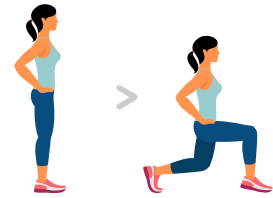
Day 20



Squats - **10 reps**

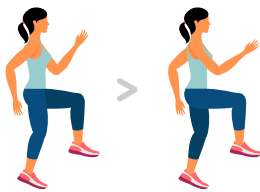


Jumping Jacks - **10 reps**

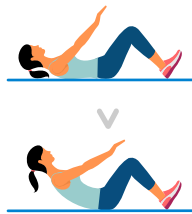


Walking Lunges - **12 reps**

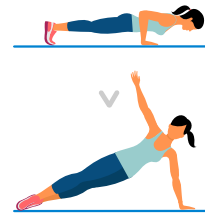
Day 21



High Knees - **20 reps**

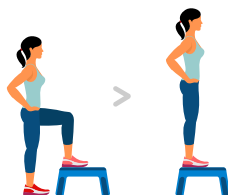


Sit Ups - **20 reps**



Push ups to side plank - **10 reps**

Day 22



Step Ups - **10 reps**

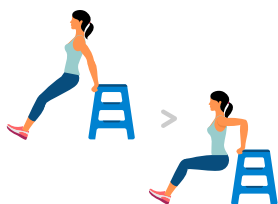


Pulse Squats - **10 reps**

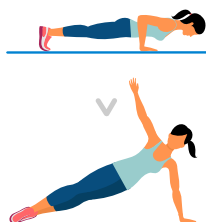


Jumping Jacks - **20 reps**

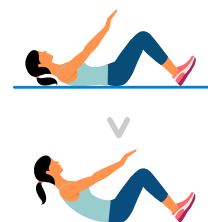
Day 23



Tricep Dips - **10 reps**

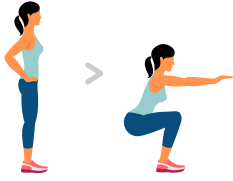


Push Up to Plank - **10 reps**



Sit Ups - **20 secs**

Day 24



Squats - **10 reps**



Jumping Jacks - **10 reps**

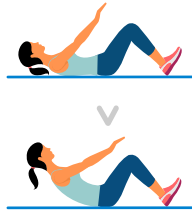


Walking Lunges - **12 reps**

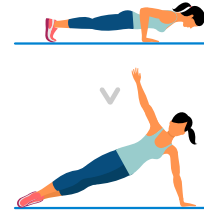
Day 25



High Knees - **20 reps**

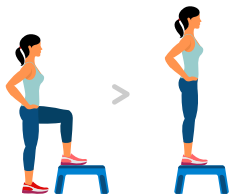


Sit Ups - **20 reps**



Push ups to side plank - **10 reps**

Day 26



Step Ups - **10 reps**

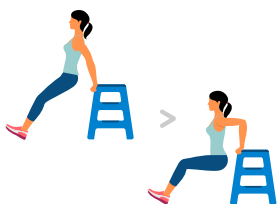


Pulse Squats - **10 reps**

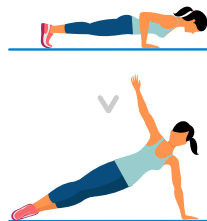


Jumping Jacks - **20 reps**

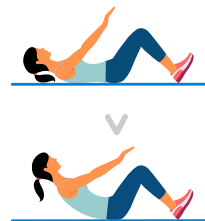
Day 27



Tricep Dips - **10 reps**

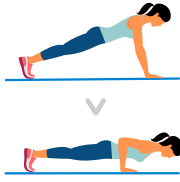


Push Up to Plank - **10 reps**

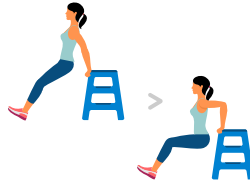


Sit Ups - **20 secs**

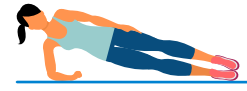
Day 28



Push Ups - **10 reps**



Tricep Dips- **10 reps**



Side Plank - **20 secs**

Make it part of your routine.

Joining your local gym can sometimes be all you need to help you stay on track and ensure you are completing physical activity throughout your day. Try visiting a gym near you and ask if they have introductory offers for new members. Being a gym member can be a great way to encourage you to try different exercises from weight lifting to cardio to special exercise classes - all of which can be incorporate to your schedule in a way that works for you!

make
it
happen!



**Thank you for participating in the
SiSU 4 week Challenge!**

Thank you for participating in the SiSU Health Challenge.
Don't forget to complete your weekly SiSU Health Check
to ensure you are eligible to win the challenge prize at the
end of the challenge!

To find a SiSU Health Station near you for your free
4-minute Health Check visit [here](#).

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HEALTH