BlueCross BlueShield
FEP Medical

Scan to download the e-book:

Stronger Everyday

4 Week Challenge



Congratulations on deciding to join the Stronger Everyday Challenge!

This 4-week beginner friendly body weight strength training routine is designed to help you build strength, confidence, and consistency – no gym or equipment required. Strength training can help improve muscle strength and endurance, support healthy bones and joints, improve balance and mobility, and make everyday activities easier. Over the next 4 weeks, you'll gradually build strength through simple, accessible movements while creating a sustainable habit that can support your health and well-being for years to come.

Each week for four weeks we encourage you to:

1. Watch the exercise demonstrations and choose the modification that best suits you.
2. Aim to complete each exercise 2-3 non-consecutive days per week and track your progress in the exercise log.
3. At the end of the challenge, take time to complete the reflection survey to think about how things went and what you will commit to moving forward. You've got this!

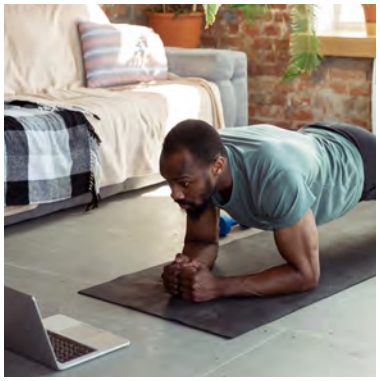
*NOTE: Check Your Readiness: If you have not been physically active in a while, consider completing a Physical Activity Readiness Questionnaire (PAR-Q) to help you decide if you need to talk to your doctor before beginning an exercise routine.

Stronger Everyday



Exercise Demonstrations

Click here to view full playlist.



Full Workout Video

Join Justina Reichelt, Blue Cross VT Health and Wellbeing Educator, to follow along with a 26-minute video including coaching on a functional postural reset, warm up, one set of exercises, and a cool down.

Click here to follow along with the video.



Exercise Log

Track your progress on page seven.



Self Reflection

Click this link or scan the QR code below to complete the self reflection survey.

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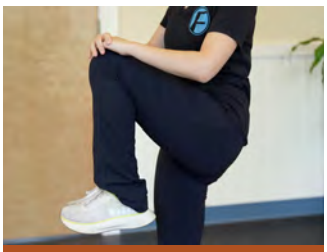
Exercise Descriptions & Demonstrations

Modified Version of Exercise

Warm Up: High Knees



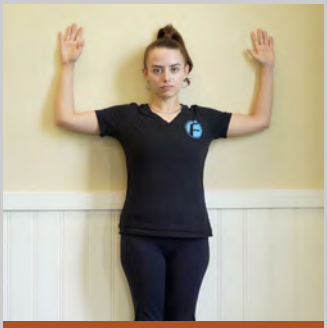
START POSITION



FINISH POSITION

- Bring one knee up to 90°
- Alternate bringing opposite knee to 90°
- Continue for 2-5 minutes or the point of fatigue

Wall Angels



START POSITION



FINISH POSITION

- Start with back against wall and arms bent at 90°
- Raise arms over head while keeping them against the wall

Standard/Advanced Version of Exercise

Warm Up: Jumping Jacks



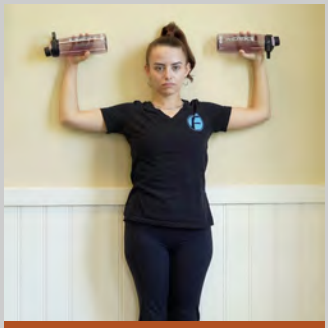
START POSITION



FINISH POSITION

- Stand tall with feet shoulder width apart
- Jump up widening both feet outward and bringing arms up over head
- Continue for 2-5 minutes or the point of fatigue

Wall Angels with Weight



START POSITION



FINISH POSITION

- Add a household weight (can of soup, water bottle, etc. of equal weight to each hand)
- Start with back against wall and arms bent at 90°
- Raise arms over head while keeping them against the wall

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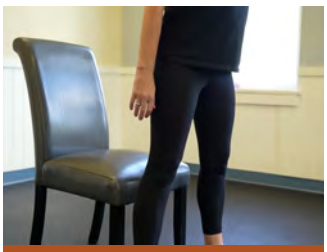
Exercise Descriptions & Demonstrations

Modified Version of Exercise	Standard/Advanced Version of Exercise

Sit to Stand



START POSITION



FINISH POSITION

- Sit tall in a sturdy chair
- Stand up by pushing through your feet then slowly sit back down
- Keep your chest lifted and knees in line with your toes

Squat



START POSITION



FINISH POSITION

- Stand with feet shoulder-width apart
- Bend your knees and hips as if sitting back into a chair
- Keep your chest lifted and knees in line with your toes

Push Up From Knees



START POSITION



FINISH POSITION

- Place your hands under your shoulders and keep your knees on the floor
- Lower your chest toward the floor, then push back up

Push Up



START POSITION



FINISH POSITION

- Place your hands under your shoulders and support yourself on your hands and toes with your body in a straight line
- Lower your chest toward the floor, then push back up

Bent Over Row



START POSITION



FINISH POSITION

- Hold a household weight (can of soup, water bottle, laundry detergent, etc.) with one hand
- Bend slightly at your hips and keep your back flat
- Pull your hands toward your ribs, squeezing your shoulder blades
- Slowly lower and repeat
- As the exercise becomes easier, choose a heavier household object to increase weight

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Exercise Descriptions & Demonstrations

Modified Version of Exercise	Standard/Advanced Version of Exercise

Stationary Lunge



START POSITION



FINISH POSITION

- Step one foot back and lower your body toward the floor
- Keep your front knee in line with your toes and push through your feet to return

Walking Lunge



START POSITION



FINISH POSITION

- Step forward into a lunge, then step through with the opposite leg
- Keep your front knee in line with your toes and push through your feet to return

Glute Bridge



START POSITION



FINISH POSITION

- Lie on your back with knees bent and feet flat on the floor
- Lift your hips by squeezing your glutes, then slowly lower

Single Leg Glute Bridge



START POSITION

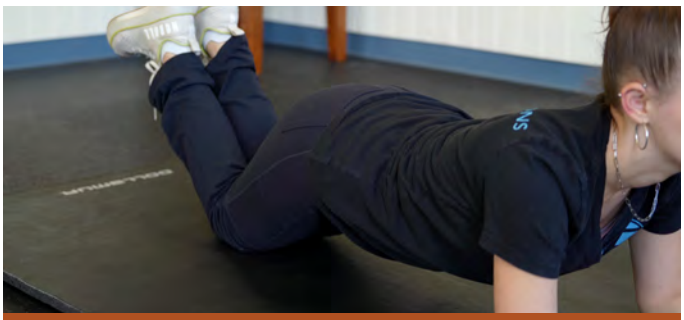
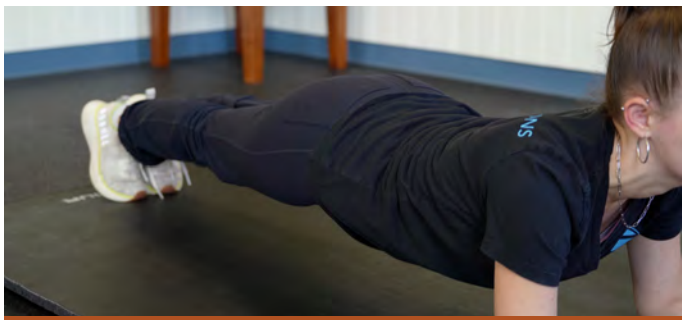
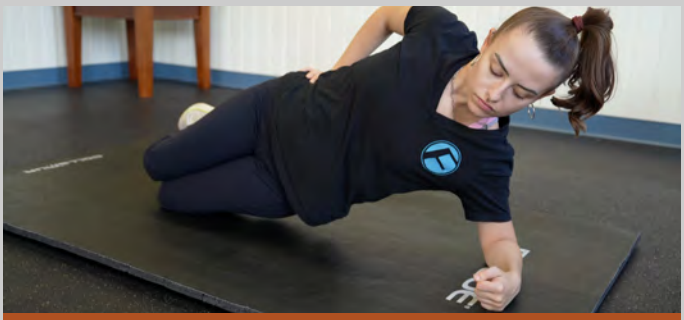


FINISH POSITION

- Lie on your back with knees bent and feet flat on the floor
- Extend one leg while lifting and lowering your hips with the other leg

*NOTE: Check Your Readiness: If you have not been physically active in a while, consider completing a Physical Activity Readiness Questionnaire (PAR-Q) to help you decide if you need to talk to your doctor before beginning an exercise routine.

Exercise Descriptions & Demonstrations

Modified Version of Exercise	Standard/Advanced Version of Exercise
Plank From Knees	**Plank**
 START & FINISH POSITION	 START & FINISH POSITION
• Rest on your forearms and knees • Keep your body in a straight line and gently tighten your core. • Avoid letting your hips drop or lift too high. • Hold pose for 15-30 seconds, keeping proper form. Gradually increasing time as pose becomes easier and proper form is held.	• Rest on your forearms and toes • Keep your body in a straight line and gently tighten your core. • Avoid letting your hips drop or lift too high. • Hold pose for 15-30 seconds, keeping proper form. Gradually increasing time as pose becomes easier and proper form is held.
Side Plank from Knees	**Side Plank**
 START & FINISH POSITION	 START & FINISH POSITION
• Rest on your forearm and bottom knee • Lift your hips and keep your body in a straight line • Hold pose for 15-30 seconds, keeping proper form. Gradually increasing time as pose becomes easier and proper form is held. • Repeat on both sides	• Rest on your forearm and foot • Lift your hips and keep your body in a straight line • Hold pose for 15-30 seconds, keeping proper form. Gradually increasing time as pose becomes easier and proper form is held. • Repeat on both sides

*NOTE: Check Your Readiness: If you have not been physically active in a while, consider completing a Physical Activity Readiness Questionnaire (PAR-Q) to help you decide if you need to talk to your doctor before beginning an exercise routine.

Stronger Everyday Exercise Log

4–Week Stronger Everyday Challenge

Challenge Start Date:

1. Complete the strength training routine at least two days per week on non-consecutive days.
2. Try to complete 1-2 sets of 8-10 repetitions of each exercise and 1-2 sets of 15-60 seconds for plank and side plank. As you build strength and keep proper form, you can gradually increase the time.
3. Record the date, number of sets and repetitions in the exercise log. For example: a person who completes one set of 10 repetitions for squats would write 1/10.
4. Complete the reflection survey using this link or the QR code on the left, to think about how things went, and what you will commit to moving forward. **You've got this!**

WEEK 1

2-3 DAYS THIS WEEK

Exercise	Notes Reps/Sets or Time	Workout 1	Workout 2	Workout 3
1. Warm up: High Knees / Jumping Jacks		DONE	DONE	DONE
2. Sit to Stand / Squat		☐	☐	☐
3. Push-Ups from Knees / Push-Ups		☐	☐	☐
4. Bent Over Row		☐	☐	☐
5. Stationary Lunge / Walking Lunge		☐	☐	☐
6. Glute Bridge / Single Leg Glute Bridge		☐	☐	☐
7. Plank from Knees / Plank		☐	☐	☐
8. Side Plank from Knees / Side Plank		☐	☐	☐

WEEK 2

2-3 DAYS THIS WEEK

Exercise	Notes Reps/Sets or Time	Workout 1	Workout 2	Workout 3
1. Warm up: High Knees / Jumping Jacks		DONE	DONE	DONE
2. Sit to Stand / Squat		☐	☐	☐
3. Push-Ups from Knees / Push-Ups		☐	☐	☐
4. Bent Over Row		☐	☐	☐
5. Stationary Lunge / Walking Lunge		☐	☐	☐
6. Glute Bridge / Single Leg Glute Bridge		☐	☐	☐
7. Plank from Knees / Plank		☐	☐	☐
8. Side Plank from Knees / Side Plank		☐	☐	☐

WEEK 3

2-3 DAYS THIS WEEK

Exercise	Notes Reps/Sets or Time	Workout 1	Workout 2	Workout 3
1. Warm up: High Knees / Jumping Jacks		DONE	DONE	DONE
2. Sit to Stand / Squat		☐	☐	☐
3. Push-Ups from Knees / Push-Ups		☐	☐	☐
4. Bent Over Row		☐	☐	☐
5. Stationary Lunge / Walking Lunge		☐	☐	☐
6. Glute Bridge / Single Leg Glute Bridge		☐	☐	☐
7. Plank from Knees / Plank		☐	☐	☐
8. Side Plank from Knees / Side Plank		☐	☐	☐

WEEK 4

2-3 DAYS THIS WEEK

Exercise	Notes Reps/Sets or Time	Workout 1	Workout 2	Workout 3
1. Warm up: High Knees / Jumping Jacks		DONE	DONE	DONE
2. Sit to Stand / Squat		☐	☐	☐
3. Push-Ups from Knees / Push-Ups		☐	☐	☐
4. Bent Over Row		☐	☐	☐
5. Stationary Lunge / Walking Lunge		☐	☐	☐
6. Glute Bridge / Single Leg Glute Bridge		☐	☐	☐
7. Plank from Knees / Plank		☐	☐	☐
8. Side Plank from Knees / Side Plank		☐	☐	☐