

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 reflect and think about how 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.

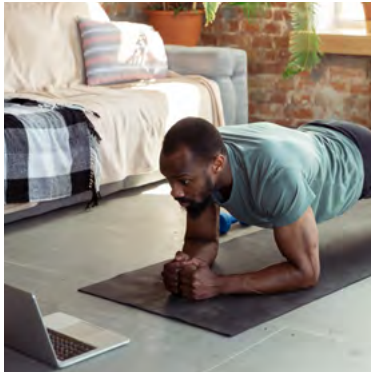


Stronger Everyday



Exercises Demonstration

- [Click to view full playlist](#)



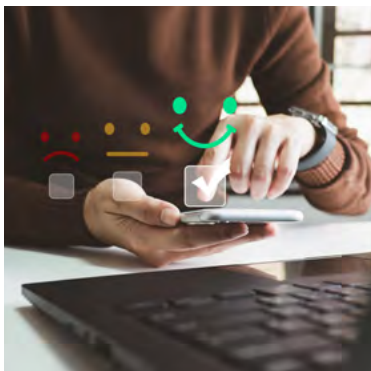
Full Workout Video

- 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.



Exercise Log

- [Track Your Progress on page 7](#)

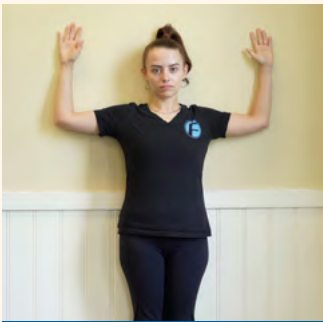
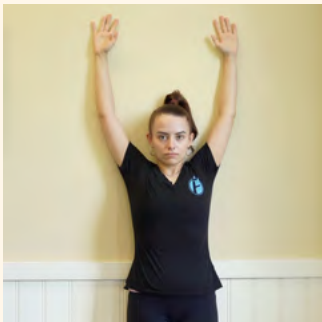


Self Reflection Completion Survey

*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
Warm Up: High Knees  START POSITION  FINISH POSITION • Bring one knee up to 90 degrees • Alternate bringing opposite knee to 90 degrees • Continue for 2-5 minutes or the point of fatigue	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  START POSITION  FINISH POSITION • Start with back against wall and arms bent at 90 degrees • Raise arms over head while keeping them against the wall	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 degrees • Raise arms over head while keeping them against the wall

*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
Sit to Stand  START POSITION  FINISH POSITION • Sit tall in a sturdy chair with feet hip width apart • 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	

*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

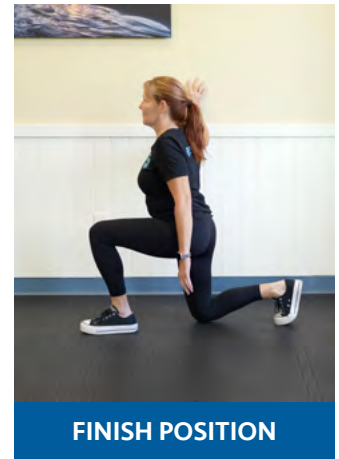
Standard/Advanced Version of Exercise

Stationary Lunge



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

Walking Lunge



- 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 back to standing position

Glute Bridge



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

Single Leg Glute Bridge

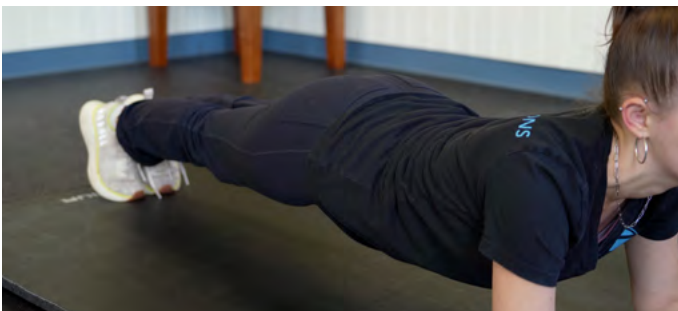


- Lie on your back with knees bent and feet flat on the floor
- Extend one leg while lifting and lowering your hips with the other leg

*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  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	Plank  START & FINISH POSITION • 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  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	Side Plank  START & FINISH POSITION • 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** to think about how things went and what you will commit to moving forward. **You've got this!**

	Exercise	Notes Reps/Sets or Time	Workout 1	Workout 2	Workout 3
 WEEK 1 2-3 DAYS THIS WEEK	1. Wall Angels		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	1. Wall Angels		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		1. Wall Angels		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	1. Wall Angels		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			☐	☐	☐