

Jake Snowden

PERSONAL TRAINING

30 Day Path to Fitness

This is a 30 day routine designed to help you get moving and get fit in the great outdoors!

Week One

- Tuesday: Walk your neighborhood at a brisk pace for 20 minutes.
Thursday: Deck/backyard activities. See plan below.
Saturday: Walk the River Trail for 30 minutes at a brisk pace.

Week Two

- Tuesday: Walk your neighborhood *faster* than you did last week. Take the kids or dog on this one, for 25 minutes
Thursday: Ride your bike for 30 minutes. If you don't have one, pick a *new* place to walk.
Saturday: Discover downtown Little Rock! Stay on the sidewalks and explore what you've been missing. 30-40 minutes, keep pace high.

Week Three

- Tuesday: Walk your neighborhood at a walking pace for 1 block, then at an *increased* pace for 1 block, back and forth for 30 minutes. Pump your arms!
Thursday: Deck/backyard activities. Include the family!
Saturday: Hike 3 Rivers Park, our city's newest. Spend 40-50 minutes exploring.

Week Four

- Tuesday: Find the streets with hills closest to you, and walk them at brisk pace for 35 min.
Thursday: Deck/backyard activities.
Saturday: Hike Pinnacle Mountain. You've always wanted to, now's the time! Give it a try. Head up the challenging front side. Take water with you!

Little Rock Parks that are walker friendly:

Kanis Park / Reservoir Park / Boyle Park / Allsop Park

Deck/Backyard activities:

- sit ups/crunches 2 x 10-20 repetitions
- push ups on knees 2 x 5-15 reps
- jumping jacks 2 x 20-40 seconds
- bridge core exercise 2 x 30-60 seconds
- squats 2 x 10-15 reps
- jump rope 2 x 30-60 seconds

The most important thing? *Get started.* Take charge of your health and wellness, and do something about it! Use this plan as an outline, and modify it to meet your needs. Have questions? Email me at Jake@JakeSnowden.com. I'm always available to help you reach your health and fitness goals!