

# #ALDSWEAT

	EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	SPEED		DONE!
MONDAY	SINGLE LEG SQUATS (EA. LEG)	3-4	10						✓
	PUSH UP WITH ROW	3-4	10						
	HIP FLEXION IN BRIDGE POSITION (EA. LEG)	3-4	10						
	FRONTAL RAISE/LATERAL RAISE	3-4	10						
	STRAIGHT LEG SIP UPS	3-4	10						
	JUMP ROPE	3-4			1:00				
	TUESDAY: WALK				35:00				
WEDNESDAY	CARDIO: JOG 5-10 MINUTES & STRETCH								
	CARDIO: STAIRS (SPRINT UP, RUN DOWN)				35:00				
	STRAIGHT LEG CRUNCHES	4	30						
	MOUNTAIN CLIMBERS	4	30						
	SIDE PLANK (EACH SIDE)	4	30						
	LEG RAISES	4	30						
	BICYCLE	4	30						
	THURSDAY: WALK				35:00				
FRIDAY	BAND WORK! *SEE BLOG NOTES*								
	SQUATS	3-4	15						
	CHEST FLY	3-4	15						
	LATERAL WALK	3-4	15						
	BICEP CURLS	3-4	15						
	TRUNK ROTATION	3-4	10						

**NOTES** SEE BLOG POST FOR EXPLANATION OF EXERCISES. TAKE LITTLE TO NO BREAK IN BETWEEN EXERCISES AND ROUNDS. DRINK LOTS OF WATER!!

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ASHLEY LAUREN



HILLARY DICKEY

WEEK FOUR WEEK FOUR WEEK FOUR WEEK FOUR WEEK FOUR

# RECIPE

## STUFFED PEPPERS

### INGREDIENTS

4 Bell Peppers of your color choice

2-3 Boneless skinless chicken breasts

1 Can of corn - drained and rinsed

1 Can of black beans - drained and rinsed

1 Cup of quinoa

Shredded Mozzarella

Onion powder

Garlic powder

Salt

Pepper

### DIRECTIONS

- Cook the chicken breasts in the crock pot with a little water and spices and salt, pepper, onion and garlic powder
- When chicken is cooked, shred the chicken and set aside.
- Cook quinoa as directed on the label
- Mix the chicken, quinoa, corn, black beans, and cheese together in a skillet and set skillet on low to keep warm
- Meanwhile, cut the stem of the peppers making a hole in the top of it. Rinse out peppers to rid of the seeds
- Stuff the chicken/quinoa mixture in the peppers
- Put the peppers in a baking dish and cook on 375\* for about 45 minutes of until the peppers are tender when poked with a fork or knife

ENJOY