

— PURE —

Whole-Food & Plant-Based Support

Workouts & Schedule



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Beginner

Beginner Workout #1

CONTINUE THROUGH FOR 9 MINUTES

15 / each side - Toe Taps
15 - Shoulder Retraction & Protraction
15 - Open Arm Shoulder Raises
12-15 Wall Assisted Knee Raise to
Donkey Kick 12-15 Other Leg
15 - Good Mornings
15 - Wall Push Ups

Beginner Workout #2

1 MINUTE PER EXERCISE - 4 TIMES
THROUGH Glute Raises
Cobra Raises
Supine Marching
Kneeling Donkey Kicks
Other Leg
Rest

Beginner Workout #3

3 TIMES THROUGH
15 - Bench Push Ups
15 - Chair Dips (90°)
8 / each leg - Walking Lunges
15 - Chair Squats
15 - Overhead Wall Push Ups
12 / each side- Alternating Reaching
Crunches 30s - 1-legged Raised Knee
(with wall assist) 30s – Other Leg

Beginner Workout #4

5 TIMES THROUGH
10 – Stand to Plank to Stand
10 - Wide Arm Wall Push Up
10 - Modified Side Plank Hip Raise
10 – Other Side
10 / each side - Side to Side Taps
1 Minute Slow March in Place

Moderate

Moderate Workout #1

3 TIMES THROUGH

60s - Rapid Toe Taps

12 – Weighted Split Stance Overhead

Press

12 - Squats

12 / each leg - Slow Crossing Mountain

Climbers 12 - Bent Over Row (Weighted)

12 / each arm - Army Crawl

30s - Plank

Moderate Workout #2

1 MINUTE EACH - 4 TIMES THROUGH

1 Leg Glute Raises

Switch Legs

Superman Raises

Supine Leg Tuck and Extend

Alternating Bird Dog

Rest

Moderate Workout #3

THREE TIMES THROUGH

12 - Modified Push Ups

10-15 - Chair Dips (135°)

6-12 / each leg - Walking Lunge w/ Twist

15 - Squats

15 - Overhead Chair Push Ups

12-15 / each side - Alternating V-

Crunches 10-12 - 1 Leg Touch Down

10-12 – Switch Legs

Moderate Workout #4

5 TIMES THROUGH

10 - Inch Worms

10 - Modified Wide Arm Push Up

10 - Modified Side Plank Reach Thru

10 – Switch Sides

10 / each leg - Speed Skaters

30 Seconds Slow March in Place

Advanced

Advanced Workout #1

3-4 TIMES THROUGH

- 12 - Burpees with Push Up and Jump
- 12 - 1 Leg Overhead Press (Weighted)
- 12 - Switch Legs
- 12 - Squats (Weighted)
- 60s - Rapid Mountain Climbers
- 12 - Plank Row
- 12 - Switch Arms
- 12 / each Arm - Army Crawl
- 60s - Wall Sit

Advanced Workout #2

1 MINUTE EACH - 4 TIMES THROUGH

- Elevated 1 Leg Hip Raises
- Switch Legs
- Prone Swimmer
- Supine Leg 10-45° Leg Hold
- 1 Leg Reach Up to Opposite Toe Touch Down
- Switch Legs
- March In Place

Advanced Workout #3

THREE TIMES THROUGH

- 15 - Push Ups
- 15 - Straight Leg Chair Dips
- 10-15 / each leg - Walking Lunge with Balance and Twist 15 - Squat Jumps
- 15 - Overhead Push Ups
- 15 / each side - Alternating V-Up Touches
- 12-15 - 1 Leg Air Planes
- 12-15 - Switch Legs

Advanced Workout #4

4 TIMES THROUGH

- 10 - Inch Worm with Push Up and Jump
- 10 / each side - Alternating Side Plank to Push Up
- 10 / each leg - Alternating Lunge Jumps
- 10 - Side Plank Reach Thru
- 10 - Switch Sides
- 10 / each side - Rapid Army Crawl
- 30 Seconds Slow March in Place

Workout Schedule

2 Workouts / Week

Week 1 - Workout #1 / Workout #2
Week 2 - Workout #2 / Workout #3
Week 3 - Workout #3 / Workout #4
Week 4 - Workout #4 / Workout #1
Week 5 - Workout #3 / Workout #1
Week 6 - Workout #2 / Workout #4
Week 7 - Workout #1 / Workout #4
Week 8 - Workout #2 / Workout #3
Week 9 - Workout #3 / Workout #4
Week 10 - Workout #4 / Workout #1
Week 11 - Workout #2 / Workout #4
Week 12 - Workout #3 / Workout #1
Week 13 - Workout #1 / Workout #2
Week 14 - Workout #2 / Workout #3
Week 15 - Workout #3 / Workout #4
Week 16 - Workout #4 / Workout #1
Week 17 - Workout #3 / Workout #1
Week 18 - Workout #2 / Workout #4
Week 19 - Workout #1 / Workout #4
Week 20 - Workout #2 / Workout #3
Week 21 - Workout #3 / Workout #4
Week 22 - Workout #4 / Workout #1
Week 23 - Workout #2 / Workout #4
Week 24 - Workout #3 / Workout #1
Week 25 - Workout #1 / Workout #2
Week 26 - Workout #2 / Workout #3

Week 27 - Workout #1 / Workout #2
Week 28 - Workout #2 / Workout #3
Week 29 - Workout #3 / Workout #4
Week 30 - Workout #4 / Workout #1
Week 31 - Workout #3 / Workout #1
Week 32 - Workout #2 / Workout #4
Week 33 - Workout #1 / Workout #4
Week 34 - Workout #2 / Workout #3
Week 35 - Workout #3 / Workout #4
Week 36 - Workout #4 / Workout #1
Week 37 - Workout #2 / Workout #4
Week 38 - Workout #3 / Workout #1
Week 39 - Workout #1 / Workout #2
Week 40 - Workout #2 / Workout #3
Week 41 - Workout #3 / Workout #4
Week 42 - Workout #4 / Workout #1
Week 43 - Workout #3 / Workout #1
Week 44 - Workout #2 / Workout #4
Week 45 - Workout #1 / Workout #4
Week 46 - Workout #2 / Workout #3
Week 47 - Workout #3 / Workout #4
Week 48 - Workout #4 / Workout #1
Week 49 - Workout #2 / Workout #4
Week 50 - Workout #3 / Workout #1
Week 51 - Workout #1 / Workout #2
Week 52 - Workout #2 / Workout #3

PLUS Cardio of Choice 2-4 Times / Week

PLUS Stretching 3-5 Times / Week

*****NOTE*****

There is no sound in the workout videos intentionally to allow you to play music that personally motivates you while working out

Workout Schedule

3 Workouts / Week

Week 1 - Workout #1 / Workout #2 / Workout #1
Week 2 - Workout #2 / Workout #3 / Workout #2
Week 3 - Workout #3 / Workout #4 / Workout #3
Week 4 - Workout #4 / Workout #1 / Workout #4
Week 5 - Workout #1 / Workout #2 / Workout #3
Week 6 - Workout #2 / Workout #3 / Workout #4
Week 7 - Workout #3 / Workout #4 / Workout #1
Week 8 - Workout #4 / Workout #1 / Workout #2
Week 9 - Workout #1 / Workout #3 / Workout #1
Week 10 - Workout #2 / Workout #4 / Workout #2
Week 11 - Workout #3 / Workout #1 / Workout #3
Week 12 - Workout #2 / Workout #3 / Workout #4
Week 13 - Workout #1 / Workout #2 / Workout #1
Week 14 - Workout #2 / Workout #3 / Workout #2
Week 15 - Workout #3 / Workout #4 / Workout #3
Week 16 - Workout #4 / Workout #1 / Workout #4
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Week 33 - Workout #3 / Workout #4 / Workout #1
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Week 36 - Workout #2 / Workout #4 / Workout #2
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Week 38 - Workout #2 / Workout #3 / Workout #4
Week 39 - Workout #1 / Workout #2 / Workout #1
Week 40 - Workout #1 / Workout #2 / Workout #1
Week 41 - Workout #2 / Workout #3 / Workout #2
Week 42 - Workout #3 / Workout #4 / Workout #3

Workout Schedule

3 Workouts / Week (Continued)

Week 43 - Workout #4 / Workout #1 / Workout #4

Week 44 - Workout #1 / Workout #2 / Workout #3

Week 45 - Workout #2 / Workout #3 / Workout #4

Week 46 - Workout #3 / Workout #4 / Workout #1

Week 47 - Workout #4 / Workout #1 / Workout #2

Week 48 - Workout #1 / Workout #3 / Workout #1

Week 49 - Workout #2 / Workout #4 / Workout #2

Week 50 - Workout #3 / Workout #1 / Workout #3

Week 51 - Workout #2 / Workout #3 / Workout #4

Week 52 - Workout #1 / Workout #2 / Workout #1

PLUS Cardio of Choice 2-4 Times / Week

PLUS Stretching 3-5 Times / Week

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