Exercise Plan

Beginner

1·2·3 CHALLENGE

Glucerna

Welcome to your Exercise Plan

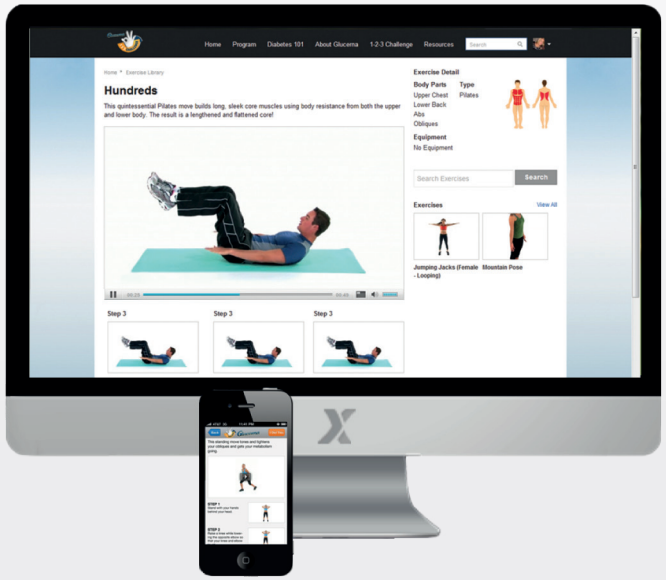
In the following pages, you will find a two week exercise plan, especially designed for your needs, based on your experience and activity level, with simple routines and step by step instructions to help you start to build healthy habits.

This is just the beginning. Visit the **Glucerna 1-2-3 Challenge** website or download the mobile app to find the additional weeks of routines to complete the 12-week 1-2-3 Challenge, plus easy to follow video instructions, tips and tools. Come on, keep moving!

Get Started Today!

www.glucerna123challenge.com

Scan This Code to Download the Mobile App



10 Secrets to Exercising and Staying Motivated

If you have diabetes, daily physical activity can help you manage your blood sugar levels and manage weight. Being active doesn't have to be time-consuming or difficult. Be sure to consult with your health care professional before beginning an exercise program.

Check out our top 10 ways to add activity to your life:

1. Start slowly. Fifteen minutes of physical activity daily is enough for a beginner. Gradually work up to more strenuous exercise for longer periods of time. Consult your health care professional for guidance.
2. Take a class. Try something new. Your budding interest in the new activity is likely to motivate you.
3. Get an exercise buddy. Set regular times with your friend that you both commit to. The social aspect will make your exercise routine more pleasant and provide added support.
4. Remember: Everything counts. Physical activity can take many forms. Vacuuming, gardening, golfing, walking, and pushing the lawn mower all count as exercise. Allow yourself to feel good about the physical activity you build into your normal day.
5. Keep your blood sugar in check. Discuss the best time to check your blood sugar (before or after exercise) with your health care professional, and keep track of your results. It will help you stay motivated to continue with your diabetes weight loss and fitness goals.
6. Check out some new scenery. Plan a new walking or jogging route.
7. Keep an activity log. Briefly jot down what you did and for how long. You can look back and feel proud of your efforts at exercise.
8. Stay safe. Warm up and cool down for five minutes before and after you exercise.
9. Make it part of your routine. Put physical activity on your calendar, preferably at the same time of day. If exercise is scheduled into your routine, you'll be less likely to skip it.
10. Get the right gear. Wear comfortable, appropriate shoes and clothing for the activity.

Abbott
A Promise for Life

How to Prepare for Your Workout

Warming up prepares your body for your workout and delivers nutrient-rich blood to the areas about to be exercised. It also warms the muscles and lubricates the joints. By warming up, you not only improve your performance, but you also reduce your risk of injury.

Follow these simple warm-up steps:

1. Start your workout session by doing a light form of exercise, such as walking, for about 5 to 10 minutes.
2. Then stretch the major muscle groups, including your thighs, buttocks, back, chest, and shoulders.

Cool Down

After your workout spend another 5 to 10 minutes cooling down to lower your heart rate. Your cool down should include 5 minutes of cardiovascular exercise at a slower pace. After your breathing returns to normal, stretch gently for 5 minutes. Cooling down properly helps reduce the risk of injury and muscle soreness. So if your exercise time is limited, shorten the workout — not the cool down.

Remember these stretching tips:

- Do not bounce or bob when you stretch - this is not effective and can cause injury.
- Stretch slowly to the point where a slight tension, but not pain, can be felt in the muscle.
- Never stretch torn or injured muscles unless you have consulted your health care provider.
- Hold each stretch for 20 to 30 seconds.

Remember to consult with your health care provider before starting or making significant changes to an exercise program.

Your Exercise Plan

In the upcoming pages, you will find two weeks of exercise routines, with simple to follow, step by step instructions. At the beginning of your 1-2-3 Challenge, you will have three days per week of exercise, and slowly add additional days as the 12 weeks progress.

On your "rest days," find ways to incorporate more activity by going for a quick walk, or incorporating some of these simple additions into your every day activities:

- Park at the far end of the parking lot
- Take stairs instead of the elevator
- Get off the bus or train a stop early and walk the rest of the way
- Walk around the house while chatting on the phone
- Walk in place while watching TV

Having a schedule in place will help you to stick to your plan and help you to make exercise a priority in your week. On the calendar below, identify which are your exercise and which are your rest days.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							

For Weeks 1 and 2, plan for three or more days of exercise.

Abbott
A Promise for Life

My Exercise Plan

Abbott
A Promise for Life

Week 1 - Exercise Routine - Day 1

Complete this gentle full body routine to improve your torso, back, and lower body.

High-Knee March

Get your heart rate up while strengthening your abs and legs!

Step 1

Stand with your feet shoulder width apart and your arms bent at 90 degrees.

Step 2

Bend your knee and step it up to waist level as you swing your left arm forward. Swing your arm back to starting position as you set your foot down.

Step 3

Switch sides and repeat continuously, marching in place for the desired period of time.

In and Out Thighs

Variation of a squat and less strenuous on your knees and joints.

Step 1

Stand with your feet hip width apart and your hands on your feet.

Step 2

Step out to the right with your right foot then out to your left with your left foot, ending up in a shallow squat.

Step 3

Next, step in with your right foot, then in with your left foot, rising out of the squat position. Repeat this sequence starting with the other foot, keeping your head level and your abs tight.

Same Arm Same Leg Open Up

Shape and tone your backside and side body with this challenging balance pose.

Step 1

Kneel on the floor with your back straight and your arms extended shoulder width apart to support your torso.

Step 2

Extend and raise your right leg and your right arm at the same time to form a straight line.

Step 3

Gradually rotate your torso to the right so that your right hand points toward the ceiling. Hold this pose for a deep breath, return to starting position and switch sides.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

Week 1 - Exercise Routine - Day 2

After warming up, get your body moving with a brisk walk, jog, run or hike.

Moving Warm Up

Get warmed up while you walk by making large arm circles and moving your legs.

Step 1

Begin walking at a comfortable pace.

Step 2

Make large arm circles while walking. Keep a big chest and look straight ahead. Be sure you change the direction of your arms.

Step 3

Try lengthing your stride to stretch through your hips and calves before beginning the workout.

15 Minute Walk/Jog/Run/Hike

Spend at least 15 minutes walking, jogging, running, or hiking.

Step 1

Choose a pace that feels right for you. Be sure you are challenging yourself. You can gauge this by the intensity of your breathing, your heart rate, or for some people, by breaking a sweat.

Step 2

Slow down if you have to in the middle of your workout. After resting, try to pick up the pace again.

Step 3

Regardless of your pace, you should stand tall, and toes should point straight ahead as you move. Swinging the opposite arm with each stride helps your form, momentum, and increases activity effectiveness.

Moving Cool Down

After your time is complete, slow down and walk before stopping.

Step 1

Walk slowly, try making large arm circles both directions again.

Step 2

Let your breath and heart rate return to normal before stopping.

Step 3

Perform your favorite stretches after your finished.

Active Movement for 15 Minutes.

Warm Up	Exercise 1 Reps	Exercise 2 Reps
Approx 5-10 min	15 minutes of brisk walking, jogging, running or hiking.	Cool down until your breath and heart rate return to normal.

You can also follow the exercise videos through
www.glucerna123challenge.com

Abbott
A Promise for Life

Week 1 - Exercise Routine - Day 3

Complete this gentle full body routine to improve your torso, back, and lower body.

Steam Engine

This standing move tones and tightens your obliques.

Step 1

Stand with your hands behind your head.

Step 2

Raise a knee while lowering the opposite elbow so that your knee and elbow touch.

Step 3

Alternate from side to side continuously.

Static Mini Lunges

Target and tone your backside and legs with this variation on the classic lunge.

Step 1

Stand with your feet hip-width apart and your arms hanging at your sides. Lunge backward with one foot, lowering your knee halfway to the floor.

Step 2

Slowly straighten your back leg, keeping your rear foot planted behind you.

Step 3

Rise up and down on your back leg, bending and extending. Pulse twice, then step your feet back together. Switch legs and repeat.

Modified Scissors on Elbows

Flatten and lengthen your lower abs using the weight of your legs as resistance. Also tones and tightens the inner thigh!

Step 1

Balance on your tailbone with your arms bent at your sides for support. Lift your legs in the air in front of you and extend them to point toward the ceiling.

Step 2

Split your legs one up and one down in opposite directions to create 90 degree angles as you remain balanced on your seat.

Step 3

Alternate leg positions. Try not let your legs touch the floor as you alternate.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

Week 1 - Exercise Routine - Day 4

Complete this gentle full body routine to improve your torso, back, and lower body.

Scarecrow Arm Circles

This challenging hold tones your upper body, core and legs while warming up your shoulder joints.

Step 1

Stand with your feet hip-width apart and your arms hanging at your sides. Raise both arms straight out to your sides with palms facing down.

Step 2

Shift your weight to your right foot and raise your left leg off the ground with your knee bent.

Step 3

Rotate your arms in small forward circles, keeping your abs tight. Switch legs and repeat.

Genie Squat

Tone and tighten your lower body with this variation on the classic move.

Step 1

Stand with your feet slightly wider than hip-width apart and your arms at your sides.

Step 2

Position your arms on top of each other in front of your chest, with your elbows bent at 90 degrees.

Step 3

Squat down, bringing your thighs parallel to floor. Rise to standing position and repeat for the desired number of reps.

Modified Push Ups

This gentle modification decreases the weight supported by the upper body during this classic move to strengthen your chest, shoulders, back and core.

Step 1

With palms facing down, sit up on your knees and hands so that your arms are fully extended and shoulder width apart, your knees and feet are on the floor.

Step 2

Make one line from your knees to your head.

Step 3

Bend your elbows, keeping them close to your ribs, and lower your upper body to the floor. Repeat for the desired number of reps.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

You can also follow the exercise videos through
www.glucerna123challenge.com

Abbott
A Promise for Life

Week 2 - Exercise Routine - Day 1

Complete this gentle full body routine to improve your torso, back, and lower body.

Grapevine

This classic dance move will get you moving while building agility.

Step 1

Stand with your feet shoulder-width apart.

Step 2

Move laterally crossing your front leg over the back and then bringing the same leg in to lightly tap inside the opposite heel. The movement should propel you sideways. Reverse the movement to return to start.

Step 3

Move the same leg behind to move another lateral step. Return to start. Switch legs and repeat both moves.

Hip Bridge

A core-toning power move strengthens the glutes and lower back.

Step 1

Begin on your back with your feet hip-width apart and near your buttocks.

Step 2

Press down on your heels while squeezing your glutes and bringing your hips up into a high bridge.

Step 3

Lower back down until your back gently touches the floor. Lift up again immediately.

3 Inch Slides

This sick pack builder strengthens and defines your upper abs and obliques.

Step 1

Begin on your back with your knees bent and your arms extended at your sides, palms down.

Step 2

Lift your shoulders and upper body to a 45 degree angle, sliding your hands toward your feet about three inches.

Step 3

Lower your shoulders back to the floor and slide your hands back to starting position.

Laying Russian Twist

This challenging twist works the deep transverse abdominals while tightening the obliques.

Step 1

Begin on your back with your legs extended and your arms out on each side.

Step 2

Bend your knees, lift both feet off the floor and twist your hips from side to side, keeping your knees bent and your feet several inches off the floor.

Step 3

Do not touch the floor with your knees on either side.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Exercise 3 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

Week 2 - Exercise Routine - Day 2

Complete this gentle full body routine to improve your torso, back, and lower body.

Toe Touch

Glute and hamstring exercise that works balance very well.

Step 1

From a standing position, extend one leg back as you bend down toward the floor. Keep both legs straight, one on the floor, and one raised up to a ninety degree angle.

Step 2

Reach down with the hand on the same side as your extended leg, and stretch to touch your toe.

Step 3

Squeeze your glutes as you return to standing. Alternate from side to side.

Wall Squat

Don't be fooled - this supported squat will build strength in your lower body.

Step 1

Stand with your feet shoulder width apart and your back resting against a wall.

Step 2

Bend your knees to slowly lower your body until your knees are at a 90 degree angle with the floor. Hold.

Step 3

Slowly return to the starting position after the alloted time.

Modified Plank on Hands and Knees

A great, easy way to work your abs!

Step 1

Start in a kneeling position and walk your hands out in front of you on the mat.

Step 2

Bring your shoulders directly over your wrists with your knees resting on the mat.

Step 3

Lengthen your spine out through the crown of your head and back through your tail bone.

Superman

This challenging move creates strength and definition on the entire backside of the body.

Step 1

Lie on your stomach with your back and neck as straight as possible.

Step 2

Exhale and lift your arms, upper torso and legs until they are elevated off the floor.

Step 3

Fully extend your arms and legs and slowly return to starting position. Repeat for the desired number of reps.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Exercise 3 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

You can also follow the exercise videos through
www.glucerna123challenge.com

Abbott
A Promise for Life

Week 2 - Exercise Routine - Day 3

After warming up, get your body moving with a brisk walk, jog, run or hike.

Moving Warm Up

Get warmed up while you walk by making large arm circles and moving your legs.

Step 1
Begin walking at a comfortable pace.

Step 2
Make large arm circles while walking. Keep a big chest and look straight ahead. Be sure you change the direction of your arms.

Step 3
Try lengthing your stride to stretch through your hips and calves before beginning the workout.

20 Minute Walk/Jog/Run/Hike

Spend at least 20 minutes walking, jogging, running, or hiking.

Step 1
Choose a pace that feels right for you. Be sure you are challenging yourself. You can gauge this by the intensity of your breathing, your heart rate, or for some people, by breaking a sweat.

Step 2
Slow down if you have to in the middle of your workout. After resting, try to pick up the pace again.

Step 3
Regardless of your pace, you should stand tall, and toes should point straight ahead as you move. Swinging the opposite arm with each stride helps your form, momentum, and increases activity effectiveness.

Moving Cool Down

After your time is complete, slow down and walk before stopping.

Step 1
Walk slowly, try making large arm circles both directions again.

Step 2
Let your breath and heart rate return to normal before stopping.

Step 3
Perform your favorite stretches after your finished.

Active Movement for 20 Minutes.

Warm Up	Exercise 1 Reps	Exercise 2 Reps
Approx 5-10 min	20 minutes of brisk walking, jogging, running or hiking.	Cool down until your breath and heart rate return to normal.

Week 2 - Exercise Routine - Day 4

Complete this gentle full body routine to improve your torso, back, and lower body.

High Knee March

Get your heart rate up while strengthening your abs and legs!

Step 1

Stand with your feet shoulder width apart and your arms bent at 90 degrees.

Step 2

Bend your knee and step it up to waist level as you swing your left arm forward. Swing your arm back to starting position as you set your foot down.

Step 3

Switch sides and repeat continuously, marching in place for the desired period of time.

Standing Windmills

Stretch and strengthen your side body, back and arms.

Step 1

Stand with your feet slightly wider than your shoulders and your arms extended out to your sides.

Step 2

Bend from the waist and twist your torso so that one arm reaches down to touch your opposite foot while the other arm extends up and back behind your body.

Step 3

Alternate from side to side for the desired number of reps.

Sumo Slaps

A strength exercise that will also get your blood pumping.

Step 1

Stand with your feet slightly wider than shoulder width apart.

Step 2

In one motion, bend your right knee, raise your leg up to waist level and slap your knee with your right hand.

Step 3

Return your foot to the floor, switch legs and continue to alternate.

Ab Walkout

Get on the road to six pack with this challenging ab shaper.

Step 1

Stand with your feet shoulder width apart. Bend at the waist and roll down until your fingertips touch the floor in front of your toes.

Step 2

Walk your hands forward, keeping your feet stationary, as you release the bend in your back.

Step 3

Walk until your legs are lowered and your arms are in pushup position, then reverse directions. Walk your hands back to starting position.

Complete all the exercises in a row without rest for 1 min each to complete a round. Then rest for 1 min.

Total Rounds/Time	Warm Up	Exercise 1 Reps	Exercise 2 Reps	Exercise 3 Reps	Rest time
5 Rounds	1 min ea round	1 min ea round	1 min ea round	1 min ea round	1 min at the end of each round

You can also follow the exercise videos through
www.glucerna123challenge.com

Abbott
A Promise for Life

Abbott
A Promise for Life