

L³ive Lean w Lindy



**3 WEEK STROLLER
FITNESS PROGRAM - ADVANCED**



PLEASE NOTE:

It is imperative to warm up BEFORE each workout and cool down + stretch AFTER each workout.

» EXAMPLE WARM UP ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, stretching, ab twists, etc.

» EXAMPLE COOL DOWN ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.
- » Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
- » This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

- » If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.



Workout Instructions:

- » Complete all three (3) weekly workouts to transform your body in 3 weeks, burn fat, build muscle and look lean.
- » Complete two (2) days a week of other exercise at home, gym or other outdoor cardio.
- » Demos & Instructional videos included on my Youtube channel.
- » Maintaining proper form helps prevent injuries and ensures that you're getting the most out of your workout.

Equipment needed:

- » Stroller
- » Resistance Bands (WOD Fitters)
- » Yoga Mat (optional)

Additional Tips:

Maintaining a healthy, plant-based diet will help fast track your results. Follow along with the L3 Meal plan.

Week 1:

Day 1

- » 1 mile jog
- » Walking Stroller Lunges - 3 X 10.
(Walk or jog in between each round)
- » Lat Pulldowns w/ a walking lunge - 3
(10 down & 10 back to stroller)
- » 5 minute jog
- » Bicep Curls - 3 X 10
- » 5 minute jog
- » Push-ups on a bench w/ a glute raise - 3 X 10
- » 5 minute jog
- » 5 minute walk cool down

Day 3

- » 1 mile jog
- » 5 minute walk
- » Lat pulldowns w/walking lunge - 3 X 10
- » 5 minute jog
- » Bicep Curls - 3 X 10 (:10 second pulse in between
each round when arms are flexed)
- » 5 minute jog
- » Walking Lunges w/ a glute raise - 3 X 10
(walk or jog in between rounds)
- » Push-ups on a bench - 3 X 10
- » 3 rounds of :10 second sprints
- » 5 minute walk cool down

Day 5

- » 1 mile jog
- » 5 minute walk
- » Stroller Skips - 3 X 10. Walk or jog in between each round
- » Tricep Extensions - 3 X 10
- » Squats to a shoulder press - 3 x 10
- » Tricep Dips on a bench - 3 X 15
- » 5 minute jog
- » 5 minute walk cool down



Week 2:

Day 1

- » 1 mile jog
- » 5 minute walk
- » Stroller Skips - 3 X 10
(sprint in between rounds)
- » 5 minute jog
- » Bench Push-ups w/ a glute raise - 3 X 10
- » 5 minute jog
- » Squats + Shoulder Press - 3 X 10
- » 5 minute jog
- » 5 minute walk cool down

Day 3

- » 1 mile jog
- » 5 minute walk
- » Rear Fly - 3 X 10
- » Walking Stroller Lunges w/ a glute raise - 3 X 10
(Jog in between rounds)
- » Side Leg Lifts - 3 X 10 each leg
- » Tricep Dips on a bench - 3 X 10
- » Long Jump and squat series - 4 rounds
- » 5 minute jog
- » 5 minute walk cool down

Day 5

- » 1 mile jog
- » 5 minute walk
- » Stroller Skips - 3 X 10 (sprint in between rounds)
- » 5 minute jog
- » Tricep Dips on a bench - 3 X 10
- » 5 minute jog
- » Walking Lunges w/ a glute raise - 3 x 10
- » Front and Side Kicks - 3 X 10
- » Stroller Crunches - 3 X 20
- » 5 minute jog
- » 5 minute walk cool down



Week 3:

Day 1

- » 1 mile jog
- » 5 minute walk
- » Walking Stroller Lunges - 3 x 10
(sprint in between rounds)
- » 10 minute jog
- » Step-ups on a bench - 3 X 10 each leg
(20 total each round)
- » Stroller Squat Jumps - 3 X 10
- » Stroller Sprints - 5 rounds
(walking in between sprints)
- » 5 minute jog
- » Rear Fly w/ band - 3 X 10
- » 5 minute walk cool down

Day 3

- » 1 mile jog
- » 5 minute walk
- » Tricep Dips on bench - 3 X 10
- » Walking Stroller Lunges w/ a glute raise - 3 X 10
(sprint in between rounds)
- » Side Leg Lifts - 3 X 10 each leg
- » Bicep Curls - 3 X 10
- » Long Jump & squat series - 4 rounds
- » 5 minute jog
- » 5 minute walk cool down

Day 5

- » 1 mile jog
- » ½ mile of sprint intervals
- » Rear Fly w/ band - 3 X 10
- » Stroller Skips - 3 X 10 (sprint in between rounds)
- » Push-ups on a bench - 3 X 10
- » 5 minute jog
- » High Knees w/ stroller - 3 X 10 (sprint in between rounds)
- » Shoulder Presses - 3 X 10
- » Walking Lunges w/ a glute raise - 3 X 10
- » Stroller Crunches - 3 X 20
- » 5 minute jog
- » 5 minute walk cool down

