

3 Live Lean w Lindy



**3 WEEK STROLLER
FITNESS PROGRAM - BEGINNER**



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:

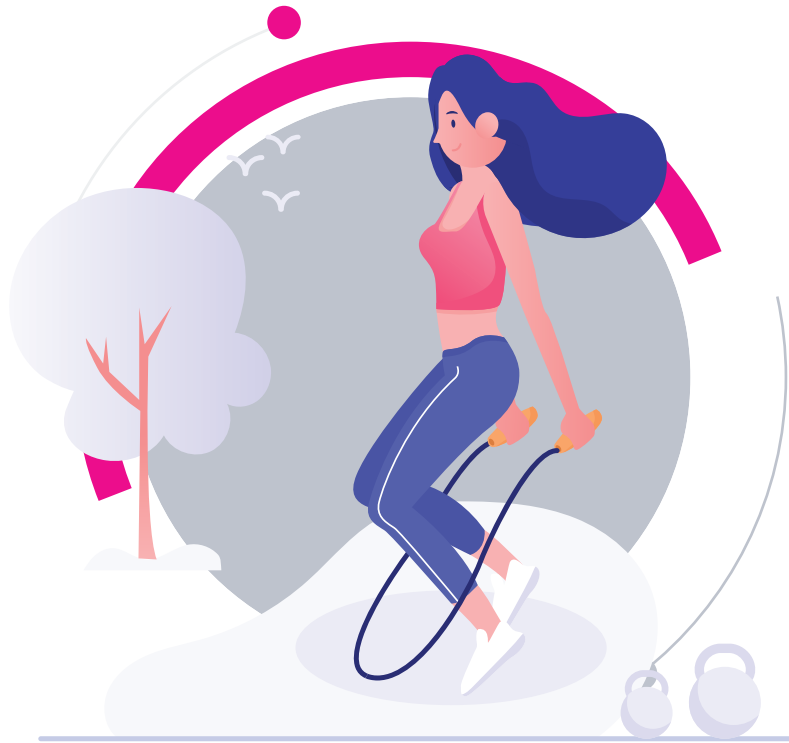
Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » 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 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)

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

- » 5 minute jog
- » 5 minute walk
- » Walking Stroller Lunges - 3 x 10
(power walk in between sets)
- » Lunges w Glute Raise - 3 x 10
(fast walk between sets)
- » 5 minute walk cooldown

Day 3

- » 5 minute jog
- » 5 minute walk
- » Lat Pulldowns w/ Walking Lunges:
(3 x 10 down, 10 back to stroller)
- » 5 minute walk or jog
- » Bicep Curls - 3 x 10
(fast walk between sets)
- » 5 minute walk or jog
- » Pushups on Bench - 3 x 10

Day 5

- » 5 minute jog
- » 5 minute walk
- » Stroller Skips - 3 x 10
(Walk between sets)
- » 5 minute walk/jog
- » Tricep Extensions - 3 x 10
(fast walk between sets)
- » Squats - 3 x 10



Week 2:

Day 1

- » 5 minute jog
- » 5 minute walk
- » Stroller Skips - 3 x 10
(power walk in between sets)
- » 5 minute walk/jog
- » Pushups on Bench - 3 x 10
- » 5 minute jog
- » Squats + Shoulder Press - 3 x 10
(fast walk between sets)

Day 3

- » 5 minute jog
- » 5 minute walk
- » Rear Fly - 3 x 10
- » 5 minute walk/jog
- » Walking Stroller Lunges - 3 x 10
(power walk between sets)
- » Side Leg Lifts - 3 x 10
- » 5 minute walk/jog

Day 5

- » 5 minute jog
- » 5 minute walk
- » Stroller Skips - 3 x 10
(power walk between sets)
- » 5 minute walk/jog
- » Tricep Dips on Bench - 3 x 10
- » 5 minute walk/jog
- » Walking Lunges w/ Glute Raise - 3 x 10
- » Stroller Crunches - 3 x 15



Week 3:

Day 1

- » 5 minute jog + 5 minute walk
- » Walking Stroller Lunges - 3 x 10
(power walk in between sets)
- » 5 minute walk/jog
- » Step-ups on Bench - 3 x 10
(10 each leg; 20 total each set)
- » 5 minute walk/jog
- » Rear Fly w Band - 3 x 10

Day 3

- » 5 minute jog + 5 minute walk
- » Tricep Dips on Bench - 3 x 10
- » Walking Stroller Lunges - 3 x 10
(power walk between sets)
- » Side Leg Lifts - 3 x 10
(10 each leg; 20 total each set)
- » Bicep Curls w Band - 3 x 10
- » 5 minute walk/jog

Day 5

- » 5 minute jog + 5 minute walk
- » Stroller Skips - 3 x 10
(power walk between sets)
- » 5 minute walk/jog
- » Pushups on Bench - 3 x 10
- » 5 minute walk/jog
- » Shoulder Presses w/ Band - 3 x 10
- » Walking Lunges w Glute Raise - 3 x 10
- » Stroller Crunches - 3 x 15

