



## 10 ways to “GET FIT” physically & Spiritually

1. Wake up and read God’s word daily
2. Workout at least 3 times a week
3. Eat clean
4. Meal plan
5. Turn on some worship music and do some yoga
6. Drink more water
7. Take the stairs
8. Go for a walk on your lunch break
9. Have family devotional time and exercise time together

10. Start making the changes today that are needed in order for you to become “Fit” physically & Spiritually!

### **Motivating Scriptures:**

*Philippians 4:13*    *Proverbs 3:5-6*

*Psalms 46:1*        *Jeremiah 29:11*

*Isaiah 40:31*

*Joshua 1:9*

*Isaiah 43:2*

*Psalms 31:24*

*Isaiah 41:10*

*Proverbs 18:10*

*(Modify each workout to your capability)*

*(Notify your doctor before engaging in any kind of exercising)*

*(DRINK PLENTY OF WATER)*

*(Stretch after each workout)*

## *Workouts~*

*YOGA~Hold each position for 60 seconds, clear your mind, turn on some relaxing music, light a candle, breathe deep and speak the scripture you read today over yourself.*

Downward dog

Tree

Child's Pose

Warrior Pose

Upward dog

Knee to chest

Bridge

Corpse Pose

## **Body weight exercises~**

Jumping jacks

High knees

Wall sits

Planks

Squats

Lunges

Curtsy lunges  
Side lunges  
Burpees  
Box Jumps  
Step-ups  
Push-ups  
Superman  
Crunches  
Sit-ups  
Reverse crunch  
Bicycle crunches  
Russian twist  
Mountain climbers  
Squat jumps  
Donkey kicks  
Bridges

## **Cardio~**

**Walking**  
**Running**  
**Jogging**  
**Dancing**  
**Zumba**  
**Sprints**  
**Jump Rope**

**Butt kickers**

**Burpees**

**Jumping Jacks**

**Power skips**

**Shuffles**

**High knees**

**Side kicks**

**Ankle hops**

**Arm swings**

**Spinning class**

**Biking**

**Arm workouts~**

Tricep dips

Bicep curls

Tricep kickbacks

Hammer curls

Lateral raise

Front raise

Clean and press

Deadlifts

Shoulder press

Arm circles

Push-ups

Wall push-ups

Pull ups

**Abs~**

**Crunches**

**Reverse crunches**

**Flutter kicks**

**Hip dips**

**Leg raises**

**Elbow plank**

**Bicycle crunches**

**V-ups**

**Knee touches**

**Russian twist**

**Swimmers**

**Leg extensions**

~Workout at least 3 times a week, allow yourself time to rest, stretch each night before bed, make better food choices, and decide today to be a healthier version of yourself.



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