

Burst! Tip of the Week

Start fresh. Remember, the first step toward an active, physically fit lifestyle is to believe that you can change. Forget about the past—no matter what your previous experiences or attempts to change your fitness habits have been, today is a new day. You can do it—one day at a time!

LEVEL I: DAY 1

How I Did Yesterday:

Although you haven't started 4·3·2·1 yet, take a moment to reflect on what you did yesterday to prepare for Day 1!

My Intention for Today:

Move: Complete Level I, Workout 1 (page 54).

“What saves a man is to take a step.
Then another step.”

—Antoine de Saint-Exupéry

LEVEL I: DAY 2

How I Did Yesterday:

My Intention for Today:

Move: Download a free Voom trial by going to burstworkout.com. Voom prompts your computer or smartphone to remind you to move your body every hour, performing what we call “micro-moves.” Today, take the Chair Jogging H.E.A.T. Challenge! Perform 2 minutes of Chair Jogging (page 54) every hour. At the office? See how many coworkers you can get to join in!

“For true success, ask yourself these four questions: Why? Why not? Why not me? Why not now?”

—James Allen

LEVEL 1: DAY 3

“You don’t have to be great to start,
but you have to start to be great.”

—Zig Ziglar

How I Did Yesterday:

My Intention for Today:

Move: Today you will repeat Level I, Workout 1 (page 54). Complete at least one full set, 10 total minutes. You can also break up the 4·3·2·1 workout moves throughout your day, performing any of them for at least 1 to 2 minutes every hour. Remember, every little bit of movement helps!

LEVEL 1: DAY 4

“Constant kindness can accomplish
much. As the sun makes ice melt,
kindness causes misunderstanding,
mistrust, and hostility to evaporate.”

—Albert Schweitzer

How I Did Yesterday:

My Intention for Today:

Move: To help you manage stress and burn some extra calories throughout your day, perform “micro-moves” for 1 to 2 minutes every hour, from 9 to 5. Try Deep Breathing and Stretching moves such as the Chair Spinal Twist (page 63) every hour for at least 1 minute. If you’ve been sitting for a long time, stand while you stretch.

LEVEL I: DAY 5

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

—John F. Kennedy

How I Did Yesterday:

My Intention for Today:

Move: Today, you will repeat Level I, Workout 1 (page 54). Congratulations! You have mastered your first 10-minute Burst! Workout!

LEVEL I: DAY 6

“Winning isn’t everything, but wanting to win is.”

—Vince Lombardi

How I Did Yesterday:

My Intention for Today:

Move: Intentionally move your body throughout your day. Take at least 10 minutes to move some boxes in your garage. Can you throw away some clutter? If you don’t have a garage, clean your kitchen cabinets. By putting things in order, you’ll make yourself feel better while getting your body moving.

LEVEL I: DAY 7How I Did Yesterday:

My Intention for Today:

Move: Today, rejuvenate your body and spirit with a 10-minute relaxing walk. Consider performing deep breathing exercises before or after.

Give yourself a high five!

You've moved your body every day for seven days and have completed a week of your new fitness regimen.

**Burst! Tip
of the Week****Take fitness baby**

steps. Remember, one of the best ways to ease into a regular fitness program is to start small. Little, realistic goals are easier to fit into your daily schedule and will increase your confidence as you accomplish them.

LEVEL I: DAY 8How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level I, Workout 2 (page 64). Complete at least one full set, 10 total minutes.

“Pray as though everything depended on God. Work as though everything depended on you.”

—Saint Augustine

“It is the job that is never started that takes longest to finish.”

—J.R.R. Tolkien

LEVEL I: DAY 9

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Air Boxing H.E.A.T. Challenge. Perform Air Boxing (page 64) for 1 to 2 minutes every hour. See how many friends you can get to do this move with you! Remember, just a few minutes of H.E.A.T. can give your metabolism and energy the “burst” you need!

“Everyone has inside of him a piece of good news. The good news is that you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is!”

—Anne Frank

LEVEL I: DAY 10

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day. Complete Level I, Workout 1 (page 54) or Workout 2 (page 64), whichever you prefer. As you learn new workouts, you will add them to your repertoire.

“The real voyage of discovery consists not in seeking new lands, but in seeing with new eyes.”

—Marcel Proust

LEVEL I: DAY 11

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

—Thomas Jefferson

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Chair Plank Challenge. Perform the Chair Plank (page 59) for 1 to 2 minutes every hour throughout your day. Just think how tight your core is going to get!

LEVEL I: DAY 12

“You aspire to great things?
Begin with little ones.”

—Saint Augustine

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level I, Workout 2 (page 64). Remember, in addition to your 10-minute workout, you can also break up these workout moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL I: DAY 13

How I Did Yesterday:

My Intention for Today:

Move: Intentionally move your body throughout your day. Take at least 10 minutes to do some gardening. If that’s not possible, go to the park and walk briskly. While you’re at it, do some stretching and deep breathing.

“Habits are like cable. We weave a strand of it every day and soon it cannot be broken.”

—Horace Mann

LEVEL I: DAY 14

How I Did Yesterday:

My Intention for Today:

Move: Today, ask a family member or friend to go with you on a brisk, relaxing walk for 10 to 30 minutes. Share with them how your week went. If you can’t get a hold of anyone and you have a dog, take your friendly canine for a walk—they are great listeners!

“Life is 10% what happens to you and 90% how you react to it.”

—Charles R. Swindoll

Keep up the good work! You have been exercising for two weeks now. How are you feeling? What has been your favorite move so far?

Burst! Tip of the Week

Put a smile on your face. People always ask me, “What is the best exercise to help me lose weight, get in shape and improve my health?” My answer is always the same: “The best exercise to help you get fit and stay fit is *the one you will do!*” In other words, choose activities you enjoy—not ones you find boring or unpleasant. You are much more apt to stick to an exercise that brings joy to your heart and soul.

LEVEL I: DAY 15

How I Did Yesterday:

My Intention for Today:

Move: Today complete Level I, Workout 3 (page 75). Complete at least one full set, for 10 total minutes.

“You are never too old to set another goal or to dream a new dream.”

—C.S. Lewis

LEVEL I: DAY 16

How I Did Yesterday:

My Intention for Today:

Move: Take the Jumping Jacks H.E.A.T. Challenge! Perform Jumping Jacks (page 75) for 1 to 2 minutes every hour. At home? Get your family involved! Take a video of your family doing this move and post it to Facebook (#burstworkout), noting how many times your family completed the Challenge throughout the day.

“It’s not how much you do, but how much love you put into the doing that matters.”

—Mother Teresa

LEVEL I: DAY 17

How I Did Yesterday:

“To laugh often and much; to win the respect of intelligent people and the affection of children . . . to leave the world a better place . . . to know even one life has breathed easier because you have lived. This is to have succeeded.”

—Ralph Waldo Emerson

My Intention for Today:

Move: Today is Your Choice Day. Complete Level I, Workout 1 (page 54), Workout 2 (page 64) or Workout 3 (page 75), whichever you prefer for at least 10 minutes. Remember, having a variety of workouts to select from is one of the best ways to keep boredom at bay and keep your exercise fun and motivating.

LEVEL I: DAY 18

How I Did Yesterday:

“In the middle of difficulty lies opportunity.”

—Albert Einstein

My Intention for Today:

Move: Take the Chair Squat Challenge! Perform Chair Squats (page 66) from Workout 2 as many times as you can for 1 to 2 minutes every hour. Just think how strong and lean your legs will be!

LEVEL I: DAY 19

“We see things not as they are,
but as we are.”

—Henry Major Tomlinson

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level I, Workout 3 (page 75). Don't forget, you can also break up these or any other 4·3·2·1 workout moves you've learned throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL I: DAY 20

“Success comes in cans;
failure in can'ts.”

—Anonymous

How I Did Yesterday:

My Intention for Today:

Move: Intentionally move your body throughout your day. Take at least 10 minutes or more to dance. Stay in, or go out!

LEVEL I: DAY 21

“This problem, too, will look simple after it is solved.”

—Charles Franklin Kettering

How I Did Yesterday:

My Intention for Today:

Move: Today, take 10 minutes or more to ride a bicycle or stationary bike. If that’s not possible, get down on the floor and do some air bicycling (lie down on your back and move your legs in a circular motion, as if you were riding a bike). While you are on the ground, take a moment to think about the areas of your life you are most grateful for.

Give yourself a reward! You’ve exercised every day for three weeks.

Burst! Tip of the Week

What’s your fitness personality? Ask yourself: Do I like to exercise outside, inside or on machines? With others or by myself? Do I like to do other activities when exercising, such as reading, praying or watching TV? Do I like to compete when I exercise? By asking yourself these questions, you’ll get a better sense of what your “fitness personality” is all about.

LEVEL I: DAY 22

“I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble.”

—Helen Keller

How I Did Yesterday:

My Intention for Today:

Move: Today, complete Level I, Workout 4 (page 84). Complete at least one full set, for 10 total minutes.

LEVEL I: DAY 23

“You miss 100% of the shots
you never take.”

—Wayne Gretzky

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Standing Side Bend Challenge! Perform the Standing Side Bend stretch (page 94) for 1 to 2 minutes every hour throughout your day. Remember to breathe deeply as you perform this stretch.

LEVEL I: DAY 24

“There are only two ways to live
your life. One is as though nothing
is a miracle. The other is as though
everything is a miracle.”

—Albert Einstein

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day. Complete Level I, Workout 1 (page 54), Workout 2 (page 64), Workout 3 (page 75) or Workout 4 (page 84), whichever you prefer for at least 10 minutes.

LEVEL I: DAY 25

“You can do anything,
but not everything.”

—David Allen

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Chair/Bench Push-Up Challenge. Perform Chair/Bench Push-Ups (page 87) as many times as you can for 1 to 2 minutes every hour throughout your day. A conference room is perfect for doing this move with a group at work!

LEVEL I: DAY 26

“Live out of your imagination,
not your history.”

—Stephen Covey

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level I, Workout 4 (page 84). You have now successfully mastered all four workouts in Level I!

LEVEL I: DAY 27

“A wise man will make more opportunities than he finds.”

—Francis Bacon

How I Did Yesterday:

My Intention for Today:

Move: Intentionally move your body throughout your day. Take at least 10 minutes or more to play tag with the kids. If that’s not possible, take a walk in the mall for at least 10 to 30 minutes.

LEVEL I: DAY 28

“The measure of who we are is what we do with what we have.”

—Vince Lombardi

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to perform some relaxing deep breathing and stretching. If possible, go outside and enjoy nature’s beauty. Be mindful of your surroundings.

Congratulations! Today marks the end of Level I and the completion of your first four weeks of your Burst! Program! How do you feel? Take a few moments to reflect on your new habits, your improved level of fitness, the changes you’ve noticed in yourself and the changes others have noticed in you.

End of Level I: Assessing Your Progress

You have completed a full four weeks of your new fitness program. This is a tremendous accomplishment. Now return to the 4•3•2•1 fitness assessment questions on page 42 and determine your revised assessment score. If you like, take the fitness tests again and see how much you've improved. Record your new results so you can appreciate the improvements you've made. Below are some additional questions that will help you measure the success of your efforts over the last four weeks.

How is your energy level? Greatly improved Somewhat improved Same Worse

How is your nutrition? Greatly improved Somewhat improved Same Worse

How are your lifestyle choices (smoking, drugs, alcohol, etc.)? Greatly improved Somewhat improved Same Worse

How is your stress level? Greatly improved Somewhat improved Same Worse

How are your relationships? Greatly improved Somewhat improved Same Worse

How is your family life? Greatly improved Somewhat improved Same Worse

How is your spiritual life? Greatly improved Somewhat improved Same Worse

How is your self-esteem? Greatly improved Somewhat improved Same Worse

How would you describe your current level of health? Greatly improved Somewhat improved Same Worse

How are your sleep habits now? Greatly improved Somewhat improved Same Worse

How is your satisfaction with life in general? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your work performance? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your future goals? Greatly improved Somewhat improved Same Worse

Burst! Tip of the Week

Forgive. If you miss an exercise session or were inactive for a short period of time, which will happen, don't beat yourself up! Remember, we always learn from our challenges. Simply assess your lifestyle and plan how to get back into your workout routine. Maintaining an active, healthy lifestyle requires patience, persistence and, most important, forgiveness. You don't have to be perfect to be physically fit!

LEVEL II: DAY 1

How I Did Yesterday:

My Intention for Today:

Move: Today you'll complete Level II, Workout 1 (page 99). Complete at least one full set, for 10 total minutes.

"Don't let what you cannot do interfere with what you can do."

—John Wooden

LEVEL II: DAY 2

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Jogging in Place H.E.A.T. Challenge! Jog in place (page 99) for 1 to 2 minutes every hour. At the office? See how many coworkers you can get to jog with you! Post a video of the group to Facebook (#burstworkout), noting how many times everyone completed the Challenge together throughout the day.

"Success means having the courage, the determination, and the will to become the person you believe you were meant to be."

—George Sheehan

LEVEL II: DAY 3

“If you aren’t in over your head, how do you know how tall you are?”

—T.S. Eliot

How I Did Yesterday:

My Intention for Today:

Move: Today, you will complete Level II, Workout 1 (page 99) for at least 10 minutes. If you’re comfortable with the moves, try doing more than one set. Don’t sacrifice quality for quantity, though. Remember to watch your form as you push yourself!

LEVEL II: DAY 4

“Pray, and let God worry.”

—Martin Luther

How I Did Yesterday:

My Intention for Today:

Move: Take the Knee Push-Up Challenge! Perform Knee Push-Ups (page 67) as many times as you can for 1 minute every hour throughout your day. Write your daily total in your journal.

LEVEL II: DAY 5

“We are what we repeatedly do; excellence, then, is not an act but a habit.”

—Aristotle

How I Did Yesterday:

My Intention for Today:

Move: Today, you will complete Level II, Workout 1 (page 99). Depending on your equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL II: DAY 6

“You change your life by changing your heart.”

—Max Lucado

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to walk up a hill. If that’s not possible, walk up and down stairs for at least 10 minutes.

LEVEL II: DAY 7

“My great concern is not whether you have failed, but whether you are content with your failure.”

—Abraham Lincoln

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to perform some relaxing deep breathing and stretching. While stretching, play some soothing music.

It's time to give yourself a reward! You have exercised every day for seven days on Level II. How are you feeling?

Burst! Tip of the Week

Take charge!

Responsibility can be defined as the ability to “choose your response.” Individuals who maintain an active lifestyle recognize their ability to choose their response to any situation. But remember, taking responsibility for your health and fitness does not imply that you have to do it alone. It should encourage you to proactively build a team of good friends to support and assist you along your journey.

LEVEL II: DAY 8

“The future starts today, not tomorrow.”

—Pope John Paul II

How I Did Yesterday:

My Intention for Today:

Move: Today you'll complete Level II, Workout 2 (page 110). Complete at least one full set, for 10 total minutes.

LEVEL II: DAY 9

“What we are communicating far more eloquently than anything we say or do.”

—Stephen Covey

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Standing Band Leg Raise Challenge! Bring a resistance band to work and perform Standing Band Leg Raises (page 106) every hour for 2 minutes. Write your daily total in your journal.

LEVEL II: DAY 10

“Unearned gifts and unexpected pleasures bring the most joy.”

—Philip Yancey

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day. Complete Level II, Workout 1 (Page 99) or Workout 2 (page 110), whichever you prefer for at least 10 minutes.

LEVEL II: DAY 11

“We make a living by what we get, we make a life by what we give.”

—Winston Churchill

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Reaching Ab Crunch Challenge! Perform Reaching Ab Crunches (page 70) as many times as you can for 1 minute every hour throughout your day. Challenge your friends to perform crunches with you!

LEVEL II: DAY 12

“People only see what they are prepared to see.”

—Ralph Waldo Emerson

How I Did Yesterday:

My Intention for Today:

Move: Today, you will complete Level II, Workout 2 (page 110). Depending on your equipment, you can also break up these 4·3·2·1 workout moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL II: DAY 13

“Nobody can make you feel inferior
without your consent.”

—Eleanor Roosevelt

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to walk or jog outside. Can't go out? Walk or jog up and down the stairs for at least 10 minutes.

LEVEL II: DAY 14

“Optimism is the faith that leads to
achievement. Nothing can be done
without hope or confidence.”

—Helen Keller

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to perform some relaxing deep breathing and stretching. While stretching, visualize your fitness success!

Congratulations!

You have just completed 6 weeks on the Burst! Workout Program!

Burst! Tip of the Week

Plan your exercise before your week begins. Good exercise habits happen because we make them happen. Take a few minutes on a Sunday and plan out your week. Schedule “non-negotiable” appointments with yourself, noting on your calendar the exact days and times when you are committing to move your body. Soon enough, your regular exercise program will be something you cherish, protect and look forward to!

LEVEL II: DAY 15

How I Did Yesterday:

My Intention for Today:

Move: Today, you’ll complete Level II, Workout 3 (page 122). Complete at least one full set, for 10 total minutes.

“If you don’t stand for something, you’ll fall for anything.”

—Anonymous

LEVEL II: DAY 16

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Jumping Rope H.E.A.T. Challenge! Jump rope (page 122) for 1 to 2 minutes every hour. If you’re stuck at work with no rope, try “ghost jumping” (jumping up and down as if you had a rope).

“Failures are finger posts on the road to achievement.”

—C.S. Lewis

LEVEL II: DAY 17

“The best way to predict your future
is create it.”

—Stephen Covey

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day. Complete Level II, Workout 1 (page 99), Workout 2 (page 110) or Workout 3 (page 122), whichever you prefer for at least 10 minutes.

LEVEL II: DAY 18

“Don’t dig your grave
with your own knife and fork.”

—English proverb

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Band Squat Challenge! Perform Band Squats (page 101) as many times as you can for 1 minute every hour throughout your day. Keep a band at your desk for a quick office workout.

LEVEL II: DAY 19

“He is no fool who gives what he cannot keep to gain what he cannot lose.”

—Jim Elliot

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level II, Workout 3 (page 122). Depending on your equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL II: DAY 20

“Attitudes are more important than facts.”

—George MacDonald

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to jog up a hill and walk down. If that’s not possible, jog up and walk down the stairs for at least 10 minutes.

LEVEL II: DAY 21*How I Did Yesterday:*

My Intention for Today:

Move: Today, jog through the park for at least 10 minutes. Can't go outside? Jog around your house.

Give yourself a high five! Now that you've been exercising for three weeks on Level II, how are you feeling?

**Burst! Tip
of the Week**

Increase your training slowly. To help your fitness improve, slowly and incrementally increase your training by 5 to 10% every week or every other week, based upon how you are feeling. You can increase the number of sets you perform, the resistance or the speed of motion. You can also decrease your rest period between sets. A steady progression in your exercise routine is the key to getting into great shape.

LEVEL II: DAY 22*How I Did Yesterday:*

My Intention for Today:

Move: Today you'll complete Level II, Workout 4 (page 133). Complete at least one full set, for 10 total minutes.

"The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest."

—Thomas Moore

"I believe the single most significant decision I can make on a day-to-day basis is my choice of attitude."

—Charles Swindoll

LEVEL II: DAY 23

“We’ve been given only one piece of life’s jigsaw puzzle. Only God has the cover of the box.”

—Max Lucado

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Hopscotch Shuffle H.E.A.T. Challenge! Perform the Hopscotch Shuffle (page 133) for 1 minute every hour. Total how many times you jumped over and back for the entire day, and write it in your journal. No bands? Just imagine the “+” on the floor as you jump!

LEVEL II: DAY 24

“Not he who has much is rich, but he who gives much.”

—Erich Fromm

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day. Complete Level II, Workout 1 (page 99), Workout 2 (page 110), Workout 3 (page 122) or Workout 4 (page 133), whichever you prefer for at least 10 minutes.

LEVEL II: DAY 25

“Even if you’re on the right track,
you’ll get run over if you just sit there.”

—Will Rogers

How I Did Yesterday:

My Intention for Today:

Move: It’s time to stretch your back and hamstrings! Perform the Airplane stretch (page 143) for 1 minute every hour throughout your day. Remember to move slowly and breathe deeply.

LEVEL II: DAY 26

“In order to succeed, your desire
for success should be greater
than your fear of failure.”

—Bill Cosby

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level II, Workout 4 (page 133). If you’re comfortable with the moves, try doing more than one set. Don’t sacrifice quality for quantity, though. Remember to watch your form as you push yourself!

LEVEL II: DAY 27

“Shared joy is a double joy;
shared sorrow is half a sorrow.”

–Swedish proverb

How I Did Yesterday:

My Intention for Today:

Move: Today, take at least 10 minutes to jog up a hill and back down. If that’s not possible, jog up and down the stairs as many times as you can.

LEVEL II: DAY 28

“He who enjoys good health is rich,
though he knows it not.”

–Italian proverb

How I Did Yesterday:

My Intention for Today:

Move: Today, take a jog through the park. Go as far and as fast as you can!

How are you feeling now that you've exercised for eight weeks of the Burst! Program?

This is a tremendous accomplishment. Be proud of yourself! By now, I'm sure the compliments are pouring in.

What changes are you most pleased about? What kind of feedback are you receiving from others?

What goals would you like to accomplish next? Address these questions in the journaling space here!

End of Level II: Assessing Your Progress

You have completed a full eight weeks of your new fitness program. Now return to the 4•3•2•1 fitness assessment questions on page 42 and determine your revised fitness score. If you like, take the fitness tests again and see how much you've improved. Record your new results so you can appreciate the improvements you have made. Below are some additional questions that will help you measure the success of your efforts over the last four weeks. These are the same questions you answered at the end of Level I (if you completed that level), but you may find that your answers are different this time.

How is your energy level? Greatly improved Somewhat improved Same Worse

How is your nutrition? Greatly improved Somewhat improved Same Worse

How are your lifestyle choices (smoking, drugs, alcohol, etc.)? Greatly improved Somewhat improved Same Worse

How is your stress level? Greatly improved Somewhat improved Same Worse

How are your relationships? Greatly improved Somewhat improved Same Worse

How is your family life? Greatly improved Somewhat improved Same Worse

How is your spiritual life? Greatly improved Somewhat improved Same Worse

How is your self-esteem? Greatly improved Somewhat improved Same Worse

How would you describe your current level of health? Greatly improved Somewhat improved Same Worse

How are your sleep habits now? Greatly improved Somewhat improved Same Worse

How is your satisfaction with life in general? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your work performance? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your future goals? Greatly improved Somewhat improved Same Worse

Burst! Tip of the Week

Track your progress.

Get a small notebook or use your smartphone to keep track of your exercise duration and to note the number of exercises, sets or repetitions that you've completed. Also, reflect on how you feel before, during and after your activities or workouts. If you don't like to track this much, use a notebook or calendar to simply check off the day you completed your exercise, and give yourself a pat on the back!

LEVEL III: DAY 1

How I Did Yesterday:

My Intention for Today:

Move: Today you'll complete Level III, Workout 1 (page 149). Complete at least one full set, for 10 total minutes.

"The biggest human temptation is to settle for too little."

—Thomas Merton

LEVEL III: DAY 2

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Mountain Climber H.E.A.T. Challenge! Perform the Mountain Climber (page 149) for 2 minutes every hour. Total how many times you moved your feet up and back (counting one stride each time you step up with one leg) for the entire day, post it to Facebook (#burstworkout) and compare your score with others!

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."

—Vince Lombardi

LEVEL III: DAY 3

“We are what we believe we are.”

—C.S. Lewis

How I Did Yesterday:

My Intention for Today:

Move: Today you'll complete Level III, Workout 1 (page 149) for at least 10 minutes.

LEVEL III: DAY 4

“No road is long with good company.”

—Turkish proverb

How I Did Yesterday:

My Intention for Today:

Move: Today, give yourself a boost of energy with some dynamic stretching (moving your body and stretching your muscles at the same time). Perform the Touching Toe Walk (page 142) for 1 minute every hour throughout your day.

LEVEL III: DAY 5

“It’s not whether you get knocked down, it’s whether you get up.”

—Vince Lombardi

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level III, Workout 1 (page 149). Don’t forget, if you have the right equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL III: DAY 6

“People do not wander around and then find themselves at the top of Mount Everest.”

—Zig Ziglar

How I Did Yesterday:

My Intention for Today:

Move: Today, bike for 10 minutes. If you’re on a stationary bike, alternate spinning as fast as you can for 30 seconds with moderate cycling for 1 minute. Or take a bike ride outdoors, either over hilly terrain or alternating 1-minute periods of moderate cycling with 30-second bursts of intense cycling.

LEVEL III: DAY 7How I Did Yesterday:

“A bone to the dog is not charity. Charity is the bone shared with the dog, when you are just as hungry as the dog.”

—Anonymous

My Intention for Today:

Move: Today, take 10 minutes to sprint up the stairs and walk back down. Don't forget to breathe deeply and stretch. As you stretch today, be mindful of how much progress you have made.

Way to go—you've been on Level III for a week! How are you feeling? Did you discover any new muscles while you were learning the first workout? Address these questions in the space below!

**Burst! Tip
of the Week****Enlist a fit buddy.**

Getting back into shape is always easier with a friend who is at a similar or higher fitness level. Enlist the help of friends or family members (even your dog) who you know will be consistent in exercising with you. This will help you progress together, as well as encourage you and hold you accountable.

LEVEL III: DAY 8How I Did Yesterday:

“Always keep your words soft and sweet, just in case you have to eat them.”

—Andy Rooney

My Intention for Today:

Move: Today you'll complete Level III, Workout 2 (page 161). Complete at least one full set, for 10 total minutes.

LEVEL III: DAY 9

“What is not started today is never finished tomorrow.”

—Goethe

How I Did Yesterday:

My Intention for Today:

Move: Take the Jumping Lunge H.E.A.T. Challenge! Perform Jumping Lunges (page 161) for 2 minutes every hour. See how many friends you can get to perform lunges with you today! Note in your journal how many strides you completed as a group (counting one stride each time you step up with one leg) throughout the day.

LEVEL III: DAY 10

“Take twice as long to eat half as much.”

—Anonymous

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day! Complete Level III, Workout 1 (page 149) or Workout 2 (page 161).

LEVEL III: DAY 11

“Our past is not our potential.”

—Anonymous

How I Did Yesterday:

My Intention for Today:

Move: Take the Medicine Ball Slam Challenge! Perform the Medicine Ball Slam (page 169) as many times as you can for 1 minute every hour. No ball? Do some Reverse Crunches (page 130).

LEVEL III: DAY 12

“The only real mistake is the one from which we learn nothing.”

—John Wesley Powell

How I Did Yesterday:

My Intention for Today:

Move: Complete Level III, Workout 2 (page 161). Depending on your equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL III: DAY 13

“That best portion of a good man’s life? His little, nameless, unremembered acts of kindness and of love.”

—William Wordsworth

How I Did Yesterday:

My Intention for Today:

Move: Today, bike for 10 minutes either outside or on a stationary bike. If you’re outside, go up and down hills, or alternate 30 to 45 seconds of intense cycling with 1 minute at a moderate pace. If you’re on a stationary bike, alternate spinning as fast as you can for 45 seconds with moderate cycling for 1 minute.

LEVEL III: DAY 14

“Love is the opener as well as closer of eyes.”

—George MacDonald

How I Did Yesterday:

My Intention for Today:

Move: Today, perform some active rest. Engage in activities that help you replenish your energy—maybe it’s golf or tennis or swimming. Be sure to take some time today to recharge your batteries.

Congratulations! You’ve been on Level III for two weeks. Write about how you’re feeling in the journaling space.

Burst! Tip of the Week

Think of one small “win” every day.

My number one tip to get moving: Think of one small “win” you can achieve every day. Before your day begins, ask yourself, “What do I want to win today?” Is it completing a 10-minute workout? Is it drinking eight glasses of water? Pick one to two “wins” that you will focus your energy on. At the end of the day, share your “win” with someone who will be thrilled to hear how you are doing.

LEVEL III: DAY 15

How I Did Yesterday:

My Intention for Today:

Move: Today you’ll complete Level III, Workout 3 (page 174). Complete at least one full set, for 10 total minutes.

“Laugh as much as you breathe and
love as long as you live.”

—Anonymous

LEVEL III: DAY 16

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Burpee (Squat Thrust) H.E.A.T. Challenge! Perform Burpees (Squat Thrusts) (page 174) for 2 minutes every hour. Total how many squat thrusts you completed in an entire day (counting one stride each time both feet step back and up) and write it in your journal.

“God gives every bird its worm,
but He does not throw it into the nest.”

—Swedish proverb

LEVEL III: DAY 17

“Most people are about as happy as they make up their minds to be.”

—Abraham Lincoln

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day! Complete Level III, Workout 1 (page 149), Workout 2 (page 161) or Workout 3 (page 174).

LEVEL III: DAY 18

“It is not the cares of today, but the cares of tomorrow, that weigh a man down.”

—George MacDonald

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Medicine Ball Knee Push-Up Challenge! Perform Medicine Ball Knee Push-Ups (page 165) for 1 minute, with 30 seconds per arm, every hour. No ball? Just do Knee Push-Ups (page 67).

LEVEL III: DAY 19

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

—Thomas Edison

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level III, Workout 3 (page 174). Depending on your equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL III: DAY 20

“Well done is better than well said.”

—Benjamin Franklin

How I Did Yesterday:

My Intention for Today:

Move: Today, jump rope for 10 minutes. Pretend you’re a kid again. It’s recess time!

LEVEL III: DAY 21

“You can only come to the morning through the shadows.”

—J.R.R. Tolkien

How I Did Yesterday:

My Intention for Today:

Move: Today, go for a long walk or hike. Enjoy some time of solitude, prayer or meditation.

Give yourself a reward! You have exercised every day for three weeks at Level III. That is a huge accomplishment—you should be proud of yourself. How are you feeling? Write about it in the space provided!

Burst! Tip of the Week

Be in it for life. How do you stay fit for the long haul? Remember it’s not a race, but a lifelong journey of small, steady steps toward a more fit and healthier you. If you focus on one day at a time, you’ll be surprised by how quickly your healthy, active routine becomes your way of life!

LEVEL III: DAY 22

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

—Winston Churchill

How I Did Yesterday:

My Intention for Today:

Move: Today you’ll complete Level III, Workout 4 (page 184). Complete at least one full set, for 10 total minutes.

LEVEL III: DAY 23

“Go to bed like a stone,
rise up like new bread.”

—Russian proverb

How I Did Yesterday:

My Intention for Today:

Move: Take the Tuck Jump H.E.A.T. Challenge! Perform Tuck Jumps (page 184) for 1 minute every hour. Write your daily total (counting one repetition each time both feet hit the ground) in your journal.

LEVEL III: DAY 24

“We come to love not by finding
a perfect person, but by learning to see
an imperfect person perfectly.”

—Sam Keen

How I Did Yesterday:

My Intention for Today:

Move: Today is Your Choice Day! Complete Level III, Workout 1 (page 149), Workout 2 (page 161), Workout 3 (page 174) or Workout 4 (page 184).

LEVEL III: DAY 25

“When you pray, rather let your heart be without words than your words without heart.”

—John Bunyan

How I Did Yesterday:

My Intention for Today:

Move: Today, take the Push-Up Challenge! Perform as many push-ups (page 43) as you can for 1 minute every hour throughout your day. Recruit your coworkers to do push-ups with you! Post a group video to Facebook (#burstworkout), noting how many people joined you and how many push-ups you all completed for the entire day!

LEVEL III: DAY 26

“Many of life’s failures are people who did not realize how close they were to success when they gave up.”

—Thomas Edison

How I Did Yesterday:

My Intention for Today:

Move: Today you will complete Level III, Workout 4 (page 184). Don’t forget, if you have the right equipment, you can also break up these 4·3·2·1 moves throughout your day, performing any of them for at least 1 to 2 minutes every hour.

LEVEL III: DAY 27

“A great pleasure in life is doing what people say you cannot do.”

—Walter Bagehot

How I Did Yesterday:

My Intention for Today:

Move: Today, jump rope for 10 minutes, alternating 1 minute of fast jumping with 1 minute of slow jumping.

LEVEL III: DAY 28

“One important key to success is self-confidence. An important key to self-confidence is preparation.”

—Arthur Ashe

How I Did Yesterday:

My Intention for Today:

Move: Today, celebrate your 12-week journey by going for a walk on the beach, at a park or in the mountains. Take some time to set new goals for your next phase of fitness.

I wish I could personally shake your hand. You have completed a full four weeks of Level III. If you started this program at Level I, you've been exercising for three months. By now, you probably look and feel like an entirely different person. Write in your journal about what this transformation will mean for your future.

End of Level III: Assessing Your Progress

You have completed a full 12 weeks on the Burst! Program. This is a tremendous accomplishment. Now return to the 4•3•2•1 fitness assessment questions on page 42 and determine your revised score. If you like, take the fitness tests again and see how much you've improved. Record your new results so you can appreciate the improvements you've made. Below are some additional questions that will help you measure the success of your efforts over the last four weeks. You may have answered these questions before, but this time your responses will most likely be different.

How is your energy level? Greatly improved Somewhat improved Same Worse

How is your nutrition? Greatly improved Somewhat improved Same Worse

How are your lifestyle choices (smoking, drugs, alcohol, etc.)? Greatly improved Somewhat improved Same Worse

How is your stress level? Greatly improved Somewhat improved Same Worse

How are your relationships? Greatly improved Somewhat improved Same Worse

How is your family life? Greatly improved Somewhat improved Same Worse

How is your spiritual life? Greatly improved Somewhat improved Same Worse

How is your self-esteem? Greatly improved Somewhat improved Same Worse

How would you describe your current level of health? Greatly improved Somewhat improved Same Worse

How are your sleep habits now? Greatly improved Somewhat improved Same Worse

How is your satisfaction with life in general? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your work performance? Greatly improved Somewhat improved Same Worse

How has your improved fitness affected your future goals? Greatly improved Somewhat improved Same Worse