

31.3 Jump

with *Clare* from



Stomp the Ceiling

A great way to feel tight and lifted in the rear end and lower back is by stomping the ceiling! Lift one foot and the other towards the ceiling with control!



Don't Forget!

Keep on top of the other "Soul Food" verses. Do them while planking or stretching out at the end of a workout!

Listen Up!

One of my favorite things to do is listen to a podcast or ebook while exercising! Go online and find some of your favorite pastors or authors and download a few sermons. Don't forget about audio books either! For starters, try "Every Body Matters" by Gary Thomas or "Reshaping It All" by Candace Cameron Bure.

Easy on the Knees

I've had a few people contact me saying they couldn't do some of the exercises I've provided because they have knee problems, injuries or a substantial amount of weight to lose. I've created a great starter workout for you on page 3. Check out the video I made with it!

31 Days • 3 Commitments • JumpStart Your Year

I love how this passage starts out with **ACTION**. Jesus is telling his disciples to “WATCH” and to “PRAY”.

Why not just watch?

Because he knew our physical bodies would give out.

Why not just pray?

Because he knew our spirits would grow weary.

Jesus knew that a dynamic duo would be the best combination to fight temptation.

Take some time this week and think about how this applies to you. It doesn't have to be in the area of health (*although I would like you to think that through*) but also in many other areas.

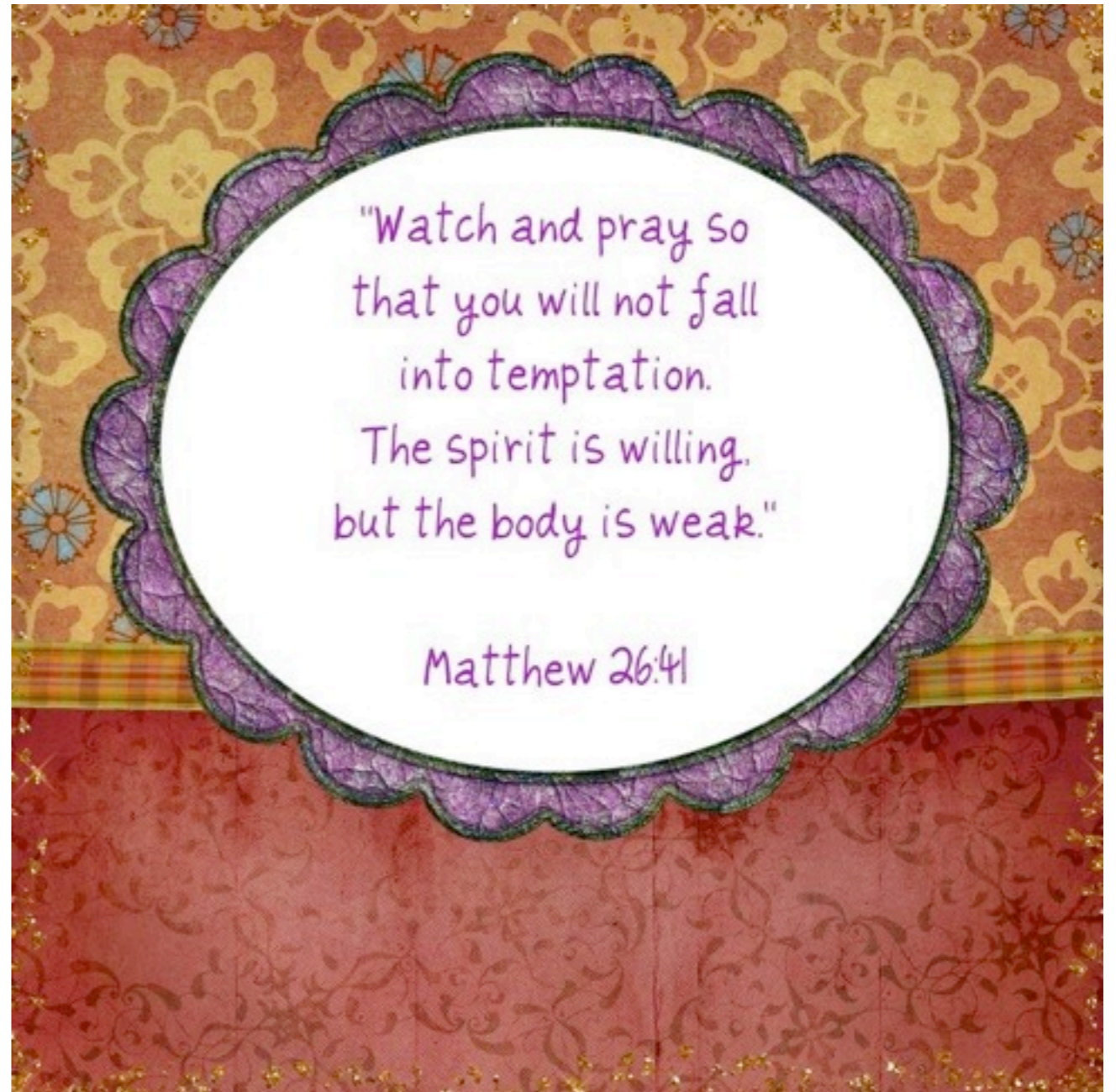
Write down where you need to be on guard. Maybe it's specific people in your life, a certain time of the month, or certain foods.

Then take those situations and **pray about them**. Don't just pray about them once, but daily and hourly if needed.

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”
1 Peter 5:8

Soul Food

Memorize · Renew · Act



Circuit 1

1. Chair Jacks

2. Bicep Curls

Circuit 2

1. Seated Walk (w/reach) or Jog

2. Tricep Extension

3. Upper Body Strengtheners

“Easy on the Knees” Chair Workout

3. Lean Back (2sec down. 2sec up)

Instructions

1.) See video (<http://peak313.com/featured/31-3-jump-week-3>) for further detail on each exercise.

2.) Complete each circuit as follows:

Exercise 1 {45 sec}

15 sec rest

Exercise 2 {30 sec}

10 sec rest

Exercise 3 {30 sec}

10 sec rest

Exercise 1 {40 sec}

60 sec rest then proceed to next circuit

3.) Repeat the set up to 3 times!

Circuit 3

1. Stretch & Reach
(Do one side at start of circuit, then switch to other side at end of circuit)

2. Glute Raise (Switch legs at 15 sec.)

3. Tree Pose (Switch legs at 15 sec.)

Equipment Needed

- Stopwatch
- Sturdy Chair
- Resistance Band (at least 5 ft in length)