

# SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



# WEEK 11

## **PUTTING IT ALL TOGETHER – YOUR COMPLETE STRENGTH FORMULA**

Over the past ten weeks, you’ve learned, practiced, and repeated the building blocks of lasting strength—exercises for your muscles, movements for your heart, habits for your health, and simple steps for recovery. Each week gave you a new piece of the puzzle, and together they’ve shaped a stronger, more confident you.

Now it’s time to bring those pieces together. Think of this week as your “all-in-one workout”—a chance to combine strength, balance, cardio, and mobility in a smooth, well-rounded routine. The goal isn’t to add more complexity, but to blend what you already know into sessions that feel natural, steady, and effective.

Putting it all together means practicing the rhythm of health: moving with purpose, eating with balance, resting with intention, and showing up with consistency. You’ve already proven that you can do each part—this week, you’ll see how powerful they become when they work side by side.

This is your chance to connect the dots and experience the complete picture of your Summer of Strength.





He giveth power to the faint;  
and to them that have no might  
he increaseth strength.

ISAIAH 40:29

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## 4 REASONS TO PUT IT ALL TOGETHER

### YOUR EFFORTS CONNECT

Strength, balance, cardio, and nutrition are powerful on their own—but when you combine them, they work together to make you stronger, healthier, and more energized.

### WORKOUTS FEEL COMPLETE

By blending what you've learned, each session now touches your whole body. You'll move, breathe, and recover in a way that feels balanced and rewarding.

### PROGRESS SPEEDS UP

When all the pieces fit together, results come faster. Strength supports cardio, cardio boosts recovery, and nutrition fuels it all.

### YOU BUILD A LIFESTYLE

This isn't just about finishing a program—it's about creating a rhythm you can keep. Putting it all together turns “weekly workouts” into healthy daily living.



# EXERCISE

SUMMER OF STRENGTH



# TRAINING WEEK 11

## Exercise Focus: The All-In-One Session

### Each workout includes 4 parts:

1. Warm-Up (3–5 min): March in place, shoulder rolls, gentle torso turns.
2. Strength + Balance Circuit (12–15 min): 4 moves, repeat 2–3x.
3. Easy Cardio Finisher (5–8 min): Choose a gentle option.
4. Cool-Down & Mobility (3–5 min): Slow breathing + light stretches.

### Sample Circuit A (Chair-Friendly)

- Sit-to-Stand (or chair squat) × 8–12
- Seated Row with Band × 10–12
- Heel-Toe Balance Hold (stand behind chair) 20–30 sec each side
- Seated Overhead Press with Light Weights/Bands × 8–10
- Repeat 2–3 rounds. Rest as needed, aim for steady breathing.

### Sample Circuit B (Standing Option)

- Wall Push-Ups × 8–12
- Step-Back Lunges to Chair Touch × 6–10 each leg (or step-backs without lunge)
- Band Pull-Apart × 10–12
- Single-Leg Stand 15–25 sec each side (hold chair if needed)
- Repeat 2–3 rounds.

### Cardio Finisher (pick one)

- Light March + Side Steps (intermittent) 5–8 minutes
- Treadmill Easy Pace (RPE 6/10) 5–8 minutes
- Seated Cardio Flow (punches, toe taps, knee lifts) 5–8 minutes

**Cool-Down** (Pick one stretch for each of those body areas and hold it for 20–30 seconds per side/position to cool down safely.)

- Ankles/Calves, Quads/Hips, Chest/Shoulders: 20–30 sec each
- Breathing: Inhale 4 counts, exhale 6 counts, repeat 4–6 times

**Weekly Plan:** Aim for 3 total-body sessions (A/B/A or B/A/B). On other days, take a 10–20 minute easy walk or gentle mobility.

**Progress Tip:** Keep it modest—add +1–2 reps or +10–20 seconds to one exercise each session. That's enough.





# WORKOUT LOG

## SUMMER OF STRENGTH – WEEK 11 WORKOUT LOG

NAME: \_\_\_\_\_ WEEK OF: \_\_\_\_\_

### WORKOUT SESSION TRACKER

(CHECK A = CIRCUIT A, B = CIRCUIT B)

Date	Workout (A/B)	Round 1	Round 2	Round 3	Cardio (type & minutes)	Notes (energy, effort, wins)
Mon		<input type="checkbox"/> Done	<input type="checkbox"/> Done	<input type="checkbox"/> Done		
Wed		<input type="checkbox"/> Done	<input type="checkbox"/> Done	<input type="checkbox"/> Done		
Fri		<input type="checkbox"/> Done	<input type="checkbox"/> Done	<input type="checkbox"/> Done		

### Exercise Notes (optional)

Exercise I improved the most on today: \_\_\_\_\_

Small win I noticed: \_\_\_\_\_

Breathing/form cue that helped: \_\_\_\_\_

### Weekly Wins Checklist

- ☐ I completed 3 workouts this week
- ☐ I did at least one cardio finisher each session
- ☐ I practiced good breathing and posture
- ☐ I wrote down at least one improvement or win
- ☐ I stayed consistent with my nutrition focus

👉 Tip: Don't worry about perfection. Check the boxes, celebrate the small wins, and enjoy seeing your progress in writing.



# NUTRITION

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## Main dishes

### THE SIMPLE PLATE

Eating well doesn't have to be complicated. In fact, some of the healthiest meals come from keeping things simple! The Simple Plate is a way to build balanced meals without counting calories or measuring every bite. Just think of your plate in three parts:

- ½ fruits and vegetables – colorful, fresh, or cooked.
- ¼ lean protein – beans, lentils, tofu, chicken, or fish.
- ¼ healthy carbs – brown rice, quinoa, whole grains, or potatoes.

Add a small serving of healthy fats like olive oil, nuts, or avocado, and you've got a plate that fuels your body, supports recovery, and keeps your energy steady all day long.

The beauty of the Simple Plate is that you can use it anywhere, anytime—at home, dining out, or even at a potluck. It takes the guesswork out of nutrition and helps you stay consistent without stress.

**“SMALL, SIMPLE CHOICES ADD UP TO BIG HEALTH OVER TIME.”**





## **ACTION STEPS FOR EATING WITH THE SIMPLE PLATE**

- Start with vegetables first. Fill half your plate before adding anything else.
- Add your protein. Choose a lean option that fits your lifestyle.
- Pick your carb. Go for whole grains or starchy veggies for steady energy.
- Include healthy fats. A drizzle of olive oil, a sprinkle of nuts, or a few slices of avocado.
- Slow down and enjoy. Eat mindfully, noticing flavors and fullness.






## A WORD OF ENCOURAGEMENT

You've gathered every piece you need—the strength, the knowledge, and the habits that carry you forward. Now, the key is simply linking them together with steady effort and calm, intentional breathing. Remember, progress is not about rushing or doing it all at once. It's about showing up, even in small ways, day after day. Each repetition, each mindful meal, each walk, and each stretch adds up.

Little by little becomes a lot, and those “little” steps are what shape lasting change. Trust the process you've built. Believe in the consistency you've practiced. And remind yourself: the journey is not about perfection—it's about persistence. You are stronger, steadier, and more capable than you realize.



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 **OUR**  
**PATHWAY TO WELLNESS**  
**SETS US APART!**

**ONCOLOGY REHAB**  
**LYMPHEDEMA THERAPY**  
**PHYSICAL THERAPY**  
**PERSONAL TRAINING**





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**COMPLETE **CANCER** REHAB**

**Empowering patients on their **CANCER & LYMPHEDEMA** journey!**

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