|  |  |
| --- | --- |
| Name: | Week of |

DO THESE FOUR MOVES 5 TIMES A WEEK; CHECK THEM OFF AT RIGHT AS YOU COMPLETE THEM

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| What to do | What’s it for | How to do | How long/How many (Goal) | W1 | W2 | W3 | W4 | W5 |
| Walk or Jog | Cardio (Strengthens heart and lungs and burn fat) |  |  |  |  |  |  |  |
| Shallow squat | Strengthens legs |  |  |  |  |  |  |  |
| Alternate toe touch | Strengthens back and improves mobility |  |  |  |  |  |  |  |
| Alternative knee lift | Strengthens abdomen |  |  |  |  |  |  |  |

*OPTIONS (Choose one to do in addition to above depending on what area you need to work on. Switch weekly if you like.)*

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| Modified pushups or Bench pushups | Strengthen your upper body |  |  |  |  |  |  |  |
| Crunch | Strengthen your abdomen |  |  |  |  |  |  |  |
| Side Squat | Strengthen your legs |  |  |  |  |  |  |  |
| Bar Hang | Strengthens your upper back and arms |  |  |  |  |  |  |  |