



For the week of March 7th

Track your fitness activities for 1 week for your chance to win \$100 Gift Card to Dick's Sporting Goods, Yoga Mat, Exercising Ball, Resistance Bands, and more!

Name: _____

	M	T	W	TH	F	S	SU
S t r e n g t h T r a i n i n g							
C a r d i o							
F l e x i b i l i t y							
T i m e	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM

Examples of exercise routines you can do during the week

Monday:

Complete as many as you can in **1 min.**

Complete the entire circuit, rest 5 minutes, then do it again.

Record how many you did each round.

Exercise	# Completed: Round 1	# Completed: Round 2
Squats		
Jumping jacks		
Lunges		
High knees		
Squat jumps		
Switch lunge jumps		

Tuesday:

Repeat 3 times

Check off the exercises you were able to complete **or** record the number you were able to do (i.e- if you can only do 6 push-ups at a time, write 6 instead of a check.)

Exercise	Round 1	Round 2	Round 3
10 push-ups			
30 crunches			
30 second leg hold			
1 minute run-in place			

Wednesday:

Try to hold a plank for as long as you can.

Start with a goal of 20 seconds and push for longer by continuing to add 10 seconds, then 10 more (without resting), until you just can't hold it anymore- then record the total time.

Rest 30 seconds between each attempt.

Exercise	Time
Plank	
Plank	
Plank	
Plank w/ 10 leg lifts per leg	(only need to hold until you are done with the leg lifts.)

Thursday:

You will need some light dumbbells (or fill empty water bottles with something like rice or beans) and a chair.

Check off when you complete the exercise.

Rest 2 minutes between each round.

Exercise	Round 1	Round 2	Round 3
Bicep curls	10 per arm	15 per arm	20 per arm
Shoulder presses	10 per arm	15 per arm	15 per arm
Tricep dips	10	12	15
Bicycle crunches	10 per leg	15 per leg	20 per leg

Friday:

Check off as you do each round.

Exercise	Round 1	Round 2
30 Walking lunges		
10 Push-ups		
30 jumping jacks		

20-30 min cardiovascular activity of your choice: fast walk, jog, dance- anything!	
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Saturday:

Find a flight of stairs (indoors or outdoors). See the chart below to see how many times to climb depending on the number of steps there are.

Try to do as many climbs in your top speed, then just keep getting slower and slower as your energy depletes.

Do your best to finish them all, even if it is really slow.

Number of stairs	Number of climbs
5-10	35-30
11-20	30-25
21-30	25-20
>30	15
>50	10

Index of Exercises

Squat- Stand with feet shoulder width apart and engage your abdomen. Bend at the knees and push your hips back as if you were going to sit on a chair that is placed about 12 inches behind you. Go down until your thighs are parallel to the ground and stand back up. Keep your heels on the ground! Repeat. (it can help if you actually place a chair behind you and lightly touch it with your bottom and then stand back up)

Lunges- Stand straight up. Step back with your right leg and bend both knees so your right knee almost touches the ground. Keep all your weight on the front leg and use that leg to pull yourself back up to standing position. Repeat with left leg. Keep your front heel on the ground! Count each step back as one when tallying.

High knees- To get the movement right, try marching in place. Now just move quicker and hop from one leg to the other so that there is only one foot on the ground at any point in time. Count each hop as one when tallying.

Squat jumps- Do a regular squat as described above, but instead of just standing up, jump up so both feet leave the ground. When you land go directly into another squat and repeat.

Switch lunge jumps- start with a regular lunge as described above and instead of standing up, jump up and switch legs in midair. Land and bend your knees into another lunge. Repeat.

Push-ups- place your hands about shoulder width apart on the ground. If you can do straight-leg push-ups, make sure to keep your body straight and don't let your hips sack or stick up. If you need to do modified push-ups, place your knees on the ground but still keep your hips even with the rest of your body. Do not worry about going all the way down to the ground, just do what you can.

Crunches- Bend your knees and keep your feet on the ground. **Keep your chin up and look at the ceiling.** You can place your hands behind your head or across your chest. Exhale as you crunch and inhale as you lower to the ground.

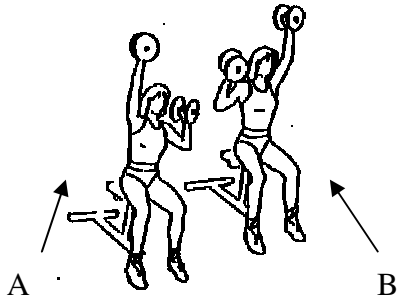
Leg hold- Lie on your back and place your hands on the ground next to your hips. Keeping your legs together and straight, lift them up so that your feet are hovering about 12 inches off the ground. Hold. Breathe deep!

Plank- Start in regular push-up position and hold it. Keep your hips straight so that your body is one long straight line. Look towards the ground so you don't strain your neck. Keep proper form the whole time.

Plank with leg lifts- While in plank, just lift one leg up off the ground bringing your heel up toward the ceiling, lower, and repeat with the other leg. Keep your legs straight as you do this.

Bicep curl- Arms are straight down at your sides. Hold one weight in each hand and while keeping **your elbows glued to your side**, lift your right hand so you bring the weight to your shoulder, lower, and repeat with the left hand.

Shoulder press- Sit down. While holding weights in your hands, bring your hands up so that your upper arms are parallel to the ground and your elbows make 90 degree angles. From here, move your right arm straight up above your head while holding the left arm at 90 degrees. Lower arm back to starting position and repeat with your left arm.



Tricep dip- Sit in chair. With fingertips pointing forward, place your palms on the seat of the chair and grasp the front edge of the seat with your fingers. With heels on the ground and knees slightly bent, slide your hips forward until you are no longer sitting on the chair and your arms are holding you up. Now, bend your elbows back and lower your bottom along the front of the chair. Go as low as your can and then push back up by straightening your elbows. Repeat.

Bicycle crunches- Lie on your back with your hands behind your head and elbows pointing out to the sides. Lift your right knee and crunch up while twisting to meet your left elbow to your right knee. Lower back and repeat on the other side meeting right elbow to left knee. Keep your chin up at all times and get your shoulder blade off the ground when crunching. **Remember: opposite arm, opposite knee.**

Walking lunges- stand with feet together and step your right leg forward into a lunge position. Use your front leg to pull yourself up and immediately step forward with your left leg. Take big steps and bring your knees close to the ground. Keep your hands on your hips or straight out to the sides for balance. Each leg forward is one step.

IMPORTANT!!

If at any point you feel extreme discomfort, stop the exercise immediately. Do not continue if you feel faint and that you are pushing beyond your fitness level. If you feel sharp pain, stinging, tearing, or hear a loud popping noise- do not continue with the exercise and seek medical attention. Do what you can, but do try to push your self a bit out of your comfort zone. If it feels like it's easy, you are not pushing hard enough! Make sure to drink lots of water before and after and consider stretching after your workout.

HAVE FUN!!