

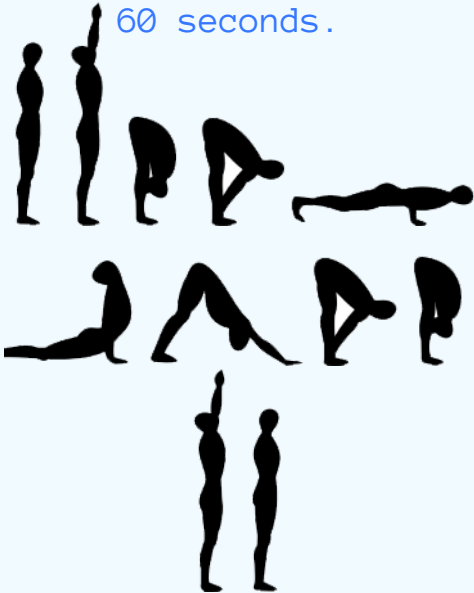
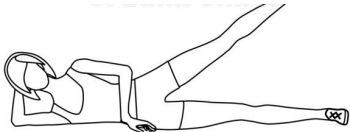
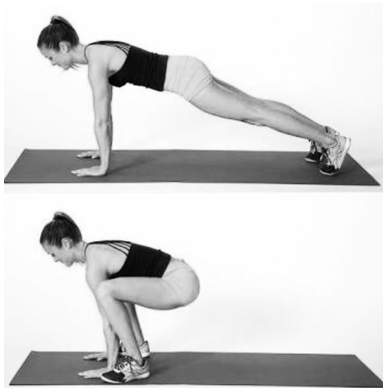




WEEK 1 MONDAY–FRIDAY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>STRENGTH & CARDIO</p> <p>30 sec. Squats 30 sec. Alt. Lunges 30 sec. Superman's 30 sec. Wide Push-ups Hold a plank for as long as you can 30 second rest Repeat 2x</p> <p>1 min Jumping Jacks 1 min Skaters 1 min Mountain Climbers 30 second rest Repeat 2x</p> <p>How many rounds did you complete in 30 minutes?</p>	<p>ACTIVE REST– STRETCHING</p> <p>DO AN OUTDOOR ACTIVITY FOR 30 MINUTES</p> <p>Butterfly stretch</p> <p>Sitting forward fold</p> <p>Forward fold with one leg tucked in (each side)</p> <p>Straddle stretch</p> <p>Pigeon Pose (Shown on left)</p> <p>Low lunge (Shown on right)</p> <p>Hold each position for 30–60 seconds.</p> 	<p>CARDIO HIIT</p> <p>30 seconds of work 30 seconds of rest</p> <p>Standing Heel Taps (shown below) Lateral Shuffle High Knees Mountain Climbers Repeat 5x</p> 	<p>ACTIVE REST– STRETCHING</p> <p>DO AN OUTDOOR ACTIVITY FOR 30 MINUTES</p> <p>Quadricep stretch</p> <p>Standing forward fold</p> <p>Forward fold with wide legs</p> <p>Sun Salutations (steps shown below) Child's Pose Hold each position for 30–60 seconds.</p> 	<p>BODY WEIGHT STRENGTH</p> <p>30 Seconds of work 15 seconds of rest</p> <p>Alt. Lunge Pulses Glute bridges Lying leg lifts (shown below) Arm circles Tricep dips Russian twists Up and down planks Penguins Repeat 3x</p> 

WEEK 2 MONDAY–FRIDAY

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p>STRENGTH & CARDIO</p> <p>30 sec. Squats 30 sec. Alt. Lunges 30 sec. Superman's 30 sec. Wide Push-ups Hold a plank for as long as you can 30 second rest Repeat 2x</p> <p>1 min Jumping Jacks 1 min Skaters 1 min Mountain Climbers 30 second rest Repeat 2x</p> <p>How many rounds did you complete in 30 minutes? Compare to Week 1!</p>	<p>LIGHT ACTIVITY</p> <p>DO AN OUTDOOR ACTIVITY FOR 30 MINUTES FOLLOWED BY...</p> <p>50 jumping jacks 40 second jog in place 30 second plank 20 Squats 10 pushups Repeat 2x</p>	<p>CARDIO HIIT</p> <p>30 seconds of work 30 seconds of rest</p> <p>Squat Jacks Lateral Skaters Frogers (shown below) Plank Jacks Repeat 5x</p> <div></div>	<p>ACTIVE REST– STRETCHING</p> <p>DO AN OUTDOOR ACTIVITY FOR 30 MINUTES</p> <p>High Lunge Extended Triangle (shown on left) Reverse Warrior (shown on right) Low Lunge</p> <p>Hold each position for 30–60 seconds. Repeat on other side</p> <div></div>	<p>BODY WEIGHT STRENGTH</p> <p>30 Seconds of work 15 seconds of rest</p> <p>3 squat pulses to calf raise Single Leg Deadlift Right Side Single Leg Deadlift Left Side Supermans Pushups Bird Dog Extension Right Side Brid Dog Extension Left Side Toe Touch Crunches (shown below) Repeat 3x</p> <div></div>