**WEEK 1 MONDAY–FRIDAY**

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Strength &amp; Cardio</th>
<th>Light Activity</th>
<th>Cardio Hiit</th>
<th>Active Rest – Stretching</th>
<th>Body Weight Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 6</strong></td>
<td>30 sec. Squats&lt;br&gt;30 sec. Alt. Lunges&lt;br&gt;30 sec. Superman's&lt;br&gt;30 sec. Wide Push-ups&lt;br&gt;Hold a plank for as long as you can&lt;br&gt;30 second rest&lt;br&gt;Repeat 2x</td>
<td>50 jumping jacks&lt;br&gt;40 second jog in place&lt;br&gt;30 second plank&lt;br&gt;20 Squats&lt;br&gt;10 pushups&lt;br&gt;Repeat 2x</td>
<td>30 seconds of work&lt;br&gt;30 seconds of rest&lt;br&gt;Squat Jacks&lt;br&gt;Lateral Skaters&lt;br&gt;Froggers (shown below)&lt;br&gt;Plank Jacks&lt;br&gt;Repeat 5x</td>
<td>Hold each position for 30–60 seconds. Repeat on other side</td>
<td>30 Seconds of work&lt;br&gt;15 seconds of rest&lt;br&gt;3 squat pulses to calf raise&lt;br&gt;Single Leg Deadlift&lt;br&gt;Right Side&lt;br&gt;Single Leg Deadlift&lt;br&gt;Left Side&lt;br&gt;Supermans&lt;br&gt;Pushups&lt;br&gt;Bird Dog Extension&lt;br&gt;Right Side&lt;br&gt;Bird Dog Extension Left Side&lt;br&gt;Toe Touch Crunches (shown below)&lt;br&gt;Repeat 3x</td>
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<tr>
<td><strong>Day 7</strong></td>
<td>1 min Jumping Jacks&lt;br&gt;1 min Skaters&lt;br&gt;1 min Mountain Climbere&lt;br&gt;30 second rest&lt;br&gt;Repeat 2x</td>
<td>30 second rest&lt;br&gt;Repeat 2x</td>
<td>30 seconds of work&lt;br&gt;30 seconds of rest&lt;br&gt;Squat Jacks&lt;br&gt;Lateral Skaters&lt;br&gt;Froggers (shown below)&lt;br&gt;Plank Jacks&lt;br&gt;Repeat 5x</td>
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<td><strong>Day 8</strong></td>
<td></td>
<td></td>
<td>30 second rest&lt;br&gt;Repeat 2x</td>
<td>Hold each position for 30–60 seconds. Repeat on other side</td>
<td>30 Seconds of work&lt;br&gt;15 seconds of rest&lt;br&gt;3 squat pulses to calf raise&lt;br&gt;Single Leg Deadlift&lt;br&gt;Right Side&lt;br&gt;Single Leg Deadlift&lt;br&gt;Left Side&lt;br&gt;Supermans&lt;br&gt;Pushups&lt;br&gt;Bird Dog Extension&lt;br&gt;Right Side&lt;br&gt;Bird Dog Extension Left Side&lt;br&gt;Toe Touch Crunches (shown below)&lt;br&gt;Repeat 3x</td>
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<td><strong>Day 9</strong></td>
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<td>Hold each position for 30–60 seconds. Repeat on other side</td>
<td>Hold each position for 30–60 seconds. Repeat on other side</td>
<td>Hold each position for 30–60 seconds. Repeat on other side</td>
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<tr>
<td><strong>Day 10</strong></td>
<td></td>
<td></td>
<td>Hold each position for 30–60 seconds. Repeat on other side</td>
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