Wellness, Lifetime sports & Recreational Games

* Pick 3 exercises from the list below for each day
  + Squats, Lunges, sit-ups, V-ups, planks, Crunches, Push-ups/modified push-ups, Jumping jacks, Running in place, on a stair or curb, Wall Sits.
  + Try to fit in 3 or 4 days each week if possible. These are just guidelines…change as needed.

| Sun | mon | tue | wed | thu | fri | sat |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 01 | 02 | 03 | 04 |
|  |  |  | **Work for 30s & rest for 15s until you accumulate 60 reps for each exercise** | Jog for 30s & walk for 30s for 20 mins OR pick 3 and work for 30s & rest for 30s for 20mins. | **Work for 20s & rest for 10s for a total of 15mins** |  |
| 05 | 06 | 07 | 08 | 09 | 10 | 11 |
|  | **Work for 40s & rest for 20s until you accumulate 75 reps for each exercise** | Jog for 30s & walk for 30s for 22 mins OR pick 3 and work for 30s & rest for 30s for 22mins. | **Work for 45s & rest for 15s for a total of 18mins.** | Jog for 20s & walk for 10s for 18 mins OR pick 3 and work for 20s & rest for 10s for 18mins. | **Complete 80 reps each as fast as possible. That’s 240 reps total between the 3 movements.** |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | **Work for 1min & rest for 1min for a total of 24mins**  **reps for each exercise** | Jog, walk or both for 25mins | **Pick 3 see how many you can do in 1 min for each** | Jog, walk or both for 25mins | **Pick 3 more see how many you can do in 1 min for each** |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | **Work for 20s & rest for 10s for a total of 18mins** | Jog 90s & walk for 30s for 20mins OR see what you can run a mile in. | **Work for 30s & rest for 15s until you accumulate 80 reps for each exercise** | Jog 45s & walk for 15s for 20mins | **Work for 10s & rest for 10s for a total of 18mins** |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
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