



# NO EXCUSES NOVEMBER 2021 SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH	ASCENDING PYRAMID	BURPEES	DESCENDING PYRAMID	CORE	AMRAP	RECOVERY
CHECK THE EXERCISE REFERENCE PAGE FOR STRETCHES	DO EACH EXERCISE WITH THE FOLLOWING REPS: 5, 10, 15, 20. 1 MINUTE REST INBETWEEN SETS.	DO AS MANY BURPEES AS YOU CAN IN A MINUTE	DO EACH EXERCISE WITH THE FOLLOWING REPS: 20, 15, 10, 5. 1 MINUTE REST INBETWEEN SETS.	DO AS MANY AS YOU CAN OF EACH EXERCISE	AS MANY REPS AS POSSIBLE; 3 ROUNDS; 4 EXERCISES EACH ROUND: PUSH UPS, AB CRUNCHES, SQUATS, AND MOUNTAIN CLIMBERS	LOW IMPACT EXERCISES USED TO BRING BLOOD FLOW TO MUSCLES TO AID IN RECOVERY.
PREPARE YOUR BODY FOR WEEK 1	PUSH UPS	HOW MANY DID YOU DO?	PUSH UPS	<ul style="list-style-type: none"> <li>- SIT UPS</li> <li>- OBLIQUE SIDE TOUCHES</li> <li>- REVERSE CRUNCHES</li> <li>- V-UPS</li> </ul>	HOW MANY DID YOU DO?	<ul style="list-style-type: none"> <li>• WALK/BIKE 1 MILES</li> <li>• TIME: _____</li> </ul>
STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	AB CRUNCHES	CAN YOU BEAT LAST WEEK'S TOTAL?	AB CRUNCHES	<ul style="list-style-type: none"> <li>- TOE TOUCHES</li> <li>- RUSSIAN TWISTS</li> <li>- STRAIGHT LEG RAISES</li> <li>- BICYCLE CRUNCHES</li> </ul>	DID YOU IMPROVE?	<ul style="list-style-type: none"> <li>• CAN YOU BEAT LAST WEEK'S TIME</li> <li>• TIME: _____</li> </ul>
HALFWAY THERE!	SQUATS	ARE YOU IMPROVING?	SQUATS	<ul style="list-style-type: none"> <li>- SIT UPS</li> <li>- OBLIQUE SIDE TOUCHES</li> <li>- REVERSE CRUNCHES</li> <li>- V-UPS</li> </ul>	KEEP PUSHING!	<ul style="list-style-type: none"> <li>• WALK/BIKE 2 MILES</li> <li>• TIME: _____</li> </ul>
FINAL WEEK!	MOUNTAIN CLIMBERS	PERSONAL BEST?	MOUNTAIN CLIMBERS	Happy Thanksgiving!	BURN OFF THE CALORIES FROM YESTERDAY!	<ul style="list-style-type: none"> <li>• CAN YOU BEAT LAST WEEK'S TIME</li> <li>• TIME: _____</li> </ul>