

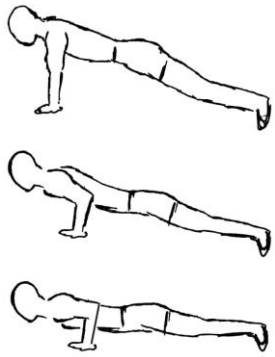


SEPTEMBER 2020

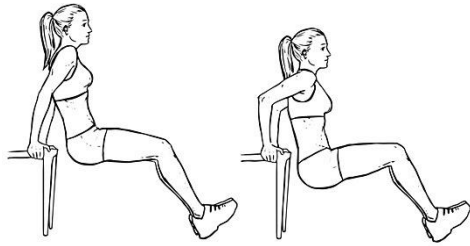
SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECOVERY	UPPER BODY	LOWER BODY	WILD CARD	CORE	FULL BODY	STABILITY
LOW IMPACT EXERCISES USED TO BRING BLOOD FLOW TO MUSCLES TO AID IN RECOVERY.	UPPER BODY: MUSCLE GROUPS; CHEST, SHOULDERS, ARMS, BACK. AIM FOR 10-20 REPS AN EXERCISE	LOWER BODY: MUSCLE GROUPS; QUADRICEPS, HAMSTRINGS, CALVES, GLUTES. AIM FOR 10-20 REPS AN EXERCISE	USING A DECK OF CARDS (ONE SUIT PER PERSON) TO DETERMINE REPS, GO UNTIL CARDS RUN OUT.	CORE: MUSCLE GROUPS; OBLIQUES; RECTUS ABDOMINUS (ABS), LOWER BACK AIM FOR 10-20 REPS AN EXERCISE.	FULL BODY: MUSCLE GROUPS; ALL- UPPER, LOWER, CORE E.M.O.M- DO ALL IN ONE MINUTE, LEFTOVER TIME REST.	STABILITY EXERCISES PROMOTE BALANCE AND STRENGTH. ALL DONE FOR 30 SECS TO ONE MINUTE. <u>4 ROUNDS FOR ALL.</u>
AUG 30 • WALK/BIKE 1-2 MILES • TIME: _____	AUG 31 • PUSH-UPS • DIPS • MODIFIED CURLS • WALL PUSH-UPS	1 • BODY SQUATS • LUNGES • CALF RAISES • STEP UPS • SQUAT SIDE LUNGE	2 • BURPEES • PUSH UPS • SPLIT LUNGE JUMPS • JUMPING JACKS	3 • AB CRUNCH • OBLIQUE SIDE TOUCH • RUSSIAN TWIST • TOE TOUCHES	4 <u>5 ROUNDS</u> • 5 BURPEES • 10 JUMP SQUAT • 10 PUSH UPS • 20 MOUNTAIN CLIMBERS	5 • T-PUSH UPS • PISTOL SQUATS • SKI JUMPS • PLANKS • WALL SITS
6 • CAN YOU BEAT LAST WEEKS TIME • TIME: _____	7 • TOWEL PRESS • ALT. TAP PUSH UP • TOWEL FIG. 8 • WIDE PUSH-UPS	8 <u>EXERCISE WALKS</u> • DUCK WALK 10YDS • BEAR CRAWL 10YRDS • PIGEON TOE WALK • PEGUIN TOE WALK	9 • SKI JUMPS • FROG JUMPS • SQUAT JUMPS • HAND RELEASE PUSH-UPS	10 • BICYCLE CRUNCHES • REACH THROUGH CRUNCH • V-UPS • REVERSE CRUNCH	11 <u>5 ROUNDS</u> • 10 SPLIT LUNGE JUMPS • 10 BURPEES • 20 BICYCLE CRUNCHES	12 • ONE LEG TOE TOUCH • MARCH LEG HOLDS • SINGLE LEG HOPS • SUMO SITS • WALK OUT PUSH UP
13 • WALK/BIKE 2.5-3 MILES • TIME: _____	14 • FEET RAISED PUSHUP • DIAMOND PUSH UP • DIPS USING CHAIR • WALK OUT PUSH UP	15 <u>LUNGE IT OUT</u> • FRONT LUNGE • BACK LUNGE • SIDE LUNGE • LUNGE TO CURTSY SQUAT	16 • V-UPS • TOWEL PRESS • TOWEL SQUAT • BURPEES	17 • WALK OUT PUSH UP • 30SEC-1MIN PLANK • SIT UPS • AB CRUNCH	18 <u>6 ROUNDS</u> • 5 BURPEES • 10 JUMP SQUAT • 10 PUSH UPS • 20 MOUNTAIN CLIMBERS	19 • WOOD CHOP • STAGGERD PUSHUP • PISTOL SQUATS • SIDE PLANKS
20 • CAN YOU BEAT LAST WEEKS TIME? • TIME: _____	21 "Did you improve" • PUSH-UPS • DIPS • MODIFIED CURLS • WALL PUSH-UPS	22 "Did you improve" • BODY SQUATS • LUNGES • CALF RAISES • STEP UPS • SQUAT SIDE LUNGE	23 "Did you improve" • BURPEES • PUSH UPS • SPLIT LUNGE JUMPS • JUMPING JACKS • SQUAT JUMPS	24 "Did you improve" • AB CRUNCH • OBLIQUE SIDE TOUCH • RUSSIAN TWIST • TOE TOUCHES	25 <u>6 ROUNDS</u> • 10 SPLIT LUNGE JUMPS • 10 BURPEES • 20 BICYCLE CRUNCHES	26 "Did you improve" • T-PUSH UPS • PISTOL SQUATS • SKI JUMPS • PLANKS • WALL SITS

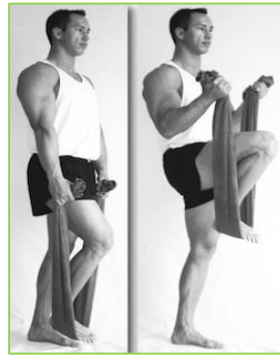
EXERCISE REFERENCE PAGE: UPPER BODY



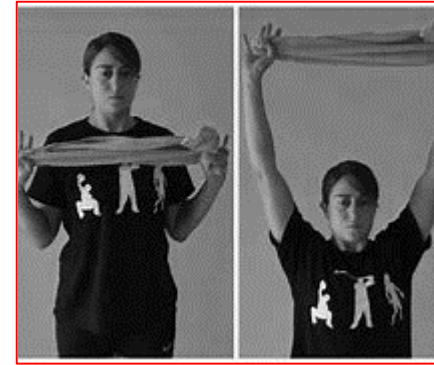
PUSH - UPS



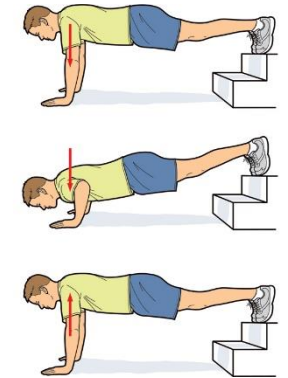
DIPS



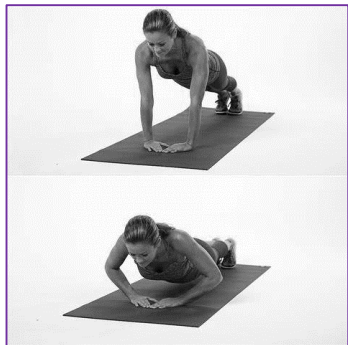
TOWEL CURLS-
USING A TOWEL
UNDER ONE FOOT
AT A TIME, LIFT
WITH BOTH HANDS
TO CHEST HEIGHT



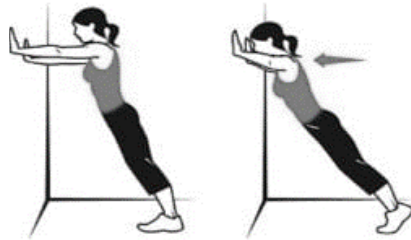
TOWEL PRESS-
WITH THE TOWEL
STRETCHED AS FAR AS
POSSIBLE, SLOWLY PRESS
UP, AND RETURN BACK
DOWN



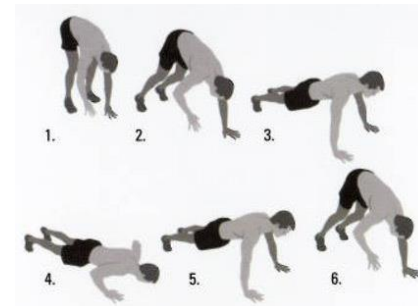
FEET RAISED PUSH-UPS
(THE HIGHER YOUR
FEET, THE HIGHER THE
DIFFICULTY)



DIAMOND
PUSH - UPS



WALL PUSH – UPS
(TO INCREASE
DIFFICULTY MOVE
LEGS BACKWARDS)



WALK OUT
PUSH - UPS

EXERCISE REFERENCE PAGE: LOWER BODY



BODY SQUAT



FRONT LUNGE



BACK LUNGE



SQUAT SIDE LUNGE



CURTSEY LUNGE



TOWEL SQUAT



DUCK WALK



BEAR CRAWL



PIGEON WALK

PENGUIN WALK

EXERCISE REFERENCE PAGE: CORE



AB CRUNCH



V- UP



REVERSE CRUNCH



RUSSIAN TWIST



TOE TOUCHES



REACH THROUGH CRUNCH



SIDE PLANK



PLANK



SIT-UPS

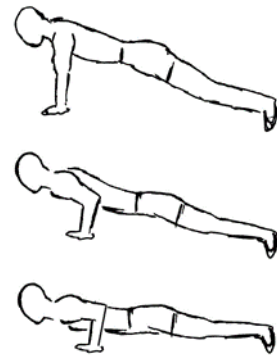


OBLIQUE SIDE TOUCHES

EXERCISE REFERENCE PAGE: FULL BODY



SPLIT JUMP LUNGE



PUSH UP

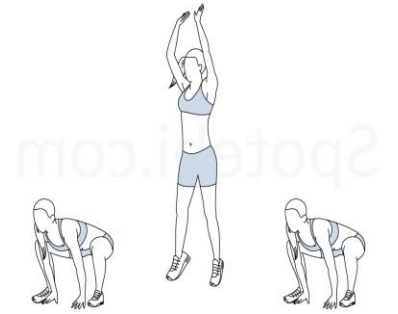


PHOTOGRAPH BY BETH BISCHOFF

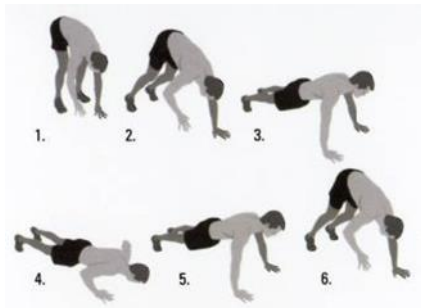
MOUNTAIN CLIMBERS



SQUAT JUMPS



FROG JUMPS



WALK OUT PUSH UPS



BURPEES

EXERCISE REFERENCE PAGE: STABILITY



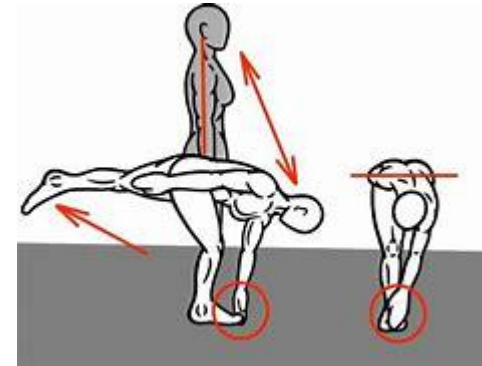
T PUSH-UPS



SINGLE LEG HOPS



SKI JUMPER



SINGLE LEG TOE TOUCHES



SUMO SIT HOLDS



WALL SITS



STAGGERED PUSH-UPS



STABILITY MARCHING HOLDS



PISTOL SQUATS



WOOD CHOPS