



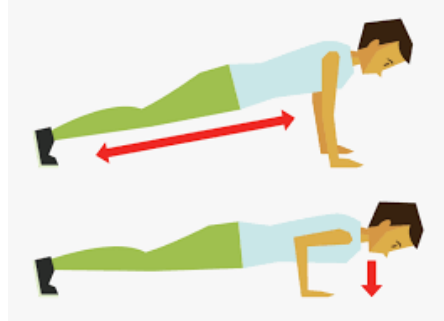
# NO EXCUSES NOVEMBER 2020 SPORTS AND FITNESS CALENDAR

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.
1  PREPARE YOUR BODY FOR WEEK 1	2  PUSH UPS	3  HOW MANY DID YOU DO?	4  PUSH UPS	5  - SIT UPS - OBLIQUE SIDE TOUCHES - REVERSE CRUNCHES - V-UPS	6  HOW MANY DID YOU DO?	7  • WALK/BIKE 1 MILES  • TIME: _____
8  STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	9  AB CRUNCHES	10  CAN YOU BEAT LAST WEEK'S TOTAL?	11  AB CRUNCHES	12  - TOE TOUCHES - RUSSIAN TWISTS - STRAIGHT LEG RAISES - BICYCLE CRUNCHES	13  DID YOU IMPROVE?	14  • CAN YOU BEAT LAST WEEK'S TIME  • TIME: _____
15  HALFWAY THERE!	16 VETERANS DAY  SQUATS FOR SERVICE MEMBERS	17  ARE YOU IMPROVING?	18  SQUATS	19  - SIT UPS - OBLIQUE SIDE TOUCHES - REVERSE CRUNCHES - V-UPS	20  KEEP PUSHING!	21  • WALK/BIKE 2 MILES  • TIME: _____
22  FINAL WEEK!	23  MOUNTAIN CLIMBERS	24  PERSONAL BEST?	25  MOUNTAIN CLIMBERS	26 Happy Thanksgiving! - Same as the 12th	27 BURN OFF THE CALORIES FROM	28  • CAN YOU BEAT LAST WEEK'S TIME

# EXERCISE REFERENCE PAGE



BODY SQUAT



PUSH UP



MOUNTAIN CLIMBERS



AB CRUNCHES



BURPEES

# EXERCISE REFERENCE PAGE: CORE EXERCISES



SIT UPS



OBLIQUE SIDE TOUCHES



REVERSE CRUNCHES



V-UPS



TOE TOUCHES



RUSSIAN TWISTS



STRAIGHT LEG RAISES



BICYCLE CRUNCHES

## EXERCISE REFERENCE PAGE: STRETCHES



HAMSTRING STRETCH



QUADRICEP STRETCH



GLUTE STRETCH



ELBOW PUSH  
DOWNS



BUTTERFLY STRETCH



SEAL STRETCH



CHILD'S POSE



CROSS BODY  
STRETCH