

31-Day Calendar

**Click each fitness movement and complete for 30 seconds.
Repeat exercise set 3 times. Rest for 30 seconds after each set.**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Jumping Jacks • Push-Ups • Shoulder Stretch • Bridge Pose 	<u>CORE</u> <ul style="list-style-type: none"> • Spider Lunges • Mountain Climbers • Toe Touch Twists • Butterfly Pose 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • Butt Kickers • Side Lunges • Flamingo Stretch • Malasana 	<u>AGILITY</u> <ul style="list-style-type: none"> • Inch Worms • Speed Hand Walks • Crossed Toe Touch • Downward Facing Dog 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Air Drumming • Tick Tocks • Toe Touch • Lizard Pose
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Arm Circles • High Plank • Triceps Stretch • Cobra Pose 	<u>CORE</u> <ul style="list-style-type: none"> • High Kicks • Seated Heel Drops • Standing Side Reach • Seated Spinal Twist 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • Quad Stretch • Calf Raises • Toe Touch • Supine Spinal Twist 	<u>AGILITY</u> <ul style="list-style-type: none"> • High Knees • Speed Mountain Climbers • Toe Touch Twists • Lizard Pose 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Running Arms • Duck Walk • Crossed Toe Touch • Bridge Pose
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Seal Jacks • Inch Worms • Cross Body Shoulder Stretch • Spinal Twist 	<u>CORE</u> <ul style="list-style-type: none"> • Side Bends • Kickouts • Toe Touch Twists • Butterfly Pose 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • High Kicks • Single Leg Toe Touch • Flamingo Stretch • Wide-Legged Forward Fold 	<u>AGILITY</u> <ul style="list-style-type: none"> • Skip Forward/Backward • Bound • Crossed Toe Touch • Pigeon Pose 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Butt Kickers • Speed Hand Walks • Tricep Stretch • Supine Spinal Twist
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Air Drumming • Hand Walks • Shoulder Stretch • Bridge Pose 	<u>CORE</u> <ul style="list-style-type: none"> • Heel Scoops • Crab Toe Touch • Toe Touch Twists • Seated Spinal Twist 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • Knee Hugs • Squat Jumps • Toe Touch • Malasana 	<u>AGILITY</u> <ul style="list-style-type: none"> • Ice Skaters • Twists • Toe Touch Twists • Downward Facing Dog 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Ice Skaters • Push Ups • Cross Body Shoulder Stretch • Pigeon Pose
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Air Punches • Shoulder Taps • Triceps Stretch • Cobra Pose 	<u>CORE</u> <ul style="list-style-type: none"> • Running Arms • Tick Tocks • Standing Side Reach • Butterfly Pose 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • Heel Walks • Duck Walk • Flamingo Stretch • Supine Spinal Twist 	<u>AGILITY</u> <ul style="list-style-type: none"> • Toe Walks • Skiers • Crossed Toe Touch • Lizard Pose 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Arm Circles • Kickouts • Toe Touch Twists • Bridge Pose
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30/31
<u>UPPER BODY</u> <ul style="list-style-type: none"> • Air Jump Rope • Y's, T's, W's • Cross Body Shoulder Stretch • Spinal Twist 	<u>CORE</u> <ul style="list-style-type: none"> • Toe Touch • Seated Flutter Kicks • Toe Touch Twists • Seated Spinal Twist 	<u>LOWER BODY</u> <ul style="list-style-type: none"> • Toe Walks • Squat Jumps • Toe Touch • Wide-Legged Forward Fold 	<u>AGILITY</u> <ul style="list-style-type: none"> • Single Leg Balance • Leg Hops • Toe Touch Twists • Pigeon Pose 	<u>FULL BODY</u> <ul style="list-style-type: none"> • Seal Jacks • Inch Worms • Standing Side Reach • Malasana

WORKOUT MODIFICATIONS:

Beginner level: Complete each fitness movement for 15 seconds.
Challenge level: Complete each fitness movement for 45 seconds.