

4WeekWorkoutCalendar

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

	MONDAY (Upper Body)	TUESDAY (Core)	WEDNESDAY (Yoga & Mindfulness)	THURSDAY (Lower Body)	FRIDAY (Agility)	SATURDAY/SUNDAY (Weekend Challenge)
WEEK 1	• Jumping Jacks • Push-Ups • Shoulder Stretch	• Spider Lunges • Mountain Climbers • Toe Touch Twists	• Mindful Posing • Cobra Pose • Wide-Legged Forward Fold	• Butt Kickers • Side Lunges • Flamingo Stretch	• Inch Worms • Speed Hand Walks • Crossed Toe Touch	• Dance to 2 of your favorite songs
WEEK 2	• Arm Cirlces • High Plank • Triceps Stretch	• High Kicks • Seated Heel Drops • Standing Side Reach	• Body Scan • Spinal Twist • Malasana	• Quad Stretch • Calf Raises • Toe Touch	• High Knees • Speed Mountain Climbers • Toe Touch Twist	• A Mindful Minute (think about things that make you happy)
WEEK 3	• Air Drumming • Hand Walks • Cross Body Shoulder Stretch	• Heel Scoops • Crab Toe Touch • Toe Touch Twists	• Mindful Bubbles • Bridge Pose • Supine Spinal Twist	• Knee Hugs • Squat Jumps • Flamingo Stretch	• Ice Skaters • Twists • Crossed Toe Touch	• Go for a 30 minute walk around your neighborhood with a family member
WEEK 4	• Air Punches • Shoulder Taps • Triceps Stretch	• Running Arms • Tick Tocks • Standing Side Reach	• Heartbeat Exercise • Butterfly Pose • Downward Facing Dog	• Heel Walks • Duck Walk • Toe Touch	• Single Leg Balance • Skiers • Toe Touch Twist	• Create your own workout with a family member

WORKOUT MODIFICATIONS:

Beginner level: Complete each exercise for 15 seconds.

Challenge level: Complete each exercise for 45 seconds.