



4WeekFitKitWorkoutCalendar

**Complete each fitness movement for 30 seconds. Repeat fitness set 3 times.
Rest for 30 seconds after each set.**

	MONDAY (Upper Body)	TUESDAY (Core)	WEDNESDAY (Yoga)	THURSDAY (Lower Body)	FRIDAY (Agility)	SATURDAY/SUNDAY (Weekend Challenge)
WEEK 1	<ul style="list-style-type: none"> • Arm Circles • Rows (Loop) • Shoulder Stretch 	<ul style="list-style-type: none"> • Spider Lunges • Plank Jacks (Spot) • Toe Touch Twists 	<ul style="list-style-type: none"> • Mindful Posing • Cobra Pose • Wide Legged Forward Fold 	<ul style="list-style-type: none"> • Butt Kickers • Squats (Band) • Flamingo Stretch 	<ul style="list-style-type: none"> • Inch Worms • Double Punch (Loop) • Crossed Toe Touch 	<ul style="list-style-type: none"> • Dance to 2 of your favorite songs
WEEK 2	<ul style="list-style-type: none"> • Air Drumming • Curls (Band) • Triceps Stretch 	<ul style="list-style-type: none"> • High Kicks • Kneeling Paddle Board (Loop) • Standing Side Reach 	<ul style="list-style-type: none"> • Body Scan • Spinal Twist • Malasana 	<ul style="list-style-type: none"> • Quad Stretch • Jump and Stick (Spot) • Toe Touch 	<ul style="list-style-type: none"> • Toe Walks • Side Shuffle (Band) • Toe Touch Twists 	<ul style="list-style-type: none"> • A Mindful Minute (think about things that make you happy)
WEEK 3	<ul style="list-style-type: none"> • Jumping Jacks • Handwalks (Spot) • Pull Apart 	<ul style="list-style-type: none"> • Heel Scoops • Bear Crawl Tick Tocks (Spot) • Toe Touch Twists 	<ul style="list-style-type: none"> • Mindful Bubbles • Bridge Pose • Supine Spinal Twist 	<ul style="list-style-type: none"> • Knee Hugs • Monster Walks (Band) • Flamingo Stretch 	<ul style="list-style-type: none"> • Ice Skaters • Hop and Stick (Spot) • Crossed Toe Touch 	<ul style="list-style-type: none"> • Go for a 30 minute walk around your neighborhood with a family member
WEEK 4	<ul style="list-style-type: none"> • Air Punches • Band Pulls (Loop) • Triceps Stretch 	<ul style="list-style-type: none"> • Running Arms • Bear Crawls (Band) • Standing Side Reach 	<ul style="list-style-type: none"> • Heartbeat Exercise • Butterfly Pose • Downward Facing Dog 	<ul style="list-style-type: none"> • Heel Walks • Side Lunge to Balance (Spot) • Toe Touch 	<ul style="list-style-type: none"> • Single-Leg Balance • Bound (Spot) • Toe Touch Twists 	<ul style="list-style-type: none"> • Create your own workout with a family member

EQUIPMENT KEY:



(Loop) - Exercise requires a Resistance Loop



(Band) Exercise requires a Resistance Band



(Spot) Exercise requires a Poly Spot