



Move Every Day Challenge

WALK
20min

STAIRS
5 Sets

DANCE
5min

STRETCH
5min

YOGA
CLASS

DANCE
CLASS

PLAY Wii
5min

6min CARDIO (30sec, 3 sets)
Side-to-Side Squats
4 Quick-Feet to Sprawl
Push-ups, Chinnies ~ 3x

8min LEGS (30sec, 3 sets)
Wall-Sit and Slide
Side-to-Side Squat
Static Lunge Left, Right ~ 3x

8min ARMS (30sec, 3 sets)
Dips, Push-Press
T Push-up
Hand-cuffs to Hands-up ~ 3x

8min CARDIO
30 Punches
5 Shuffle'n Touch
~ 5x

5min CORE
20 Mountain Climbers
20 Russian Twist
20 Toe Touches ~ 4x

6min CARDIO
10-1: Jumping Jacks,
Knees-up, Lunge-outs,
Russian, +1 Caterpillar

8min CORE
20 Leg Lifts
20 Bicycles w 2s hold
1min Bridge ~ 3x

6min CARDIO
5 Burpees
5 Push-ups
~ 8x

8min CARDIO
10-1: Squats, Push-ups,
Kick-outs, Jumping Jacks,
+2 Burpees