

## Week 1

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	Monday	Tuesday*	Wednesday	Thursday*	Friday	Saturday **	Sunday
Warm-Up	25 jumping jacks 15 high knees (each knee) 3 min brisk walk or in place	25 jumping jacks 15 high knees (each knee) 3 min brisk walk or in place	25 jumping jacks 15 high knees (each knee) 3 min brisk walk or in place	25 jumping jacks 15 high knees (each knee) 3 min brisk walk or in place	50 jumping jacks 30 high knees (each knee) 3 min brisk walk or in place		CHURCH
Workout	15 squats 15 jump squats 15 lunges (each leg) 20 calf raises 20 donkey kicks  <b>3 reps</b>	20 arm circles (forward and backwards) 15 bicep dips 25 superman 10 push-ups  <b>3 reps</b>	30 crunches 15 sit-ups 30 bicycles 30 flutter kicks 20 sec plank  <b>3 reps</b>	15 squats 15 jump squats 15 bicep dips 30 sec wall sit 10 burpees  <b>3 reps</b>	20 arm circles (forward and backwards) 15 bicep dips 25 superman 10 push-ups  <b>3 reps</b>	Walking Meet-Up at Cascades Park at 8:30 a.m. or (10,000 step walk) - Meet at Amphitheatre -	

\* - Take pictures of two of your meals and upload with check-in at the end of the week. You must be in the pictures or the time-stamp must be visible for you get credit.

\*\* - Meet up for walk at Cascades Park at 8:30 a.m.

