

Wellness Group Exercise Challenges

☐ Pedometer challenge

- **Goal of 10,000 steps per day:** Start slow and add 100 extra steps per day by taking mini walks, walking & talking on the phone, taking the stairs, walking during lunch, parking further away, taking public transportation
- **Best pedometers:**
 - www.Fitbit.com
 - Omron HJ-112 Digital Pocket Pedometer or Ozeri 4x3 motion Digital Pocket 3D (www.Amazon.com)

☐ Cardio Challenge

- Goal to get **20-60 minutes** of cardiovascular exercise **5x per week**
- My plan:
 - Activity:
 - Length of time:
 - Time of day:
 - Days of the Week: S M T W T F S

☐ Intervals Challenge

- Add intervals **2-3x per week** to your cardio training program
- Days of the Week: S M T W T F S

☐ 10 Minute Workout Challenge

- Goal to do complete a 10 minute workout **daily**

☐ Resistance Training Challenge

- Resistance Band can be purchased online/Walmart/Target/Sporting good stores
- Goal to do **2-3x per week**
- Days of the Week: S M T W T F S



Cardio Challenge

- Cardiovascular exercises include:
 - Running
 - walking briskly
 - bicycling
 - jumping rope
 - swimming
 - aerobics
 - elliptical

Here is an example of beginner walking/biking/elliptical program:

Week	Warm-up	Brisk walking/Biking/elliptical	Cool-down
1 5x/wk	5 minutes	5 minutes	5 minutes
2 5x/wk		7 minutes	
3 5x/wk		9 minutes	
4 5x/wk		11 minutes	
5 5x/wk		13 minutes	
6 5x/wk		15 minutes	
7 5x/wk		18 minutes	
8 5x/wk		20 minutes	
9 5x/wk		23 minutes	
10 5x/wk		26 minutes	
11 5x/wk		28 minutes	
12 5x/wk		30 minutes	

Interval Challenge



Interval Training: Why You Should Try It!

Whether you're a novice exerciser or you've been exercising for years, interval training can help jazz up your workout routine. It's easy and there are major benefits to adding intervals to any workout.

- **Burning calories more efficiently** – Short bursts of intensity in your workout significantly increase the number of calories you will burn — even if you only increase speed for a few minutes at a time.
- **Improved aerobic capacity** – As your cardiovascular fitness improves, you'll be able to exercise longer or with more intensity. Imagine finishing your 60-minute walk in 45 minutes — or the additional calories you'll burn by keeping up the pace for the full 60 minutes.
- **Beating boredom** – Turning up your intensity in short intervals can add variety to your exercise routine.
- **No special equipment needed** – You can modify any routine.

Here is an example of a simple interval program that you can use walking, biking or on an elliptical trainer to help increase your workout efficiency.

Weeks 1-3	Weeks 3-6	Weeks 7-10
5 min. warm up	5 min. warm up	5 min. warm up
5 minute at standard pace	5 minute at standard pace	4 minute at standard pace
1 minute at Brisk pace	1 minute & 30 seconds at Brisk pace	2 minutes at Brisk pace
5 minute at standard pace	5 minute at standard pace	4 minute at standard pace
1 minute at Brisk pace	1 minute & 30 seconds at Brisk pace	2 minutes at Brisk pace
5 minute at standard pace	5 minute at standard pace	4 minute at standard pace
1 minute at Brisk pace	1 minute & 30 seconds at Brisk pace	2 minutes at Brisk pace
5 minute standard pace	5 minute at standard pace	4 minute at standard pace
1 minute at Brisk pace	1 minute & 30 seconds at Brisk pace	2 minutes at Brisk pace
5 minute standard pace	5 minute standard pace	4 minute at standard pace
5 minute cool down	5 minute cool down	5 minute cool down
39 minutes total – 3x/wk	41 minutes– 3x/wk	38 minutes– 3x/wk



10 Minute Workout Challenge

Get your day off to a great start in 10 quick minutes with these 5 simple moves.

① 20 Jumping Jacks

Start with feet hip-width apart and hands at your sides. Simultaneously raise your arms above your head and jump so you can spread your feet shoulder-width apart. Then jump again to lower your arms and bring your feet together.



② 10 Prisoner Squats

Stand with your hands behind your head, your chest out and your elbows back. Sit back at your hips and bend your knees to lower your body as far as possible without losing the natural arch of your spine. Squeeze your glutes and push yourself back to starting position.



③ 10 Pushups

Assume the classic push-up position: legs straight, hands beneath your shoulders. Now, brace your abs. Keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended.



④ 10 Forward Lunges with Each Leg

From a standing position, take a large step forward with one leg. When your front thigh is parallel to the floor and your back knee is off the floor, hold for 1 second. Then return to the starting position and repeat with your other leg. Make it harder by holding the lowered position for 5 seconds.



⑤ 20 Stickups

Stand with your back to the wall and feet about 4 inches from the wall. Place the back of your arms against the wall, with upper arms parallel to floor and forearms at 90 degrees. Raise your arms overhead while keeping them against the wall at all times. Slowly return to below the starting position, tucking your elbows into your sides and bring shoulder blades together.



BONUS POINTS: 1) Repeat these five moves. 2) Add a 10-20 minute walk!

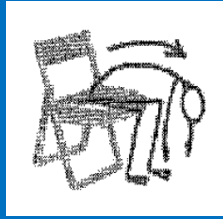
Days Completed the challenge: ___S___M___T___W___T___F___S

See if you can check off all 7 days!

10 Minute Morning Chair Workout Challenge

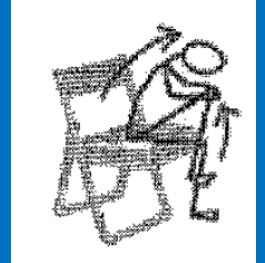
① **Forward Bend**-eases tension in upper back/neck

Breathe in & as you bend forward breathe out & let your head & arms hang over your knees. Relax into the position and hold for a few seconds while breathing normally. Breathe in as you slowly come back up to seated position.



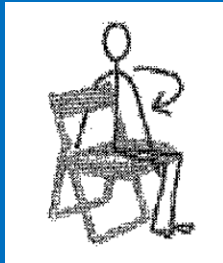
④ **Knee Squeeze**-relaxes lower back, improves digestion and respiration.

Breathe out completely then breathe in with both hands around the front of your knee, pull your knee to your chest, while holding the breath. Lower your head to your knee, hold for a few seconds, and release slowly while breathing out. Repeat with your right side.



② **Spinal Twist**-increases circulation and flexibility in the spine

Sit facing forward place your left hand on the outside of your right knee. Place your right arm over the back of the chair. Breathe in and breathe out as you twist to the right. Turn your head as well. Push against your right knee to create more leverage. Breathe normally and hold the position. Release slowly and come back to facing forward and repeat on the opposite side.



⑤ **Leg Lifts**- strengthen legs/lower back and improves circulation to your legs/feet.

Sit and hold each side of the chair for balance. Breathe out and breathe in as you lift your straightened left leg and flex your foot. Hold for a few seconds and then slowly breathe out while lowering your leg. Repeat the same for your right leg.



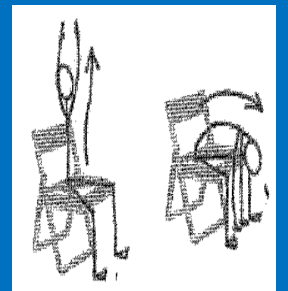
③ **Side Stretch**-increases flexibility of the spinal column, improves respiration, and reduces waistline.

Sit facing forward with feet slightly apart, breathe in, and raise your arms out to the sides. Breathe out and bend to the left, reaching toward the floor with your left hand and your right hand pointing toward the ceiling. Breathe in & come back to starting position. Repeat with your right side.



⑥ **Sun Pose**-improves circulation to your head, massages internal organs, and limbers your spine/hips

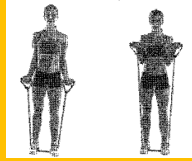
Sit back in the chair with legs apart and arms by your side. Breathe out completely then breathe in and with a sweeping motion bring your arms up over your head. Look up and stretch. Breathe out while bending forward between your legs and, if you can, put your palms on the floor. Slowly breathe in while raising back up with arms over head again, then lower your arms to the side.



Ripcords Exercises

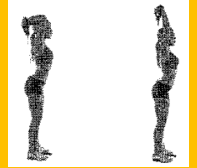
① Bicep Curl (Biceps)

Stand on the Ripcords with your feet shoulder width apart. Grip a handle in each hand & position your arms at the sides of your body. Bring your hands to shoulder height while keeping your wrists firm & elbows bent at your sides. Return to starting position & repeat.



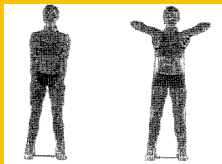
⑤ Tricep Extension (Triceps)

Stand on the Ripcords with your feet shoulder width apart. For less resistance, stand in a split stance. Grasp both handles & bring both hands behind your neck with your elbows pointing upwards. Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders. Try to keep your elbows together throughout the movement. Return to starting position & repeat.



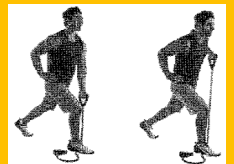
② Upright Row (Anterior Deltoid)

Stand on the Ripcords with your feet shoulder width apart. Keep your back straight & hold both handles in front with your palms facing your body. Lift your arms upward until they reach your upper chest. Keep your hands approximately shoulder width apart. Your elbows should remain above your hands throughout the movement. Return to starting position and repeat.



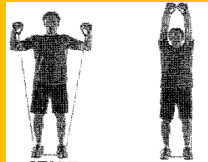
⑥ One Arm Row (Latissimus dorsi, posterior deltoid)

Stand with your front foot on the Ripcords & back foot behind your body. Grab one handle with the opposite arm of your front leg & rest the other handle on the floor. Keep your back & head straight; bend forward from your waist. Pull upwards, keeping your elbows & hand tight to your body until you reach the mid chest. To increase resistance, reduce the distance between your front foot & the handle. Return to starting position & repeat.



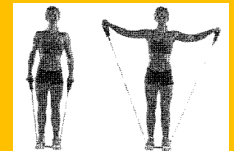
③ Overhead Press (Anterior Deltoid)

Stand on the Ripcords with your feet shoulder width apart. Grip a handle in each hand & bring your arms in front of your body to chin height. Keep your hands shoulder width apart & hold the Ripcords on the inside of both arms. Press upwards in a triangle movement until your hands meet each other above your head. Be sure not to lock your arms at the top. Focus on keeping a slight bend in the elbows. Return to starting positions & repeat.



⑦ Lateral Raise (Lateral Deltoid, Trapezius)

Stand on the Ripcords with your feet shoulder width apart. Hold the handles with your arms at the sides of your body, wrists facing in. Bring both arms up & away from the sides of your body to shoulder height. Keep your elbows slightly bent throughout the motion. Return to starting position & repeat.



④ Split Squat (Quadriceps, Hamstrings, Gluteals)

Stand in a split stance & position your front foot on the Ripcords & back foot one leg's length (3-4 ft) behind your body. Hold the handles & position your hands at shoulder height in front of your body. Bend both legs & balance on the toe of your back foot as you lower. Keep your back knee above the floor. Ensure that you do not bend your front knee more than 90 degrees or past your front toes. Return to the start & repeat.



⑧ Squat (Quadriceps, Hamstrings, gluteals)

Stand on the Ripcords with your feet shoulder width apart. Grasp the handles & bring the cord up & over your shoulders. Your hands shoulder be just below shoulder height. Stabilize your core by tightening your midsection. Press your hips back & bend your knees to 90 degrees so that your upper thighs are parallel to the floor. Don't let your knees extend past your front toes as you lower. Return to starting position & repeat.



Repetitions: 10-15 or 15-20 or 20-30

Sets: 1 or 2 or 3 or 4

Days of the week: S M T W T F S