



February 2023

bodymetrix FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jumping Jacks-1 min Wall Sits/ Squats -1 min Floor Bridges- 1 min Triceps Ext- 1 min Wall Sits/Squats-1 min Cardio 10 min / stretch	2 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	3 Jumping Jacks-1 min Shoulder Raises – 1 min Floor Bridges- 1 min Triceps Ext- 1 min Jumping Jacks-1 min Cardio 10 min / stretch	4 Plank Max _____ Any Cardio- 15 min High Knees – 1 min Leg Stretches – 1 min
5 Push Ups- MAX _____ Any Cardio- 20 min SLR- 1 min Leg Stretches- 1 min	6 Jumping Jacks-1 min Wall Sits/ Squats -1 min Back Rows-1 min Half Crunches – 1 min Shoulder Raises – 1 min Cardio 10 min / stretch	7 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	8 Jumping Jacks-1 min Wall Sits/ Squats -1 min Floor Bridges- 1 min Triceps Ext- 1 min Wall Sits/Squats-1 min Cardio 10 min / stretch	9 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	10 Jumping Jacks-1 min Shoulder Raises – 1 min Floor Bridges- 1 min Triceps Ext- 1 min Jumping Jacks-1 min Cardio 10 min / stretch	11 Plank Max _____ Any Cardio- 15 min High Knees – 1 min Leg Stretches – 1 min
12 Push Ups- MAX _____ Any Cardio- 20 min SLR- 1 min Leg Stretches- 1 min	13 Jumping Jacks-1 min Wall Sits/ Squats -1 min Back Rows-1 min Half Crunches – 1 min Shoulder Raises – 1 min Cardio 10 min / stretch	14 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	15 Jumping Jacks-1 min Wall Sits/ Squats -1 min Floor Bridges- 1 min Triceps Ext- 1 min Wall Sits/Squats-1 min Cardio 10 min / stretch	16 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	17 Jumping Jacks-1 min Shoulder Raises – 1 min Floor Bridges- 1 min Triceps Ext- 1 min Jumping Jacks-1 min Cardio 10 min / stretch	18 Plank Max _____ Any Cardio- 15 min High Knees – 1 min Leg Stretches – 1 min
19 Push Ups- MAX _____ Any Cardio- 20 min SLR- 1 min Leg Stretches- 1 min	20 Jumping Jacks-1 min Wall Sits/ Squats -1 min Back Rows-1 min Half Crunches – 1 min Shoulder Raises – 1 min Cardio 10 min / stretch	21 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	22 Jumping Jacks-1 min Wall Sits/ Squats -1 min Floor Bridges- 1 min Triceps Ext- 1 min Wall Sits/Squats-1 min Cardio 10 min / stretch	23 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch	24 Jumping Jacks-1 min Shoulder Raises – 1 min Floor Bridges- 1 min Triceps Ext- 1 min Jumping Jacks-1 min Cardio 10 min / stretch	25 Plank Max _____ Any Cardio- 15 min High Knees – 1 min Leg Stretches – 1 min
26 Push Ups- MAX _____ Any Cardio- 20 min SLR- 1 min Leg Stretches- 1 min	27 Jumping Jacks-1 min Wall Sits/ Squats -1 min Back Rows-1 min Half Crunches – 1 min Shoulder Raises – 1 min Cardio 10 min / stretch	28 Planks- 1 min Bicep Curls- 1 min Full Sit Ups- 1 min Arm & Leg Ext.-1 min Push Ups -1min Cardio 10 min / stretch		<i>Other CHEST Options:</i> - Chest flys - Chest press Either can be done with exercise tubing or light dumbbells	Other LEG options: - squats - dead lifts - calf raises - lunges - wall squats with weights	STRETCHES -SLR Straight Leg Raise (While standing) , alternate and lift leg up until you feel the hamstring stretch then repeat with the other leg

NOTES: You will feel better and be better physically and mentally, guaranteed or your money back!

Exercise demos at: bodymetrixhealth.com/fitness-calendar.

Don't wait! Get started any time of the month.

If you have any specific questions or need help with modifications, email Jim at office@bodymetrixhealth.com. We are all here to help!.

JUST DO IT!