



May 2023

bodymetrix health FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Push Ups - MAX _____ Any Cardio - 20 min SLR - 1 min Leg Stretches - 1 min	1 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	2 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	3 Half Crunches - 1 min Floor bridges - 1 min Full Sit Ups - 1 min Floor Bridges - 1 min Plank - 1 min Any Cardio - 10 min	4 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	5 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	6 Plank Max _____ Any Cardio - 10 min High Knees - 1 min Leg/Core Stretches - 1 min
7 Push Ups - MAX _____ Any Cardio - 20 min SLR - 1 min Leg Stretches - 1 min	8 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	9 Half Crunches - 1 min Floor bridges - 1 min Full Sit Ups - 1 min Floor Bridges - 1 min Plank - 1 min Any Cardio - 10 min	10 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio 10 min	11 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	12 Chest Press/Flys - 1 min Bicep Curls - 1 min Triceps - 1 min Chest Press/Flys - 1 min Side Bends - 1 min Any cardio - 10 min	13 Plank Max _____ Any Cardio - 10 min High Knees - 1 min Leg/Core Stretches - 1 min
14 Push Ups - MAX _____ Any Cardio - 20 min SLR - 1 min Leg Stretches - 1 min	15 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	16 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	17 Half Crunches - 1 min Floor bridges - 1 min Full Sit Ups - 1 min Floor Bridges - 1 min Plank - 1 min Any Cardio - 10 min	18 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	19 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	20 Plank Max _____ Any Cardio - 10 min High Knees - 1 min Leg/Core Stretches - 1 min
21 Push Ups - MAX _____ Any Cardio - 20 min SLR - 1 min Leg Stretches - 1 min	22 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	23 Half Crunches - 1 min Floor bridges - 1 min Full Sit Ups - 1 min Floor Bridges - 1 min Plank - 1 min Any Cardio - 10 min	24 Push Ups - 1min Back Rows - 1 min Wall Sits/Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	25 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	26 Chest Press/Flys - 1 min Bicep Curls - 1 min Triceps - 1 min Chest Press/Flys - 1 min Side Bends - 1 min Any cardio - 10 min	27 Plank Max _____ Any Cardio - 10 min High Knees - 1 min Leg/Core Stretches - 1 min
28 Push Ups - MAX _____ Any Cardio - 20 min SLR - 1 min Leg Stretches - 1 min	29 Jumping Jacks - 1 min Floor Bridges - 1 min Arm & Leg Lifts - 1 min Reverse Lunges - 1 min Shoulder Raises - 1 min Any cardio - 10 min	30 Push Ups - 1min Back Rows - 1 min Wall Sits/ Squats - 1 min Full Sit Ups - 1 min Any cardio - 10 min	31 Half Crunches - 1 min Floor bridges - 1 min Full Sit Ups - 1 min Floor Bridges - 1 min Plank - 1 min Any Cardio - 10 min	Other LEG options: - any squats - dead lifts - calf raises - forward or reverse lunges - wall sits with or without weights - increased pedal resistance on a bike		Other CHEST Options: - Chest flies - Chest press Either can be done with exercise tubing or light dumbbells or modified push ups

NOTES: Exercise demos at: bodymetrixhealth.com/fitness-calendar
 Don't wait! Get started any time of the month. You will feel better, mentally and physically...guaranteed!
 If you have any specific questions or need help with modifications, email Jim at office@bodymetrixhealth.com.