



September 2023

bodymetrix ACTIVITY CHALLENGE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|--|
| 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 flys - Chest press Either can be done with exercise tubing or light dumbbells or modified push ups | | | ¹ Floor Bridges Half Crunches Floor Bridges Full Crunches Arm & Leg Lifts Jumping Jacks Any cardio 10+ minutes | ² Plank max _____ Any Cardio 15+ min High Knees 1 min Leg & Core stretches |
| <div style="border: 1px solid black; padding: 5px; display: inline-block;"> PERFORM ONE MINUTE OF EACH EXERCISE </div> | | | | | | |
| ³ Push Ups Max _____ Any Cardio 15+ min Straight Leg Raises- 1 min Leg/Core stretches | ⁴ Wall Sit w. Bicep Curls Half Crunches Floor Bridges Full Crunches Wall Sit w/ Shld Raises Any Plank Any Cardio 10+ minutes | ⁵ Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Any Cardio 10+ minutes | ⁶ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ⁷ Floor Bridges Half Crunches Floor Bridges Full Crunches Arm & Leg Lifts Any Plank Any cardio 10+ minutes | ⁸ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ⁹ Plank max _____ Any Cardio 15+ min High Knees 1 min Leg & Core stretches |
| ¹⁰ Push Ups Max _____ Any Cardio 15+ min Straight Leg Raises- 1 min Leg/Core stretches | ¹¹ Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Any Cardio 10+ minutes | ¹² Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ¹³ Wall Sit w. Bicep Curls Half Crunches Floor Bridges Full Crunches Wall Sit w/ Shld Raises Any Plank Any Cardio 10+ minutes | ¹⁴ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ¹⁵ Floor Bridges Half Crunches Floor Bridges Full Crunches Arm & Leg Lifts Jumping Jacks Any cardio 10+ minutes | ¹⁶ Plank max _____ Any Cardio 15+ min High Knees 1 min Leg & Core stretches |
| ¹⁷ Push Ups Max _____ Any Cardio 15+ min Straight Leg Raises- 1 min Leg/Core stretches | ¹⁸ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ¹⁹ Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Any Cardio 10+ minutes | ²⁰ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ²¹ Floor Bridges Half Crunches Floor Bridges Full Crunches Arm & Leg Lifts Any Plank Any cardio 10+ minutes | ²² Wall Sit w. Bicep Curls Half Crunches Floor Bridges Full Crunches Wall Sit w/ Shld Raises Jumping Jacks Any Cardio 10+ minutes | ²³ Plank max _____ Any Cardio 15+ min High Knees 1 min Leg & Core stretches |
| ²⁴ Push Ups Max _____ Any Cardio 15+ min Straight Leg Raises- 1 min Leg/Core stretches | ²⁵ Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Jumping Jacks Arm & Leg Lifts Sidelying Doub.Leg Lift Any Cardio 10+ minutes | ²⁶ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ²⁷ Wall Sit w. Bicep Curls Half Crunches Floor Bridges Full Crunches Wall Sit w/ Shld Raises Any Plank Any Cardio 10+ minutes | ²⁸ Any LEG OPTION ` Full Sit Ups Triceps Extensions Any LEG OPTION Side Bend w/ wgt Any LEG OPTION Any cardio 10+ minutes | ²⁹ Floor Bridges Half Crunches Floor Bridges Full Crunches Arm & Leg Lifts Jumping Jacks Any cardio 10+ minutes | ³⁰ Plank max _____ Any Cardio 15+ min High Knees 1 min Leg & Core stretches |

Exercise demos at: bodymetrixhealth.com/fitness-calendar

All exercises can be modified. Add weights as needed and perform 2-3 sets if you need even more of a challenge.

If you have questions or need help with modifications, email Jim at office@bodymetrixhealth.com