



November 2023

bodymetrix ACTIVITY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEG OPTIONS: Step Ups - Any Squats - Dead Lifts - Calf Raises -Forward or Reverse Lunges - Wall Sits (with or without weights), Walk Stairs or Hike Hills - Increased Pedal Resistance on a Bike. <div style="border: 1px solid black; padding: 5px; text-align: center;"> PERFORM ONE MINUTE OF EACH EXERCISE </div>			¹ Jumping Jacks Half Crunches Floor (or Ball Bridges) H/K Arm and Leg Lifts Any Plank Any Cardio 10+ minutes	² Any LEG OPTION Full Sit Ups Triceps Extensions Shoulder Raises -3 Ways Bicep Curl and Press Any LEG OPTION Any Cardio 10+ minutes	³ Posture Row (DB/tubes) Half Crunches Floor (or ball) bridges Full Crunches Floor or Ball Bridges Any Plank Any cardio 10+ minutes	⁴ Push Ups max - _____ Any Cardio 15+ minutes High Knees 1 minute Leg & Core Stretches
⁵ Any Outside Activity or Cardio 15+ minutes Straight Leg Raises - 1 minute Leg& Core Stretches	⁶ Jumping Jacks Half Crunches Floor (or Ball Bridges) H/K Arm and Leg Lifts Any Plank Any Cardio 10+ minutes	⁷ Any LEG OPTION Full Sit Ups Triceps Extensions Shoulder Raises -3 Ways Bicep Curl and Press Any CHEST OPTION Any Cardio 10+ minutes	⁸ Posture Row (DB/tubes) Half Crunches Floor (or ball) bridges Full Crunches Floor or Ball Bridges Any Plank Any cardio 10+ minutes	⁹ Any LEG OPTION Full Sit Ups Triceps Extensions Shoulder Raises -3 Ways Bicep Curl and Press Any LEG OPTION Any Cardio 10+ minutes	¹⁰ Wall Sit w/Curl +Press Jumping Jacks Air Squats Jumping Jacks Wall Sit w/Curl +Press Any Cardio 10+ minutes	¹¹ PLANK max - _____ Any Cardio 15+ minutes High Knees 1 minute Leg & Core Stretches
¹² Any Outside Activity or Cardio 15+ minutes Straight Leg Raises - 1 minute Leg& Core Stretches	¹³ Wall Sit w/Curl +Press Jumping Jacks Air Squats Jumping Jacks Wall Sit w/Curl +Press Any Cardio 10+ minutes	¹⁴ Any LEG OPTION Full Sit Ups Triceps Extensions Shoulder Raises -3 Ways Bicep Curl and Press Any CHEST OPTION Any Cardio 10+ minutes	¹⁵ Jumping Jacks Half Crunches Floor (or Ball Bridges) H/K Arm and Leg Lifts Side-Double Leg Lifts Any Plank Any Cardio 10+ minutes	¹⁶ Any LEG OPTION Full Sit Ups Triceps Extensions Shoulder Raises -3 Ways Bicep Curl and Press Any LEG OPTION Any Cardio 10+ minutes	¹⁷ Posture Row (DB/tubes) Half Crunches Floor (or ball) bridges Full Crunches Floor or Ball Bridges Any Plank Any cardio 10+ minutes	¹⁸ Push Ups max - _____ Any Cardio 15+ minutes High Knees 1 minute Leg & Core Stretches
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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