



June 2024

BodyMetrix Health 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.			CHEST OPTIONS: Push Ups - Chest Flys - Chest Press (Either can be done with exercise tubing or light dumbbells or modified pushups).			¹ Push Ups max - _____ Any Outside activity or Cardio- 15+ minutes High Knees- 1 minute Leg & Core Stretches
PERFORM ONE MINUTE OF EACH EXERCISE						
² Any Outside Activity or Cardio- 15+ minutes Straight Leg Raises Leg & Core Stretches	³ Cardio- 10+ minutes Squats- 1 min Plank- 15 seconds Bicep Curl/Press- 1 min Repeat 1-3x	⁴ Cardio- 10+ minutes Jumping Jacks- 1 min Half Crunches- 1 min Floor Bridges- 1 min Chest Flys/Press- 1 min Repeat 1-3x	⁵ Cardio- 10+ minutes Reverse Lunges- 1 min Oblique Tubing- 1 min Wall Sits- 1 min H/K Arm/Leg Lifts- 1 min Repeat 1-3x	⁶ Cardio- 10+ minutes Squats- 1 min Plank- 20 seconds Bicep Curl/Press- 1 min Calf Raises- 1 min Repeat 1-3x	⁷ Cardio- 10+ minutes DB-Farmer Walks- 1 min Push Ups- 1 min Any Tricep- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	⁸ PLANK max - _____ Any Outside activity or Cardio- 15+ minutes High Knees- 1 minute Leg & Core Stretches
⁹ Any Outside Activity or Cardio- 15+ minutes Straight Leg Raises Leg & Core Stretches	¹⁰ Cardio- 10+ minutes Jumping Jacks- 1 min Half Crunches- 1 min Floor Bridges- 1 min Chest Flys/Press- 1 min Repeat 1-3x	¹¹ Cardio- 10+ minutes Squats- 1 min Plank- 25 seconds Wall Sits- 1 min Bicep Curl/Press- 1 min Repeat 1-3x	¹² Cardio- 10+ minutes Any Tricep- 1 min DB Shld. Raises- 1 min Calf Raises- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	¹³ Cardio- 10+ minutes Jumping Jacks- 1 min Half Crunches- 1 min H/K Arm/Leg Lifts- 1 min Chest Flys/Press- 1 min	¹⁴ Cardio- 10+ minutes Squats- 1 min Plank- 30 seconds Bicep Curl/Press- 1 min Repeat 1-3x	¹⁵ Push Ups max - _____ Any Outside activity or Cardio- 15+ minutes High Knees- 1 minute Leg & Core Stretches
¹⁶ Any Outside Activity or Cardio- 15+ minutes Straight Leg Raises Leg & Core Stretches	¹⁷ Cardio- 10+ minutes Squats- 1 min Plank- 35 seconds Bicep Curl/Press- 1 min Repeat 1-3x	¹⁸ Cardio- 10+ minutes Any Tricep- 1 min DB Shld. Raise- 1 min Calf Raises- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	¹⁹ Cardio- 10+ minutes Squats- 1 min Planks-40 seconds Wall Sits- 1 min Bicep Curl/Press- 1 min Repeat 1-3x	²⁰ Cardio- 10+ minutes Any Tricep- 1 min DB Shld. Raise- 1 min Calf Raises- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	²¹ Cardio- 10+ minutes Jumping Jacks- 1 min Half Crunches- 1 min Floor Bridges- 1 min Chest Flys/Press- 1 min Repeat 1-3x	²² PLANK max - _____ Any Outside activity or Cardio- 15+ minutes High Knees- 1 minute Leg & Core Stretches
^{23/30} Any Outside Activity or Cardio- 15+ minutes Straight Leg Raises Leg & Core Stretches	²⁴ Cardio- 10+ minutes Jumping Jacks- 1 min Half Crunches- 1 min Floor Bridges- 1 min Chest Flys/Press- 1 min Repeat 1-3x	²⁵ Cardio- 10+ minutes Squats- 1 min Plank- 45 seconds Wall Sits- 1 min Bicep Curl/Press- 1 min Repeat 1-3x	²⁶ Cardio- 10+ minutes Any Tricep- 1 min DB Shld. Raise- 1 min Calf Raises- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	²⁷ Cardio- 10+ minutes Squats- 1 min Plank- 50 seconds Bicep Curl/Press- 1 min Repeat 1-3x	²⁸ Cardio- 10+ minutes DB-Farmer Walks- 1 min Full Crunches- 1 min Calf Raises- 1 min DB/Tubing Rows- 1 min Repeat 1-3x	²⁹ Push Ups max - _____ Any Outside activity or Cardio- 15+ minutes High Knees- 1 minute 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