

WEEK 1 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 DAY 1 - PUSH UPS Push ups target muscles in the chest, shoulders, upper, & middle back, biceps, & core! Try aiming for 50 today! CLICK HERE FOR A TUTORIAL!	2 DAY 2 - SURRENDER SQUAT These use more muscles than you think, including quads, hamstrings, glutes & shoulders. Try for 35 of them today - once left & once right = one rep! CLICK HERE FOR A TUTORIAL!	3 DAY 3 - V-UPS These challenging movements target your core & lower body, but also require balance & coordination. Try to get 20 done today! CLICK HERE FOR A TUTORIAL!	4 DAY 4 - JUMPING SPLIT SQUATS These challenging movements target your core & lower body, but also require balance & coordination. Try to get 20 done today! CLICK HERE FOR A TUTORIAL!
5 DAY 5 - SPIDERMAN MOUNTAIN CLIMBERS In addition to the oblique muscles, these recruit chest, back & arms, as well as stabilizing muscles in the shoulders! Finishing one climber on each side = one rep, so try to get 50 today! CLICK HERE FOR A TUTORIAL!	6 DAY 6 - SQUAT JUMPS The classic squat jump sticks around for a reason: it's a great way to work glutes, quads, hips, & hamstrings while adding in cardio! Try to do 50 of these! CLICK HERE FOR A TUTORIAL!	7 DAY 7 - CRAB DIPS WITH TOE TOUCHES This full body workout focuses on glutes, hamstrings, calves, quads, core, hips, arms, & shoulders. It also increases strength & mobility! Try doing 35 reps (one left and one right = one rep!) CLICK HERE FOR A TUTORIAL!	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

WEEK 2 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 DAY 8 - SKATER HOPS With proper form, skater jumps activate your quads, glutes, hamstrings, & calves. Try doing 35 of these - one each way is one rep! CLICK HERE FOR A TUTORIAL!	9 DAY 9 - BURPEES Ah, the classic Burpee!! A full body workout that also increases your heart rate. Try for 35 of these today! CLICK HERE FOR A TUTORIAL!	10 DAY 10 - SINGLE-LEG PISTOL SQUATS These are a great, difficult to master exercise & it works almost all your leg muscles including, quads, glutes, calves, & hamstrings. Try to do 25 on each side! CLICK HERE FOR A TUTORIAL!	11 DAY 11 - TRICEP PUSH-UPS While it works on stabilizing muscles throughout the body, tricep pushups primarily the pecs, shoulders, and, of course, triceps! Aim for 35 of these push ups! CLICK HERE FOR A TUTORIAL!
12 DAY 12 - ONE-LEGGED DEAD LIFTS Dead lifts specifically target the lower back, hamstrings, & glutes ("posterior chain"), & using one leg not only isolates that side, it also builds balance and stability! Try to do 25 on each side! CLICK HERE FOR A TUTORIAL!	13 DAY 13 - SIDE PLANK ROTATIONS Shoulders,, lats, glutes, & abs are all recruited to perform this exercise. Really focus on form to ensure you're hitting the right muscles! Try 25 on each side! CLICK HERE FOR A TUTORIAL!	14 DAY 14 - REVERSE LUNG TO FRONT KICK This exercise challenges your balance & strengthens your quadriceps, as well as your glutes, calves, hip flexors & hamstrings. Aim to do 35 on each side. CLICK HERE FOR A TUTORIAL!	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

WEEK 3 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			DAY 15 - BENT OVER REVERSE FLY Today focuses exclusively on the upper body, building strength in the upper back & around the shoulders! Try this one with medium weights (& aim for 40 reps) or without & aim for 50 reps! CLICK HERE FOR A TUTORIAL!	DAY 16 - FROGGERS This simple exercise feels like the start of a burpee, but allows you more reps since you're not bringing the body up & down. With proper alignment, you'll work your arms, abs, gluts, legs, & your heart! Aim for 50 ! CLICK HERE FOR A TUTORIAL!	DAY 17 - PIKE WALK OUTS While focusing on abs, the plank walkout also recruits chest, hamstring, glutes, lats, & shoulders. Make sure to engage the abs as you walk yourself in & out! Try to do 35 of these! CLICK HERE FOR A TUTORIAL!	DAY 18 - HOLLY BODY ROCKS This core burner is no joke. Try keeping your arms & legs as low to the ground as you can while still keeping your lower back grounded. Once back and forth is one rep - try to get 25 ! CLICK HERE FOR A TUTORIAL!
19	20	21	22	23	24	25
DAY 19 - POWER LUNGES Similar to the lunge with front kick, power lunges take it a step further to bring plyometric action to the movement. Try doing 50 of these on each side! CLICK HERE FOR A TUTORIAL!	DAY 20 - PLANK UP-DOWNS The key to this plank isn't the up and down, its minimizing the movement side to side. Great for arms, shoulders, & back as well as core. Down on both arms & back up is one rep -- try for 50 ! CLICK HERE FOR A TUTORIAL!	DAY 21 - AROUND THE WORLD LUNGES Putting forward, side, & reverse lunges, this works the lower half of the body completely. Once around, using both legs, is one rep. Try for 35 reps! CLICK HERE FOR A TUTORIAL!				
26	27	28				

WEEK 4 DAILY ACTIVITIES - HIGH INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

DAY 22 - TURKISH GET-UP

The key to a Turkish Get Up is form!! Focus on the elevated hand the whole time to get the full core, shoulder, back, & arm recruitment. Do **25** on each side!

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DAY 23 - STAR JUMPS

We're looking at a full burst of cardio here - these should be explosive with a soft landing. Try to get **25** in a row!

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DAY 24 - BODY SAW

Great for the back & shoulders, this plank can go from simple to intense just by adding extension. Try putting exercise slides or a towel under your feet as you do **50** reps!

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DAY 25 - SUMO SQUATS

These target your adductors, glutes, quads, calves, hamstrings, & hip flexors. For added challenge, lift one heel at a time. Go for **50** more!

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DAY 26 - TUCK JUMPS

Similar to star jumps, these movements build explosivity & fast-twitch muscle fibers. Make sure both knees get up as you bounce, landing softly to protect your knees!

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DAY 27 - SPLIT STANCE ROW + KICKBACK

Split stance rows isolate your lats as well as biceps, lower and middle back, & shoulders. Add a kick back to isolate your tricep, too. Try for **50** on each side!

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DAY 28 - SINGLE LEG BURPEE

As if the classic burpee couldn't get harder, we've taken it up a notch. Try doing it on one leg to add balance into the equation! Can you do **25** on each side? Or more?!

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