

F IS FOR FITNESS

WEEK 1 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 DAY 1 - SINGLE LEG KNEE PRESS Get into a table-top position & press on one knee to isolate your lower abdominals, hip flexors, & shoulders. Try holding each for 10 seconds (one rep) & doing that 10 times on each side! CLICK HERE FOR A TUTORIAL!	2 DAY 2 - MODIFIED PUSH-UPS While you've dropped to your knees for this push-up, you're still activating the same muscles, including chest, shoulders, back, abs & arms. Try for 20 reps! CLICK HERE FOR A TUTORIAL!	3 DAY 3 - BIRD DOG CRUNCHES This exercise activates spinal stabilizers & core muscles that allow for correct movement, control, and stability of the whole body. CLICK HERE FOR A TUTORIAL!	4 DAY 4 - LATERAL LEG LIFTS Hold yourself still when you're moving through this activity to activate glutes, core, hip flexors, hamstrings, & lower back muscles. CLICK HERE FOR A TUTORIAL!
5 DAY 5 - GLUTE BRIDGES As the name suggests, the glute bridge activates the glutes, but it also works your quads, hamstrings, lower back & abs, too! Remember to squeeze at the top! Try for 20 reps! CLICK HERE FOR A TUTORIAL!	6 DAY 6 - CURTSY LUNGES In addition to the quads & glutes, this exercise targets the abductors, which brings your legs together. Try to do 10 lunges on each side! CLICK HERE FOR A TUTORIAL!	7 DAY 7 - TRICEP DIPS These movements do just what their name suggests - works the tricep. You'll also fire up the shoulders, traps, & back when you move into & out of this exercise, too! Try for 20 of these! 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				

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WEEK 2 - LOW INTENSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 DAY 8 - SIDE-TO-SIDE SQUATS To activate the muscles of the inner thigh, this is a simple way to reach that goal. It also engages other muscles required for a squat, like quads, hamstrings, & glutes! Try 10 each direction! CLICK HERE FOR A TUTORIAL!	9 DAY 9 - PLANK HOLD + SHOULDER TAPS The plank shoulder taps strengthens your core, glutes, arms, wrists, & shoulders. Try doing the same number of these that you did for planks & your strength grow! CLICK HERE FOR A TUTORIAL!	10 DAY 10 - BICYCLE CRUNCHES The classic crunch is ticked up a notch by adding a twist, which recruits your obliques into the mix! Try doing 15 each direction! CLICK HERE FOR A TUTORIAL!	11 DAY 11 - GOOD MORNINGS As the name suggests, the Good Morning offers a great way to stretch & tone your back, hamstrings, chest, & shoulders. Aim to complete 15 of these as a warm up to your day! CLICK HERE FOR A TUTORIAL!
12 DAY 12 - REVERSE LUNGES This exercise challenges your balance & strengthens your quadriceps, as well as your glutes, calves, hip flexors & hamstrings. Aim to do 15 on each side. CLICK HERE FOR A TUTORIAL!	13 DAY 13 - DEAD BUGS These work your core, including your transverse abdominis, rectus abdominis, obliques, & pelvic floor. One left & one right = one repetition! Try to get 15! CLICK HERE FOR A TUTORIAL!	14 DAY 14 - AIR SQUATS The standard squat activates thighs, hamstrings, quads, & glutes, but since it requires you to stay balanced, it also activates your core. Try for 20 squats! CLICK HERE FOR A TUTORIAL!	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

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WEEK 3 - LOW 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 - SIDE LUNGES While activating your quadriceps, abductors, glutes, adductors, & hamstrings, side lunges also require you to main stability & balance, working most of the muscles in the lower body! Try for 10 each direction! CLICK HERE FOR A TUTORIAL!	DAY 16 - BEAR PLANKS WITH KNEE TAPS Believe it or not, this movement activates your entire body, from glutes & psoas to shoulders & arms. You'll quickly feel this in your core & you try to stop your body from rocking side to side! Try for 10 on each side! CLICK HERE FOR A TUTORIAL!	DAY 17 - LAWNMOWER LUNGE Many exercises can help you prepare for activities of daily living, like this one - so-named because it recruits the same muscles you'd use to yank a lawn mower on including shoulders, back, glutes, biceps, & leg muscles! CLICK HERE FOR A TUTORIAL!	DAY 18 - DONKEY KICKS Wanna kick butt? This exercise does just that! In fact, it's one of the easiest moves to work your glute muscles. Try for 15 on each side (one left and one right = one rep!) CLICK HERE FOR A TUTORIAL!
19	20	21	22	23	24	25
DAY 19 - DEADLIFTS Activate your lower back, as well as hamstrings & glutes, with this staple exercise: the deadlift. Make sure you keep your back long, stick out your hips behind you, & leave a soft bend in the knees to ensure you maintain great positioning. Try for 15 reps! CLICK HERE FOR A TUTORIAL!	DAY 20 - SINGLE LEG V-UPS These challenging movements really target your core & lower body, but also require balance & coordination. Try to get 10 done today! CLICK HERE FOR A TUTORIAL!	DAY 21 - INCLINE PUSH UP This version allows you to get the feel of a push-up & brace through the core. Yet, it also diminishes the weight bearing requirements on your shoulders & arms! Try for the same number of incline push-ups as you did for modified push-ups! CLICK HERE FOR A TUTORIAL!				
26	27	28				

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WEEK 4 - LOW 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
			DAY 22 - GODDESS SQUAT These target your adductors, glutes, quads, calves, hamstrings, & hip flexors. For added challenge, lift one heel at a time. Go for 20 or more! CLICK HERE FOR A TUTORIAL!	DAY 23 - MODIFIED 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 10 on each side! CLICK HERE FOR A TUTORIAL!	DAY 24 - SIDE-TO-SIDE KICKS This exercise uses abductors & adductors to move the leg in & out, all while bracing your body to reduce movement side to side, which activates the entire core girdle. Take a moment to enjoy the IT Band stretch! Do 10 on each side. CLICK HERE FOR A TUTORIAL!	DAY 25 - TOE-TAP BOATS Boat pose primarily targets the core (both abs & lower back), but it also requires activation of hip flexors & pelvic floor muscles. Add in the toe taps to get deeper core activation & also mimic activities of daily living. Try for 15 on each side! CLICK HERE FOR A TUTORIAL!
26	27	28				
DAY 26 - SINGLE LEG KICKBACKS Moving one leg back & forth while on hands & knees requires shoulders, arms, & upper back to stabilize the body. The main movement also works the core, hip flexors, & glutes! Try for 10 on each side! CLICK HERE FOR A TUTORIAL!	DAY 27 - SWIMMERS For great back workouts without the water, start with these swimmers, which require coordination as well as lower, middle & upper back muscles! CLICK HERE FOR A TUTORIAL!	DAY 28 - 1/2 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 10 on each side! CLICK HERE FOR A TUTORIAL!				