

GET FIT - ONE DAY AT A TIME

FEBRUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Rest
2 2 sets of 15 Jumping Jacks	3 2 sets of 15 Crunches Jog in Place for 3 min	4 2 sets of 15 Knee Push Ups Jog in Place for 3 min	5 Rest	6 2 sets of 15 Second Plank 20 min Walk	7 2 sets of 15 Squats	8 2 sets of 15 Calf Raises
9 Rest	10 2 sets of 20 Jumping Jacks	11 2 sets of 20 Crunches 25 min Walk	12 2 sets of 20 Knee Push Ups Jog in Place for 5 min	13 Rest	14 2 sets of 20 Second Plank Jog in Place for 5 min	15 2 sets of 20 Squats
16 2 sets of 20 Calf Raises 25 min walk	17 Rest	18 3 sets of 15 Jumping Jacks	19 3 sets of 15 Crunches Jog in Place for 8 min	20 3 sets of 15 Knee Push Ups Jog in Place for 8 min	21 Rest	22 3 sets of 15 Second Plank 30 min walk
23 3 sets of 15 Squats	24 3 sets of 15 Calf Raises Jog in Place for 10 min	25 Rest	26 2 sets of 10 Mountain Climbers (10 ea. side per set)	27 2 sets of 10 Supermans 30 min Walk	28 2 Burpees 10 Squats Jog in Place for 10 min	

If you cannot jog in place, simply march instead of jogging but bring your knees up as high as possible.

This month we are going to work on endurance. Instead of one set, we will be doing multiple sets to start to make your workouts longer.

Most of the exercises are familiar to you by now and you will be comfortable with the form involved in doing them. Form is extremely important to reduce injury risk. I have added a couple of new exercises at the end of the month. As you get more comfortable we will begin to add more variety.

If you are intermediate or advanced, you can add these to your current workouts or increase the sets to meet your fitness level.

CONSULT YOUR DOCTOR BEFORE ATTEMPTING

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This workout is intended to be for beginners and is part of a continuing monthly series. Visit www.theysmell.com/workout-calendar for previous months workouts.