

GET FIT - ONE DAY AT A TIME

JULY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>If the exercises are becoming too easy for you, add additional sets. Alternatively add 2 sets of 5 burpees to each workout.</p>		1 5 sets 10 mountain climbers ea. side	2 5 min walk 15 min jog 5 min walk	3 rest	4 3 sets of ea: 10 squats 10 lunges ea. side 10 second plank	5 5 min walk 15 min jog 5 min walk
	6 rest	7 3 sets of ea: 40 jumping jacks 10 crunches 8 push-ups	8 5 sets 12 mountain climbers ea. side	9 5 min walk 16 min jog 5 min walk	10 rest	11 3 sets of ea: 12 squats 12 lunges ea. side 12 second plank
13 rest	14 3 sets of ea: 50 jumping jacks 12 crunches 9 push-ups	15 5 sets 15 mountain climbers ea. side	16 5 min walk 17 min jog 5 min walk	17 rest	18 3 sets of ea: 15 squats 15 lunges ea. side 15 second plank	19 5 min walk 17 min jog 5 min walk
20 rest	21 3 sets of ea: 55 jumping jacks 14 crunches 10 push-ups	22 5 sets 18 mountain climbers ea. side	23 5 min walk 18 min jog 5 min walk	24 rest	25 3 sets of ea: 18 squats 18 lunges ea. side 18 second plank	26 5 min walk 18 min jog 5 min walk
27 rest	28 3 sets of ea: 60 jumping jacks 15 crunches 11 push-ups	29 5 sets 20 mountain climbers ea. side	30 5 min walk 20 min jog 5 min walk	31 rest	ALLOW 60 SECONDS BETWEEN SETS	

If you cannot jog you can speed walk or simply march instead of jogging but bring your knees up as high as possible.

This month we are maintaining the regulated schedule and are doing multiple sets of each exercise.

There aren't any new exercises here but you can do a YouTube search for instructions for each one if you need to. Form is extremely important to reduce injury risk.

If there is something you can't do or aren't comfortable doing search Google or Youtube for a modified version of the exercise or do something else.

If not otherwise noted, doing an exercise on each side totals 1 rep.

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.