MEEKER MEMORIAL
HOSPITAL & CLINICS
Care as it should be.

MAY MOVE CHALLENGE

Week 1 — Focus on your form

Sunday	10 squats, 5 jumping jacks, 15 leg lifts
Monday	40 arm circles, 15 bicep extensions (2 sets)
Tuesday	15 squats, 7 jumping jacks, 15 leg lifts
Wednesday	20 bicep curls with 2# weights (3 sets)
Thursday	20 squats, 10 jumping jacks, 15 leg lifts
Friday	Triceps above head with 2# (3 sets)
Saturday	40 butt kickers, 20 side lunges

Week 2 — Get Strong

Sunday	10 crunches (3 sets)
Monday	25 high knees (3 sets
Tuesday	10 burpees (2 sets), 20 side lunges
Wednesday	25 wall pushups (3 sets), 10 jumping jacks
Thursday	40 butt kickers, 15 high knees, 20 above head lifts 2#
Friday	10 leg lifts, 20 squats, 40 arm circles with 1# weight.
Saturday	Wall squats 30 sec hold x 5, plank x 20 sec (3 reps)

Week 3 — Feel the Burn

Sunday	Glute bridges x 20 (3 sets)
Monday	Tricep Dip x 10 (3 sets)
Tuesday	15 Fire hydrants x 20 (3 sets)
Wednesday	Side plank x 20 sec holds x 10 each side.
Thursday	Bird Dog x 20 3 sets
Friday	Mountain climber x 20 3 sets
Saturday	Calf Raises x 20 3 sets, jumping jacks x 20 3 sets

Week 4 — Go The Extra Round

Sunday	30 wall pushups x 3 sets, 15 leg lifts x 3 sets
Monday	Reverse crunch x 20 lifting legs up together
Tuesday	Side lunges x 20 3 sets, wall squat x 30 sec hold x 5
Wednesday	10 burpees x 3 sets, 25 bicep curls with 2# weight
Thursday	Side plank x 20 secs, 15 each side
Friday	Scissor kicks x 20 3 sets
Saturday	Superman pose with 10 sec holds x 15