

Cell Phone Friendly Workouts

Are you spending hours on your cell phone catching up on the latest gossip? Why not get a work out in? Below you will find two workouts that are cell-phone-friendly!

Bicep curls x 20
Crunches x 40
Tri-cep extensions x 20
1 min of Air Bike
Side Arm Raises x 20

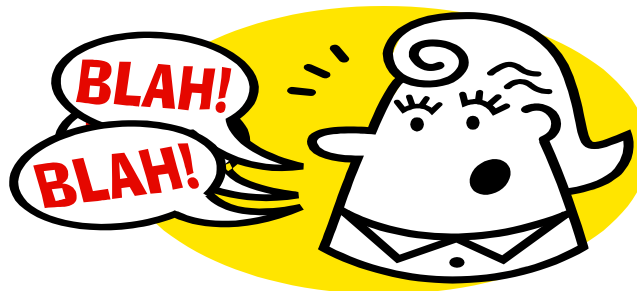
Front Arm Raises x 20
Marching in Place x 1
min
Bicep Curls x 20
Crunches x 40

Tri-ceps extensions x 20
1 min of Air Bike
Side Arm Raises x 20
Marching in Place x 1
min

REST

REST

STRETCH



1 min of squats
(Don't let your
heels lift up!)
Side leg lifts x 50
1 min. marching in place
Side lunges x 20

Front leg lifts x 50
Side lunges x 20
Inner thighs squeeze x
50
1 min marching in place
1 min of stair steps
(Switch feet)

1 min of squats
(Don't let your
heels lift up!)
Side leg lifts x 50
1 min. marching in place
Side lunges x 20

REST

REST

STRETCH



Weekly Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday
Aerobic:	Aerobic:	Aerobic:	Aerobic:	Aerobic:
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope
<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports
<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks
<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR
<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside
<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Strength:	Strength:	Strength:	Strength:	Strength:
<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups
<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches
<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs
<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball
<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band
__Stretch	__Stretch	__Stretch	__Stretch	__Stretch
<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT

The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

