

Lower Body Busters

Monday

Side Leg lifts on both sides x 100
Front Leg Lifts on back x 50
Back Leg Lifts x 50
Inner Thighs on back x 50

Tuesday

Crunches x 100
Back Extension x 40
Squats x 25

Wednesday

Side Leg lifts on both sides x 100
Front Leg Lifts on back x 50
Back Leg Lifts x 50
Inner Thighs on back x 50

Thursday

Crunches x 100
Back Extension x 40
Squats x 25

Friday

Side Leg lifts on both sides x 100
Front Leg Lifts on back x 50
Back Leg Lifts x 50
Inner Thighs on back x 50

Saturday

REST

Sunday

Side Leg lifts on both sides x 100
Front Leg Lifts on back x 50
Back Leg Lifts x 50
Inner Thighs on back x 50
Crunches x 100
Back Extension x 40
Squats x 25



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 Ball	<input type="checkbox"/> Stability Ball	<input type="checkbox"/> Stability Ball	<input type="checkbox"/> Stability Ball	<input type="checkbox"/> Stability 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!

