



# Strengthen

## A 30-Day Conditioning Journey

### INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day you complete. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	Read <b>Upper Body, Lower Body, Core AND Easy, Moderate, Difficult</b>	2
2	<b>Easy Strength Session – Foot Endurance Walking</b> OR <b>Easy/Moderate Strength Session – Lower Legs and Feet</b> OR <b>Moderate/Difficult Strength Session – Heel Lifts</b>	12 OR 12 OR 10
3	<b>Easy Strength Session – Lower Core</b> OR <b>Moderate/Difficult Strength Session – Sustained V-Sits</b> OR <b>Moderate/Difficult Strength Session – Planks</b>	10 OR 13 OR 13
4	<b>Easy Strength Session – Posture Alignment</b> OR <b>Moderate Strength Session – Body Alignment in Push-Ups</b> OR <b>Difficult Strength Session – Sustained Headstands</b>	11 OR 11 OR 9

Day	Exercise	Minutes
5	<p><b>Choose a lower body strength exercise, a core strength exercise, and an upper body core exercise to practice twice a week this month. Watch Day 2-4 videos for ideas.</b></p> <p><b>Note how many repetitions of each exercise you do today.</b></p>	15
6	<p><b>Share – Let us know how it’s going in the <a href="#">Discussion Forum</a>.</b></p>	5
7	<p><b>Do your chosen lower, core, and upper body exercises. Add 1-2 repetitions. Note how many reps you do.</b></p>	15
8	<p><b>Easy Full Session – Muscular Endurance in Feet and Hands</b></p> <p><b>OR</b></p> <p><b>Moderate Full Session – Muscular Endurance in Abs, Obliques, Back and Legs</b></p> <p><b>OR</b></p> <p><b>Moderate/Difficult Full session – Abdominals</b></p>	<p>27</p> <p>OR</p> <p>28</p> <p>OR</p> <p>25</p>
9	<p><b>Easy Stretch Session – Sustained Full Body Floor Stretch</b></p>	11
10	<p><b>Do your chosen lower, core, and upper body exercises. Add 1-2 repetitions. Note how many reps you do.</b></p>	15
11	<p><b>Set Goals – <i>How many reps of your chosen exercises will you be doing at the end of 30 days?</i></b></p> <p><b>Draw a chart showing how many reps you’ll do on Day 13, 17, 20, 23, 27, and 30.</b></p>	5

<b>Day</b>	<b>Exercise</b>	<b>Minutes</b>
<b>12</b>	<p><b>Read Metabolic Resistance Training (MRT) AND Easy MRT Session – Cardio for Limited Mobility</b></p> <p><b>OR</b></p> <p><b>Read Metabolic Resistance Training (MRT) AND Moderate MRT Session – Full Body Strengthening</b></p> <p><b>OR</b></p> <p><b>Read Metabolic Resistance Training (MRT) AND Moderate/Difficult MRT Session – Full Body Core Workout</b></p>	<p><b>25</b></p> <p><b>OR</b></p> <p><b>26</b></p> <p><b>OR</b></p> <p><b>27</b></p>
<b>13</b>	<b>Look at your goals chart. Do your Day 13 reps.</b>	<b>15</b>
<b>14</b>	<p><b>Easy Stretch Session – Shoulders and Chest</b></p> <p><b>OR</b></p> <p><b>Moderate Stretch Session – Side Bend</b></p>	<p><b>14</b></p> <p><b>OR</b></p> <p><b>9</b></p>
<b>15</b>	<p><b>Easy Strength Session – Foot Endurance Walking</b></p> <p><b>OR</b></p> <p><b>Moderate Strength Session – Limiting Lateral Ankle Movement to Avoid Injury</b></p>	<p><b>12</b></p> <p><b>OR</b></p> <p><b>11</b></p>
<b>16</b>	<b>Reflect – Write about how you feel at the halfway point.</b>	<b>5</b>
<b>17</b>	<b>Look at your goals chart. Do your Day 17 reps.</b>	<b>15</b>
<b>18</b>	<p><b>Easy Strength Session – Posture Alignment</b></p> <p><b>OR</b></p> <p><b>Moderate Strength Session – Body Alignment in Push-Ups</b></p> <p><b>OR</b></p> <p><b>Moderate/Difficult Strength Session – Planks</b></p>	<p><b>11</b></p> <p><b>OR</b></p> <p><b>11</b></p> <p><b>OR</b></p> <p><b>13</b></p>

<b>Day</b>	<b>Exercise</b>	<b>Minutes</b>
<b>19</b>	<p><b>Easy Full Session – Neck and Shoulders</b></p> <p><b>OR</b></p> <p><b>Easy/Moderate Full Session – Hips and Glutes</b></p> <p><b>OR</b></p> <p><b>Difficult Full Session – Front Splits</b></p>	<p><b>29</b></p> <p><b>OR</b></p> <p><b>23</b></p> <p><b>OR</b></p> <p><b>33</b></p>
<b>20</b>	<b>Look at your goals chart. Do your Day 20 reps.</b>	<b>15</b>
<b>21</b>	<b>Observe – Go for a walk. Notice if your body feels stronger than it did 3 weeks ago.</b>	<b>20</b>
<b>22</b>	<p><b>Easy Strength Session – Foot Endurance Walking</b></p> <p><b>OR</b></p> <p><b>Easy/Moderate Strength Session – Lower Legs and Feet</b></p> <p><b>OR</b></p> <p><b>Moderate/Difficult Strength Session – Heel Lifts</b></p>	<p><b>12</b></p> <p><b>OR</b></p> <p><b>12</b></p> <p><b>OR</b></p> <p><b>10</b></p>
<b>23</b>	<b>Look at your goals chart. Do your Day 23 reps.</b>	<b>15</b>
<b>24</b>	<p><b>Easy Strength Session – Lower Core</b></p> <p><b>OR</b></p> <p><b>Moderate/Difficult Strength Session – Sustained V-Sits</b></p> <p><b>OR</b></p> <p><b>Moderate/Difficult Strength Session – Planks</b></p>	<p><b>10</b></p> <p><b>OR</b></p> <p><b>13</b></p> <p><b>OR</b></p> <p><b>13</b></p>
<b>25</b>	<p><b>Easy Stretch Session – Hips and Glutes</b></p> <p><b>OR</b></p> <p><b>Easy Stretch Session – Shoulders and Chest</b></p> <p><b>OR</b></p> <p><b>Easy Stretch Session – Sustained Full Body Floor Stretch</b></p>	<p><b>9</b></p> <p><b>OR</b></p> <p><b>14</b></p> <p><b>OR</b></p> <p><b>11</b></p>
<b>26</b>	<b>Ask – Pose a question for your classmates and instructor in the Discussion Forum.</b>	<b>5</b>
<b>27</b>	<b>Look at your goals chart. Do your Day 27 reps.</b>	<b>15</b>

<b>Day</b>	<b>Exercise</b>	<b>Minutes</b>
<b>28</b>	<p style="text-align: center;"><b>Easy Strength Session – Posture Alignment</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>Moderate Strength Session – Body Alignment in Push-Ups</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>Difficult Strength Session – Sustained Headstands</b></p>	<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>9</b></p>
<b>29</b>	<p style="text-align: center;"><b>Easy Cardio Session – Lying Down</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>Moderate Cardio Session – Crab and Bear</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>Moderate/Difficult Cardio Session – Sit-Up Jumps and Push-Up Kicks</b></p>	<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>10</b></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b>12</b></p>
<b>30</b>	<p style="text-align: center;"><b>Accomplish – Complete your Day 30 exercises. Meet your goals.</b></p>	<p style="text-align: center;"><b>15</b></p>