



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 Key Terms and Definitions	2
2	Feet and Lower Legs EASY Foot Endurance Walking OR Feet and Lower Legs EASY/MODERATE Strength OR Ankles MODERATE/DIFFICULT Heel Lifts	10
3	Hips and Pelvis EASY Strength OR Full Body MODERATE/DIFFICULT V-Sits OR Full Body MODERATE/DIFFICULT Planks	15
4	Core and Upper Body EASY Posture Alignment Sitting OR Full Body MODERATE Strength Alignment in Push-Ups OR Neck and Upper Body DIFFICULT Strength Headstands	10
5	Choose a lower body strength exercise from Day 2, a core strength exercise from Day 3, and an upper body strength exercise from Day 4. You'll practice each twice a week this month. Note how many repetitions of each you do today.	15

Day	Exercise	Minutes
6	Share – Let us know how it’s going in the Discussion Forum.	5
7	Do your chosen lower, core, and upper body exercises. Add 1-2 repetitions. Note how many reps you do.	15
8	Feat and Hands EASY Strength, Cardio, Stretch OR Core and Legs MODERATE Strength, Cardio, Stretch OR Abs MODERATE/DIFFICULT Strength, Cardio, Stretch	30
9	Hips EASY Lying Down Stretch	10
10	Do your chosen lower, core, and upper body exercises. Add 1-2 repetitions. Note how many reps you do.	15
11	Set Goals – <i>How many reps of your chosen exercises will you be doing at the end of 30 days?</i> Draw a chart showing how many reps you’ll do on Day 13, 17, 20, 23, 27, and 30.	5
12	Read about Metabolic Resistance Training (MRT) in Key Terms and Definitions AND Full Body EASY Strength & Cardio for Limited Mobility OR Full Body MODERATE Strength and Cardio OR Core & Full Body MOD/DIFFICULT Strength & Cardio	30
13	Look at your goals chart. Do your Day 13 reps.	15

Day	Exercise	Minutes
14	Shoulders and Chest EASY Stretch OR Obliques MODERATE Side Bend Stretch	15
15	Feet and Lower Legs EASY Foot Endurance Walking OR Ankles MODERATE Strength Limiting Lateral Ankle Movement to Avoid Injury	10
16	Reflect – Write about how you feel at the halfway point.	5
17	Look at your goals chart. Do your Day 17 reps.	15
18	Core and Upper Body EASY Posture Alignment Sitting OR Full Body MODERATE Strength Alignment in Push-Ups OR Full Body MODERATE/DIFFICULT Planks	15
19	Neck and Shoulders EASY Strength and Stretch OR Hips and Glutes MODERATE Strength, Cardio, Stretch OR Legs and Hips DIFFICULT Stretch Front Splits	30
20	Look at your goals chart. Do your Day 20 reps.	15
21	Observe – Go for a walk. Notice if your body feels stronger than it did 3 weeks ago.	20
22	Feet and Lower Legs EASY Foot Endurance Walking OR Feet and Lower Legs EASY/MODERATE Strength OR Ankles MODERATE/DIFFICULT Heel Lifts	10
23	Look at your goals chart. Do your Day 23 reps.	15

Day	Exercise	Minutes
24	<p>Hips and Pelvis EASY Strength</p> <p>OR</p> <p>Full Body MODERATE/DIFFICULT V-Sits</p> <p>OR</p> <p>Full Body MODERATE/DIFFICULT Planks</p>	15
25	<p>Hips and Glutes EASY Stretch</p> <p>OR</p> <p>Shoulders and Chest EASY Stretch</p> <p>OR</p> <p>Hips EASY Lying Down Stretch</p>	15
26	Ask – Pose a question for your classmates and instructor in the Discussion Forum.	5
27	Look at your goals chart. Do your Day 27 reps.	15
28	<p>Core and Upper Body EASY Posture Alignment Sitting</p> <p>OR</p> <p>Full Body MODERATE Strength Alignment in Push-Ups</p> <p>OR</p> <p>Neck and Upper Body DIFFICULT Strength Headstands</p>	10
29	<p>Full Body EASY Lying Down Cardio</p> <p>OR</p> <p>Full Body MODERATE Cardio Crab and Bear</p> <p>OR</p> <p>Full Body MOD/DIFF Cardio Sit-Up Jumps & Push-Up Kicks</p>	15
30	Accomplish – Complete your Day 30 exercises. Meet your goals.	15