

Week 1:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance*	R:30s	R:30s	R:30s
		L:30s	L:30s	L:30s
	Sumo Squat	5		
	Horse Stand Hold	15s		
	Chair Sit	10s		
Sunday	Front-Side Should Fly	7	7	7
	Plank	10s		
	Planking Leg Lifts	6	6	
Monday	March in Place, slowly	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	5		
	Horse Stand Hold	15s		
	Chair Sit	15s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press	10	10	10
	Plank	15s		
	Planking Leg Lifts	6	6	
Thursday	Step Reverse Lunge*	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	6		
	Horse Stance Hold	17s		
	Chair Sit	20s		
Friday	REST DAY!!!			

*with assistance

Week 2:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance*	R:30s	R:30s	R:30s
		L:30s	L:30s	L:30s
	Sumo Squat	6		
	Horse Stand Hold	17s		
	Chair Sit	15s		
Sunday	Front-Side Should Fly	7	7	7
	Plank	15s		
	Planking Leg Lifts	8	8	
Monday	March in Place, slowly	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	7		
	Horse Stand Hold	19s		
	Chair Sit	20s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press	10	10	10
	Plank	20s		
	Planking Leg Lifts	8	8	
Thursday	Step Reverse Lunge*	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	7		
	Horse Stance Hold	19s		
	Chair Sit	25s		
Friday	REST DAY!!!			

*with assistance

Week 3:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance*	R:30s	R:30s	R:30s
		L:30s	L:30s	L:30s
	Sumo Squat	8		
	Horse Stand Hold	21s		
	Chair Sit	20s		
Sunday	Front-Side Should Fly	7	7	7
	Plank	20s		
	Planking Leg Lifts	6	6	6
Monday	March in Place, slowly	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	8		
	Horse Stand Hold	21s		
	Chair Sit	25s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press	10	10	10
	Plank	25s		
	Planking Leg Lifts	6	6	6
Thursday	Step Reverse Lunge*	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	9		
	Horse Stance Hold	23s		
	Chair Sit	30s		
Friday	REST DAY!!!			

*with assistance

Week 4:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance*	R:30s	R:30s	R:30s
		L:30s	L:30s	L:30s
	Sumo Squat	9		
	Horse Stand Hold	23s		
	Chair Sit	25s		
Sunday	Front-Side Should Fly	7	7	7
	Plank	25s		
	Planking Leg Lifts	7	7	7
Monday	March in Place, slowly	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	10		
	Horse Stand Hold	25s		
	Chair Sit	25s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press	10	10	10
	Plank	30s		
	Planking Leg Lifts	7	7	7
Thursday	Step Reverse Lunge*	R:10	R:10	R:10
		L:10	L:10	L:10
	Sumo Squat	10		
	Horse Stance Hold	25s		
	Chair Sit	30s		
Friday	REST DAY!!!			

*with assistance



Training Schedule Fitness Challenge 2021



Week 5:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance	R:45s	R:45s	R:45s
		L:45s	L:45s	L:45s
	Sumo Squat	11		
	Horse Stand Hold	27s		
	Chair Sit	25s		
Sunday	Front-Side Should Fly <i>with a can of food in each hand</i>	10	10	10
	Plank	30s		
	Planking Leg Lifts	8	8	8
Monday	March in Place	R:14		R:14
	<i>Twist while leg is up</i>	L:14		L:14
	Sumo Squat	11		
	Horse Stand Hold	27s		
	Chair Sit	30s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press <i>with a can of food in each hand</i>	15	15	
	Plank	35s		
	Planking Leg Lifts	8	8	8
Thursday	Step Reverse Lunge	R:15		R:15
		L:15		L:15
	Sumo Squat	12		
	Horse Stance Hold	29s		
	Chair Sit	35s		
Friday	REST DAY!!!			

Week 6:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance	R:45s	R:45s	R:45s
		L:45s	L:45s	L:45s
	Sumo Squat	12		
	Horse Stand Hold	29s		
	Chair Sit	30s		
Sunday	Front-Side Should Fly <i>with a can of food in each hand</i>	10	10	
	Plank	35s		
	Planking Leg Lifts	9	9	9
Monday	March in Place <i>Twist while leg is up</i>	R:14	R:14	
		L:14	L:14	
	Sumo Squat	13		
	Horse Stand Hold	31s		
	Chair Sit	35s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press <i>with a can of food in each hand</i>	15	15	
	Plank	40s		
	Planking Leg Lifts	9	9	9
Thursday	Step Reverse Lunge	R:15	R:15	
		L:15	L:15	
	Sumo Squat	13		
	Horse Stance Hold	31s		
	Chair Sit	40s		
Friday	REST DAY!!!			

Week 7:

Day	Exercises	Reps and Sets		
Saturday	Leg Balance	R:45s	R:45s	R:45s
		L:45s	L:45s	L:45s
	Sumo Squat	14		
	Horse Stand Hold	33s		
	Chair Sit	35s		
Sunday	Front-Side Should Fly <i>with a can of food in each hand</i>	10	10	
	Plank	40s		
	Planking Leg Lifts	10	10	10
Monday	March in Place <i>Twist while leg is up</i>	R:14	R:14	
		L:14	L:14	
	Sumo Squat	14		
	Horse Stand Hold	33s		
	Chair Sit	40s		
Tuesday	REST DAY!!!			
Wednesday	Shoulder Press <i>with a can of food in each hand</i>	15	15	
	Plank	45s		
	Planking Leg Lifts	10	10	10
Thursday	Step Reverse Lunge	R:15	R:15	
		L:15	L:15	
	Sumo Squat	15		
	Horse Stance Hold	35s		
	Chair Sit	45s		
Friday	REST DAY!!!			

Challenge Day: March 20th, 2021