

**WEEK**  
1/4

**B U D D Y • U P**

**S**

Cardio  
30 Minutes

100 Jumping  
Jacks  
100 Sit Ups  
100 Squats

Free Group  
Exercise  
Class  
@ The Y

Deck of  
Cards  
Workout

Track  
Interval  
Workout

Cinco De  
Mayo Fitness  
Fiesta Class  
@ The Y  
May 4-6

Cardio  
45 Minutes

20 pts.

20 pts.

50 pts.

40 pts.

30 pts.

50 pts.

30 pts.

**H**

20 Push-Ups,  
1 Minute Plank,  
20 Crunches x3

Deck of  
Cards  
Workout

Cardio  
30 Minutes

Free Group  
Exercise  
Class  
@ The Y

Cardio  
45 Minutes

Pyramid  
Workout

Workout of  
your choice  
30 Minutes

10 pts.

40 pts.

20 pts.

50 pts.

30 pts.

40 pts.

20 pts.

**A**

Cardio  
45 Minutes

Quick Incline  
Workout

Yoga/Stretch  
Routine  
15 Minutes

Recreational  
Sport  
Activity

Workout of  
your choice  
30 Minutes

20 Push-Ups,  
1 Minute Plank,  
20 Crunches x3

Free Group  
Exercise  
Class  
@ The Y

25 pts.

30 pts.

10 pts.

30 pts.

20 pts.

10 pts.

50 pts.

**P**

On-The-Go  
Exercises

Free Group  
Exercise  
Class  
@ The Y

Workout of  
your choice  
30 Minutes



Deck of  
Cards  
Workout

Workout of  
your choice  
1 Hour

Cardio  
30 Minutes

10 pts.

50 pts.

20 pts.

40 pts.

40 pts.

20 pts.

**E**

Yoga/Stretch  
Routine  
15 Minutes

Workout of  
your choice  
30 Minutes

Deck of  
Cards  
Workout

20 Push-Ups,  
1 Minute Plank,  
20 Crunches x3

Quick  
Incline  
Workout

Yoga/Stretch  
Routine  
15 Minutes

Recreational  
Sport  
Activity

10 pts.

20 pts.

40 pts.

10 pts.

30 pts.

10 pts.

30 pts.

**U**

Free Group  
Exercise  
Class  
@ The Y

Cardio  
45 Minutes

Recreational  
Sport  
Activity

Track  
Interval  
Workout

Core and  
Lower Back  
Workout

Cardio  
30 Minutes

Pyramid  
Workout

50 pts.

30 pts.

30 pts.

30 pts.

30 pts.

20 pts.

40 pts.

**P**

Cardio  
30 Minutes

Track  
Interval  
Workout

Cardio  
45 Minutes

20 Push-Ups,  
1 Minute Plank,  
20 Crunches x3

Recreational  
Sport  
Activity

Free Group  
Exercise  
Class  
@ The Y

100 Jumping  
Jacks  
100 Sit Ups  
100 Squats

20 pts.

30 pts.

30 pts.

10 pts.

30 pts.

50 pts.

20 pts.