

**WEEK**  
2/4

**B U D D Y • U P**

**S**

Quick Incline Workout

30 pts.

Free Group Exercise Class @ The Y

50 pts.

Cardio 45 Minutes

30 pts.

Free Group Exercise Class @ The Y

50 pts.

Track Interval Workout

30 pts.

Workout of your choice 30 Minutes

20 pts.

On-The-Go Exercises

10 pts.

**H**

100 Jumping Jacks, 100 Sit Ups, 100 Squats

20 pts.

Workout of your choice 1 Hour

40 pts.

Deck of Cards Workout

40 pts.

Recreational Sport Activity

30 pts.

Cardio 30 Minutes

20 pts.

Free Group Exercise Class @ The Y

50 pts.

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

10 pts.

**A**

Deck of Cards Workout

40 pts.

Pyramid Workout

40 pts.

Workout of your choice 30 Minutes

20 pts.

Cardio 45 Minutes

30 pts.

Core and Lower Back Workout

30 pts.

Pyramid Workout

40 pts.

Yoga/Stretch Routine 15 Minutes

10 pts.

**P**

Yoga/Stretch Routine 15 Minutes

10 pts.

100 Jumping Jacks 100 Sit Ups 100 Squats

20 pts.

Free Group Exercise Class @ The Y

50 pts.

**FREE**

Quick Incline Workout

30 pts.

Deck of Cards Workout

40 pts.

Cardio 30 Minutes

20 pts.

**E**

Track Interval Workout

30 pts.

Cardio 30 Minutes

20 pts.

Workout of your choice 1 Hour

40 pts.

Mayo Clinic On-The-Go Exercises

10 pts.

100 Jumping Jacks 100 Sit Ups 100 Squats

20 pts.

Free Group Exercise Class @ The Y

50 pts.

Recreational Sport Activity

30 pts.

**U**

Cardio 45 Minutes

30 pts.

Quick Incline Workout

30 pts.

Pyramid Workout

40 pts.

Free Group Exercise Class @ The Y

50 pts.

Workout of your choice 1 Hour

40 pts.

Pyramid Workout

40 pts.

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

10 pts.

**P**

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

10 pts.

Recreational Sport Activity

30 pts.

Cardio 30 Minutes

20 pts.

Yoga/Stretch Routine 15 Minutes

10 pts.

Workout of your choice 30 Minutes

20 pts.

Cardio 45 Minutes

30 pts.

Track Interval Workout

30 pts.