

WEEK
3/4

B U D D Y • U P

S

Pyramid
Workout

Cardio
45 Minutes

Core and
Lower Back
Workout

Workout of
your choice
30 Minutes

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

Track
Interval
Workout

Free Group
Exercise
Class
@ The Y

40 pts.

30 pts.

30 pts.

20 pts.

10 pts.

30 pts.

50 pts.

H

On-The-Go
Exercises

Recreational
Sport
Activity

Quick Incline
Workout

Yoga/Stretch
Routine
15 Minutes

Deck of
Cards
Workout

Cardio
30 Minutes

100 Jumping
Jacks
100 Sit Ups
100 Squats

10 pts.

30 pts.

30 pts.

10 pts.

40 pts.

20 pts.

20 pts.

A

Bookin on
Belgrade
Family 5K
May 19

Track
Interval
Workout

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

Cardio
45 Minutes

Free Group
Exercise
Class
@ The Y

Workout of
your choice
1 Hour

Cardio
30 Minutes

60 pts.

30 pts.

10 pts.

30 pts.

50 pts.

40 pts.

20 pts.

P

100 Jumping
Jacks
100 Sit Ups
100 Squats

Free Group
Exercise
Class
@ The Y

Deck of
Cards
Workout

FREE

Recreational
Sport
Activity

Pyramid
Workout

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

20 pts.

50 pts.

40 pts.

30 pts.

40 pts.

10 pts.

E

Cardio
45 Minutes

Yoga/Stretch
Routine
15 Minutes

Deck of
Cards
Workout

Cardio
30 Minutes

Core and
Lower Back
Workout

Quick
Incline
Workout

Workout of
your choice
1 Hour

30 pts.

10 pts.

40 pts.

20 pts.

30 pts.

30 pts.

40 pts.

U

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

Workout of
your choice
30 Minutes

Core and
Lower Back
Workout

Deck of
Cards
Workout

Yoga/Stretch
Routine
15 Minutes

Track
Interval
Workout

Free Group
Exercise
Class
@ The Y

10 pts.

20 pts.

30 pts.

40 pts.

10 pts.

30 pts.

50 pts.

P

Recreational
Sport
Activity

Cardio
30 Minutes

Free Group
Exercise
Class
@ The Y

Pyramid
Workout

Workout of
your choice
30 Minutes

Deck of
Cards
Workout

Cardio
45 Minutes

30 pts.

20 pts.

50 pts.

40 pts.

20 pts.

40 pts.

30 pts.