

WEEK
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Track Interval Workout

30 pts.

On-The-Go Exercises

10 pts.

Workout of your choice 30 Minutes

20 pts.

Yoga/Stretch Routine 15 Minutes

10 pts.

Quick Incline Workout

30 pts.

Cardio 45 Minutes

30 pts.

Pyramid Workout

40 pts.

H

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

10 pts.

Yoga/Stretch Routine 15 Minutes

10 pts.

Cardio 30 Minutes

20 pts.

Free Group Exercise Class @ The Y

50 pts.

Pyramid Workout

40 pts.

100 Jumping Jacks, 100 Sit Ups 100 Squats

20 pts.

Recreational Sport Activity

30 pts.

A

Recreational Sport Activity

30 pts.

Cardio 45 Minutes

30 pts.

On-The-Go Exercises

10 pts.

Recreational Sport Activity

30 pts.

Free Group Exercise Class @ The Y

50 pts.

Track Interval Workout

30 pts.

Workout of your choice 30 Minutes

20 pts.

P

Core and Lower Back Workout

30 pts.

Cardio 30 Minutes

20 pts.

Workout of your choice 1 Hour

40 pts.



Cardio 30 Minutes

20 pts.

Workout of your choice 1 Hour

40 pts.

Deck of Cards Workout

40 pts.

E

Quick Incline Workout

30 pts.

Free Group Exercise Class @ The Y

50 pts.

Deck of Cards Workout

40 pts.

Yoga/Stretch Routine 15 Minutes

10 pts.

Workout of your choice 1 Hour

40 pts.

Core and Lower Back Workout

30 pts.

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

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Free Group Exercise Class @ The Y

50 pts.

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