



OCTOBER FITNESS PLAN

Goal: To strengthen the muscles that help with stability, coordination, and balance.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.																														
Check the box when completed!		L	Left Hold as long as you can	1. Single-Leg Stand		3.																														
		R	Right Hold as long as you can	2. Single-Leg Stand, Arms Out																																
		W	Workout on back (corresponds w/ picture)	<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 			L		R		W																									
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30 min. Walk/Run																																				
4.	5. Single-Leg Stand, Eyes Closed	6. Single-Leg Stand, Knee Hold	7. Single-Leg Stand, Side Leg Hold	8. Tandem Stance, Arms Out	9. Tandem Stance, Eyes Closed	10																														
20 min. Stretching	<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 	L		R		W		<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 	L		R		W		<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 	L		R		W		<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 	L		R		W		<table border="1"> <tr><td>L</td><td></td></tr> <tr><td>R</td><td></td></tr> <tr><td>W</td><td></td></tr> </table> 	L		R		W		30 min. Walk/Run
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11.	12. Single-Leg Stand, Back Leg Hold	13. Single-Leg Stand, Front Leg Hold	14. Tree Pose	15. Squat Hold w/Heels Lifted	16. Side Lunge Hold	17																														
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18.	19. Plank w/One Leg Lifted Hold	20. Bird Dog Hold	21. Side Plank w/ Side Leg Lifted Hold	22. Lunge Hold	23. Airplane Hold	24																														
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25.	26. Single-Leg Toe Raise Hold	27. Figure-4 Stand	28. Boat Pose Hold	29. Superman Hold	30. Single-Leg Side to Side Jumping	31																														
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Turn it in at the beginning of November for credit!

Member Name:



Monday: Lower Body + Core

Goblet Squat: 3 × 10

DB Romanian Deadlift: 3 × 10

Reverse Lunge: 3 × 10 each leg

Single-Leg Calf Raise: 3 × 10 each leg

Bird Dog Crunch: 3 × 10 each side



Tuesday: Upper Body + Core

DB Shoulder Press: 3 × 10

One-Arm DB Row : 3 × 10 each side

DB Chest Press: 3 × 10

DB Biceps Curl: 3 × 10

Dead Bug: 3 × 10 each side



Wednesday: Balance + Full Body

Split Squat: 3 × 10 each leg

Single-Leg Romanian Deadlift: 3 × 10 each leg

DB Step-Up: 3 × 10 each leg

Push-Ups: 3 × 10

Sit to Stands w/Calf Raise: 3 × 15



Thursday: Glutes, Back + Core

DB Sumo Squat: 3 × 10

DB Glute Bridge: 3 × 10

DB Bent-Over Row: 3 × 10

DB Reverse Fly: 3 × 10

Alt. Plank Shoulder Taps: 3 × 20



Friday: Total Body Challenge

DB Chest Fly: 3 × 10

DB Lateral Lunge: 3 × 10 each side

DB Plank Pull-Through: 3 × 8 each side

Fire Hydrates: 3 × 10 each side

Bear Crawl Hold: 3 × 30 sec



Test your balance on our
Zibrio Board starting Oct. 5th
(it only takes just a minute)!