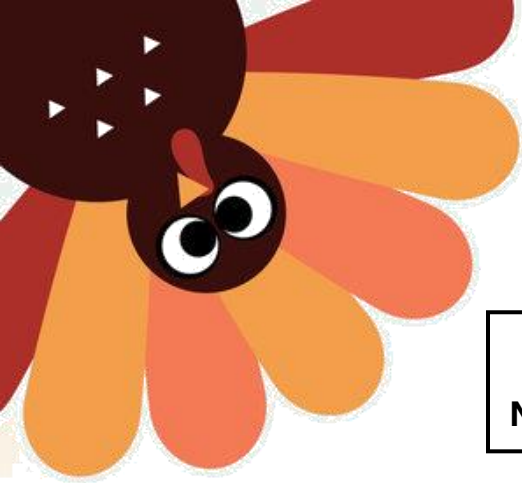




NOVEMBER FITNESS PLAN

Track your progress below and turn it in at the beginning of January!

Member Name: _____

MONDAY

10 Curtsy Lunges each side
30 sec. Wall Sit
10 DB Bicep Curls
10 DB Reverse Flys
20 Bicycle Crunches
(Repeat 2-3 sets)

TUESDAY

10 Side Lunges each side
10 Lateral Squat Walk each direction
(add a band)
10 DB Shoulder Press
10 DB Tricep Kickback
15 Dead Bugs each side
(Repeat 2-3 sets)

WEDNESDAY

10 Goblet Squats
10 Single-Arm DB Rows each side
10 Overhead Triceps Extension
15 Glute Bridges
30 sec. Side Plank
(Repeat 2-3 sets)

THURSDAY

10 Sit-to-Stand Jumps
20 Standing Calf Raises
10 Standing DB Chest Press
10 DB Hammer Curls
15 Leg Lifts
(Repeat 2-3 sets)

FRIDAY

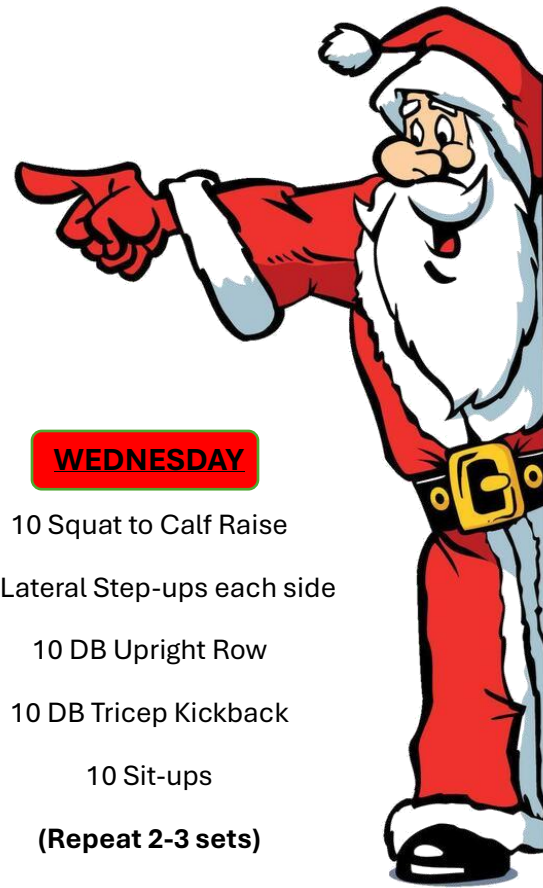
10 Reverse Lunges each side
10 DB Romanian Deadlifts
10 Bent-Over DB Rows
10 Standing DB Chest Flys
30 sec. Elbow Plank
(Repeat 2-3 sets)



Complete 5 days to earn your Polar Paw!
Tell us so we can mark your sheet.
Keep going beyond 5 days for your health!

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Happy Thanksgiving	27	28
29	30	Put a ✓ in box when you complete the routine				

DECEMBER FITNESS PLAN



MONDAY

10 Sumo Squats
10 Step-ups each side
10 DB Front Raises
10 Tricep Dips
20 Crunches
(Repeat 2-3 sets)

TUESDAY

10 Split Squats each side
(Back-Foot Elevated)
10 DB Sumo Deadlifts
10 DB Arnold Press
10 DB Alt. Bicep Curls
20 Russian Twist
(Repeat 2-3 sets)

WEDNESDAY

10 Squat to Calf Raise
10 Lateral Step-ups each side
10 DB Upright Row
10 DB Tricep Kickback
10 Sit-ups
(Repeat 2-3 sets)

THURSDAY

10 Split Squats each side
(Front-Foot Elevated)
10 DB Good Mornings
10 DB Chest Press
10 DB Lateral Raise
20 Plank Dips
(Repeat 2-3 sets)

FRIDAY

20 Alt. Walking Lunges
10 Donkey Kicks each side
10 DB Zottman Curls
10 DB Bent-Over Reverse-Grip Rows
20 Mt. Climbers
(Repeat 2-3 sets)



Complete 5 days to earn your Polar Paw!
Tell us so we can mark your sheet.
Keep going beyond 5 days for your health!

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Merry Christmas	26
27	28	29	30	31 New Years Eve		