



WELLNESS CHALLENGE – Couch to the Strut, Stroll, and Run in to summer!

Directions for the Challenge

Welcome to our final challenge of the school year. We are hoping this will get you ready for our annual fun walk/run and ready to launch your summer as a healthier you.

Challenge Duration: April 3rd – May 28th (8 week training)

Weekly Task Completion: you will complete 3 cardio and 2 strength training session that meet your schedule. *Each Friday* I will send out the workout schedule for the week to come. Again, the Cardio workouts are already loaded into the C25K app.

Cardio Workout -



Download the C25K App (Android and Apple): Both have a free version

Android: <https://play.google.com/store/apps/details?id=com.c25k&hl=e>

Apple: go to the App Store to download

You can take the tutorial to make sure you understand how it works. You will use this app for your cardio workouts only.

Example of use:

Click on Week1 Day1: the top of the app will show you duration and a description of what you will be doing for that day. When you click START the app will walk you thru the complete workout.

Strength Workout –

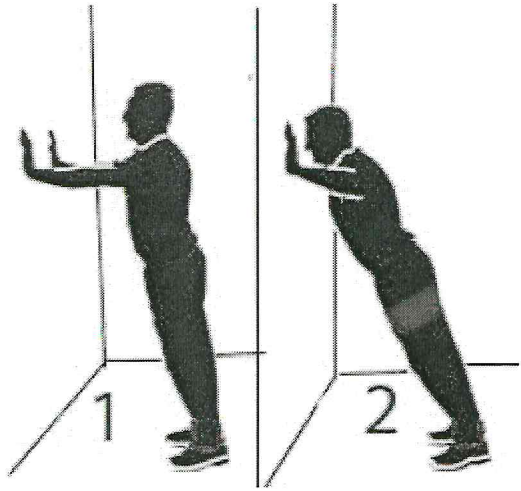
Complete your 2 workouts sometime during the week. The Strength workouts will consist of Push-ups, Sit-ups, and Squats. There are diagrams attached (if needed).

Weekly Submission of Results:

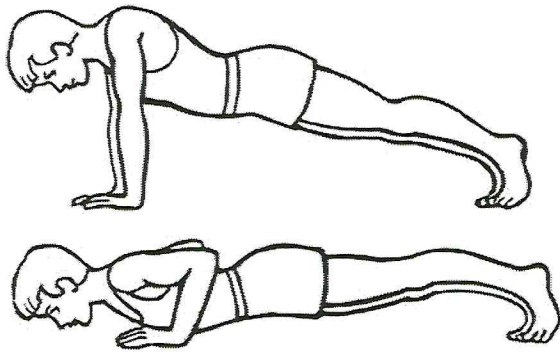
Each Monday I will email out the Laserfiche weekly submission form (link) for you to complete for the week prior. Like usual, you will have until Wednesday to electronically send your progress in. For every workout you complete you will be entered into a weekly drawing. This link can be found on the Employee Website as well.

Push-Up Diagram: 3 varieties of a push up

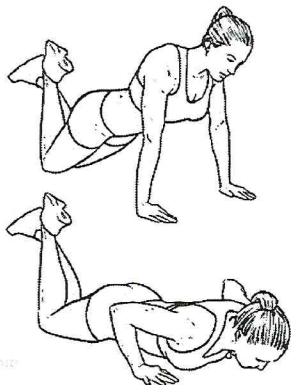
Wall push-up



Standard push-up



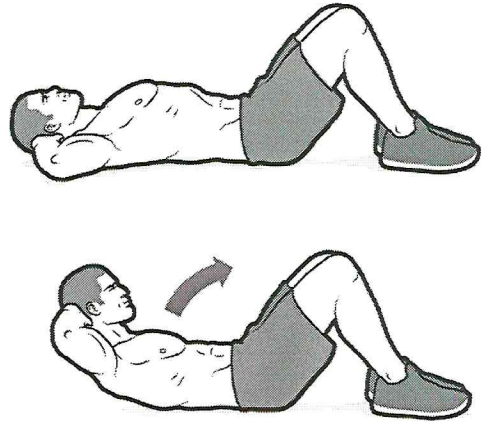
Knee push-up



World of Fitness

Basic Sit-Up – eyes up

Sit-Up Diagram:



Basic Squat – tummies in/squeeze bum

Chair Squat:

