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| Tuesday 8/19 | Thursday 8/21 | Tuesday 8/26 | Thursday 8/28 |
| Yoga stretches-  5 min  Flexibility | Yoga stretches-  5 min  Flexibility |  |  |
| 1.5 mile run  HR- 155  Cardiovascular | Elliptical 10 min  HR- 150  Cardio Vascular |  |  |
| Calf-raises  4/200lbs/10 | Squat-  4/225lbs/10  Strength |  |  |
| Military press-  4/65lbs/10  Strength | Lat pull downs  4/80lbs/10  Strength |  |  |
| Bench press- 4/135lbs/10  Strength | Leg extension-  4/110lbs/10  Strength |  |  |
| DB chest press-  4/55lbs/12  Strength | Leg curls  4/65lbs/10  Strength |  |  |
| Leg raises  4/ 20  Strength | Med ball sit-ups  4/10lbs/50  Muscular endurance |  |  |
| Pushups-  Till exhaustion  Muscular endurance | Good Mornings  4/85lbs/10  Strength |  |  |
| 2 mile Bike ride  HR-155  Cardiovascular | 2 mile Bike ride  HR-155  Cardiovascular |  |  |