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| Tuesday 8/19 | Thursday 8/21 | Tuesday 8/26 | Thursday 8/28 |
| Yoga stretches-5 minFlexibility | Yoga stretches-5 minFlexibility |  |  |
| 1.5 mile runHR- 155Cardiovascular | Elliptical 10 minHR- 150Cardio Vascular |  |  |
|  Calf-raises4/200lbs/10 | Squat- 4/225lbs/10Strength |  |  |
| Military press-4/65lbs/10Strength | Lat pull downs4/80lbs/10Strength |  |  |
| Bench press- 4/135lbs/10Strength | Leg extension-4/110lbs/10Strength |  |  |
| DB chest press-4/55lbs/12Strength | Leg curls4/65lbs/10Strength |  |  |
| Leg raises4/ 20Strength | Med ball sit-ups4/10lbs/50Muscular endurance |  |  |
| Pushups- Till exhaustionMuscular endurance | Good Mornings4/85lbs/10Strength |  |  |
| 2 mile Bike rideHR-155Cardiovascular | 2 mile Bike rideHR-155Cardiovascular |  |  |