



Thryve in Health February Challenge

Workout

- Walk, Run, Jog or Skip 8 Miles – Walk at least 3.75 miles per week.
- 1000 Lunges- Execute 33 jumping lunges per day
- 1000 Standing Overhead Presses - Execute 33 Overhead Presses per day
- 250 Push-ups - Execute 8 vertical, modified push-ups daily
- 1000 Dumbbell Rows – Execute 33 Dumbbell Rows daily

Extended Workout

- Hold a plank position for as long as you can then count to 5
- Butt kicks for 1 min



Please remember to have a bottle of water with you during your workout



* Bring the family along to create memories and catch up, enjoy the neighborhood or a park.

** You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

I understand that there is a risk of injury associated with participating and using A New Me Fitness Workout Plan.

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