

# January 2025

GetFit	

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
-100 jumping jacks -80 High Knees -60 Side Lunges -40 Calf Raises -20 Crunches	Cardio 30 Minutes (walking, running, biking)	1,2,3...to 10: 1 push up 1 plank to reach 1 squat 2 pushups 2 planks to reach 2 squats Etc.	Cardio 30 Minutes (walking, running, biking)	5 Rounds with a 1 min rest 30 sec bear crawl 10 single leg bridges 30 sec plank 10 mountain climbers 30 sec glute wall taps		10 minutes of stretching
20	21	22	23	24	25	26
4 rounds: -10 inchworms -10 lunges -10 KB swings 30 sec jumping jacks	Cardio 30 Minutes (walking, running, biking)	5 Rounds -10 KB squats to press -10 step ups each side -30 sec plank hold -1 minute high knees in place -30 sec break	Cardio 30 Minutes (walking, running, biking)	3 rounds: - 10 lunges - 10 KB deadlift - 10 banded rows (or cable machine)		10 minutes of stretching
27	28	29	30	31		
1,2,3...to 10: 1 push up 1 plank to reach 1 squat 2 pushups 2 planks to reach 2 squats	Cardio 30 Minutes (walking, running, biking)	-100 jumping jacks -80 High Knees -60 Side Lunges -40 Calf Raises -20 Crunches	Cardio 30 Minutes (walking, running, biking)	5 Rounds with a 1 min rest 30 sec bear crawl 10 single leg bridges 30 sec plank 10 mountain climbers 30 sec glute wall taps		

# February 2025

Highlights for February


MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9 10 minutes of stretching
5,10,15,10,5 -5 single leg bridges -5 mountain climbers -5 jumping jacks -5 lunges -5 calf raises (repeat with 10 reps, then 15)	Cardio 30 Minutes (walking, running, biking)	5 rounds: -10 Pushups -10 Burpees -10 Tuck Jumps -10 Plank shoulder taps	Cardio 30 Minutes (walking, running, biking)	5 rounds with KB -10 step ups -10 lunges -10 High Pulls -10 plank leg lifts		
10	11	12	13	14	15	16 10 minutes of stretching
45 sec each -Inch worms -Squats -Sit ups -Tricep dips -Wall sit -Side bends (45 sec each side with weight) Repeat 4-8 times	Cardio 30 Minutes (walking, running, biking)	5 rounds: -10 Pushups -10 Burpees -10 Tuck Jumps -10 Plank shoulder taps	Cardio 30 Minutes (walking, running, biking)	20 minute clock: -10 KB deadlift -10 hamstring walkouts -10 reverse lunges -50 mountain climbers *how many rounds can you do in 20 minutes?		
17	18	19	20	21	22	23 10 minutes of stretching
5 rounds with KB -10 step ups -10 lunges -10 high pulls -10 plank leg lifts	Cardio 30 Minutes (walking, running, biking)	45 sec each -Inch worms -Squats -Sit ups -Tricep dips -Wall sit -Side bends (45 sec each side with weight) Repeat 4-8 times	Cardio 30 Minutes (walking, running, biking)	5,10,15,10,5 -5 single leg bridges -5 mountain climbers -5 jumping jacks -5 lunges -5 calf raises (repeat with 10 reps, then 15)		
24	25	26	27	28	29	

<p>20 minute clock:  -10 KB deadlift  -10 hamstring walkouts  -10 reverse lunges  -50 mountain climbers  *how many rounds can you do in 20 minutes?</p>	<p>Cardio  30 Minutes  (walking, running, biking)</p>	<p>5 rounds:  -10 Pushups  -10 Burpees  -10 Tuck Jumps  -10 Plank shoulder taps</p>	<p>Cardio  30 Minutes  (walking, running, biking)</p>	<p>5 rounds with KB  -10 step ups  -10 lunges  -10 high pulls  -10 plank leg lifts</p>	

# March 2025

## Highlights for March

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
3 rounds: -15 DB squat to OH press -10 hamstring walkouts -10 side plank dips -30 sec bear crawl hold	Cardio 30 Minutes (walking, running, biking)	Set clock for 20 minutes: -10 KB deadlift -10 KB swings -10 DB rows -50 jumping jacks *how many rounds can you do in 20 minutes?	Cardio 30 Minutes (walking, running, biking)	4 rounds: -Run .25 miles - 50 mountain climbers - 10 (ea.side) Plank up downs		10 minutes of stretching
9	10	11	12	13	14	15
3-5 rounds: -10 SL glute bridge - 10 Half kneeling SA Shoulder Press - 10 Weighted glute bridges - 30 russian twists	Cardio 30 Minutes (walking, running, biking)	20 minute clock: -10 squats (weighted) -10 reverse lunges -10 tricep dips -10 Plank leg lifts *how many rounds can you do in 20 minutes?	Cardio 30 Minutes (walking, running, biking)	4-5 rounds: -10 Burpees - 10 side lunges - 15 rows (banded or weighted) -30 sec plank		10 minutes of stretching
16	17	18	19	20	21	22
Set clock for 20 minutes: -10 KB deadlift -10 KB swings -15 calf raises -50 jumping jacks  *how many rounds can you do in 20 minutes?	Cardio 30 Minutes (walking, running, biking)	4 rounds: -Run .25 miles - 50 mountain climbers - 10 (ea.side) Plank up downs	Cardio 30 Minutes (walking, running, biking)	3 rounds: -10 DB squat to OH press -15 hamstring walkouts -20 plank shoulder taps -30 sec bear crawl hold		10 minutes of stretching
23	24	25	26	27	28	29

<p>3-5 rounds:  -10 SL glute bridge  - 10 Half kneeling SA Shoulder Press  - 10 Weighted glute bridges  - 30 russian twists</p>	<p>Cardio  30 Minutes  (walking, running, biking)</p>	<p>20 minute clock:  -10 squats (weighted)  -10 reverse lunges  -10 tricep dips  -10 Plank leg lifts</p> <p>*how many rounds can you do in 20 minutes?</p>	<p>Cardio  30 Minutes  (walking, running, biking)</p>	<p>2 rounds:  -Run .50 miles  - 50 mountain climbers  - 10 (ea.side) Plank up downs</p>	<p>10 minutes of stretching</p>
30	31				