

Exercise Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/16/2020	8/17/2020	8/18/2020	8/19/2020	8/20/2020	8/21/2020	8/22/2020
Rest Day	Moderate Intensity Cardio - 50 minutes	Strength Training	Rest Day Or High Intensity Cardio - 30 minutes	Moderate Intensity Cardio - 50 minutes	Strength Training	Moderate Intensity Cardio - 50 minutes
8/23/2020	8/24/2020	8/25/2020	8/26/2020	8/27/2020	8/28/2020	8/29/2020
Rest Day	Moderate Intensity Cardio - 50 minutes	Strength Training	Rest Day Or High Intensity Cardio - 30 minutes	Moderate Intensity Cardio - 50 minutes	Strength Training	Moderate Intensity Cardio - 50 minutes
8/30/2020	8/31/2020	9/1/2020	9/2/2020	9/3/2020	9/4/2020	9/5/2020
Rest Day	Moderate Intensity Cardio - 50 minutes	Strength Training	Rest Day Or High Intensity Cardio - 30 minutes	Moderate Intensity Cardio - 50 minutes	Strength Training	Moderate Intensity Cardio - 50 minutes
9/6/2020	9/7/2020	9/8/2020	9/9/2020	9/10/2020	9/11/2020	9/12/2020
Rest Day	Moderate Intensity Cardio - 50 minutes	Strength Training	Rest Day Or High Intensity Cardio - 30 minutes	Moderate Intensity Cardio - 50 minutes	Strength Training	Moderate Intensity Cardio - 50 minutes

Moderate Intensity Cardio Activity Examples

Brisk Walking
Bicycling - level terrain, 5-9 mph
Yoga
Swimming
Water Aerobics
Dancing
Competitive Volleyball
Doubles Tennis
Canoeing or Kayaking - calm water
Horseback Riding - General

High Intensity Cardio Activity Examples

Jogging or Running
Bicycling - >10 mph, steep terrain
Jumping Rope
Tabata
HIIT
Singles Tennis
Beach Volleyball
Canoeing > 4 mph
Kayaking in rapids
Horseback Riding- Trot, gallop, jumping