

# October 2019

Name \_\_\_\_\_

- ♦ Complete the exercises each day. (If you miss a day, you may double up another day, or use a rest day to complete the time.)
- ♦ Modification to any exercise is acceptable.
- ♦ Please submit your completed log sheets to Mandi Artino. By November 8, 2019 to receive credit for this activity.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 20 crunches/sit ups	2 20 back extensions	3 20 sec. plank	4 REST	5 15 crunches/sit ups 15 15 Back Ext.
6 25 sec. plank	7 REST	8 20 Bicycle crunches	9 30 sec. plank	10 25 back ext.	11 REST	12 35 sec. plank
13 20 crunches/sit ups 20 back ext.	14 30 bicycle crunches	15 REST	16 40 sec. plank	17 30 sit ups/ crunches	18 30 back ext.	19 REST
20 45 sec. plank	21 40 bicycle crunches	22 25 sit ups/ crunches 25 back ext.	23 REST	24 30 back ext.	25 50 sec. plank	26 30 sit ups/ crunches
27 40 bicycle crunches	28 REST	29 30 sit ups/ crunches 30 back ext.	30 55 sec. plank	31 1 minute plank		