

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Push ups Crunches Squats Hold up inst.	19 Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes	20 Leg lifts Straight leg dead lifts High knees Hold up inst.	21 Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes	22 Calf-raises Mountain-climbers Flutter-kicks Hold up inst.	23 Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes
24	25 Push ups Plank around the world Crab walk Hold up inst.	26 Warm-up. Alternate 90 seconds jogging- 2 minutes walking for 20 minutes	27 Bear crawls Lunges Squats Hold up inst.	28 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes	29 Push Ups Scissor kicks Mt. climbers Hold up inst.	30 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes

PUSH YOURSELF TO BE BETTER. THE KEY TO SUCCESS IS A POSITIVE ATTITUDE AND CONTINUAL EFFORT.

Hold up your instrument!

Remember to hold up your instrument everyday. Start with what you can do and gradually add time. You should be able to hold your instrument up for 8 minutes without an issue. Marching shows are 8-9 minutes long, so do this daily!

Modify exercises as needed

You can change any of the exercises or modify them so you can build strength and be successful! Remember to rest between sets for 30 seconds.

Take care of yourself

Remember to drink WATER. Don't procrastinate. Doing these exercises daily will make it easier in the long run.

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Leg lifts Straight leg dead lifts High knees Hold up inst.	2 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes	3 Squats Calf-raises Lunges Hold up inst.	4 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes	5 Push Ups Scissor kicks Mt. climbers Hold up inst.	6 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes
7	8 Squats Calf-raises Lunges Hold up inst.	9 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds0 jog 3 min.- walk 3 minutes	10 Flutter kicks High knees Sit-ups Hold up inst.	11 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds0 jog 3 min.- walk 3 minutes	12 Scissor kicks Push ups Straight leg dead lifts Hold up inst.	13 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds-jog 3 min.- walk 3 minutes
14	15 Crunches Sit ups Planks Hold up inst.	16 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min-walk 90 secs.-jog 5 min	17 Crab walk Mt. climbers Lunges Hold up inst.	18 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min-walk 90 secs.-jog 5 min	19 Crunches Squats Push ups Hold up inst.	20 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min-walk 90 secs.-jog 5 min
21	22 Scissor kicks Squats High knees Hold up inst.	23 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.	24 Leg lifts Sit ups Push ups Hold up inst.	25 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.	26 Mt. climbers Jump squats Bear crawls Hold up inst.	27 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.
28	29 Planks Toe touch crunches Crab walk Hold up inst.	30 Warm-up. Jog 5 min., walk 3 min.- jog 8 min-walk 3 min.-jog 5 min.				

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Leg lifts Straight leg dead lifts High knees Hold up inst.	2 Warm-up. Jog 10 min., walk 3 min.-jog 10 min	3 Calf-raises Mountain-climbers Flutter-kicks Hold up inst.	4 Warm-up. Jog 10 min., walk 3 min.-jog 10 min
5	6 Push ups Crunches Straight leg dead lift Hold inst. up	7 Warm up. Jog 25 min.	8 Lunges Calf raises Flutter kicks Hold inst. up	9 Warm up. Jog 25 min.	10 Mt. climbers Squats High-knees Hold inst. up	11 Warm up. Jog 25 min.
12	13 Leg drops Squats Push ups Hold inst. up	14 Warm up. Jog 25 min.	15 Calf-raises Mt. climbers Toe touch crunches Hold inst. up	16 Warm up. Jog 25 min.	17 Plank Bear crawl Scissor kicks Hold inst. up	18 Warm up. Jog 25 min.
19	20 Squats Calf-raises Lunges Hold inst. up	21 Warm up. Jog 25 min.	22 Crab walk Mt. climbers Crunches Hold inst. up	23 Warm up. Jog 25 min.	24 Leg drops Sit ups Push ups Hold inst. up	25 Warm up. Jog 25 min.
26	27 SUMMER BAND!!! We will run 20 minutes tonight!	28 SUMMER BAND!!!	29 SUMMER BAND!!! We will run 20 minutes tonight!	30 SUMMER BAND!!!	31 SUMMER BAND!!! We will run 20 minutes tonight!	August 1
2	3 SUMMER BAND!!! We will run 20 minutes tonight!	4 SUMMER BAND!!!	5 SUMMER BAND!!! We will run 20 minutes tonight!	6 SUMMER BAND!!!	7 SUMMER BAND!!! Pool party in the evening!	8