

# SEPTEMBER

| SUNDAY        | MONDAY                  | TUESDAY                               | WEDNESDAY              | THURSDAY                                     | FRIDAY                                       | SATURDAY   |
|---------------|-------------------------|---------------------------------------|------------------------|--|--|--|
| 22            | 23                      | 24                                    | 25                     | 26   | 27   | 28   |
| <b>Week 1</b> | Labor Day               | Home Workout Workout #1               | Rest Day               | Home Workout Workout #2                      |  | <b>Family Activity Challenge</b><br>Go on a Family Walk          |
| 29            | 30                      | 1                                     | 2                      | 3  | 4  | 5  |
| <b>Week 2</b> | Home Workout Workout #1 | Rest Day                              | Gym Workout Workout #1 | Rest Day                                     | Home Workout Workout #2                      | <b>Family Activity Challenge</b><br>10K Step Goal Day            |
| 6             | 7                       | 8                                     | 9                      | 10   | 11   | 12   |
| <b>Week 3</b> | Home Workout Workout #1 | Rest Day                              | Gym Workout Workout #1 | Bonus Points:<br>Go to a Group Fitness Class | Home Workout Workout #2                      | <b>Bonus Points:</b><br>Family Circuit Class<br>9:00 AM-10:00 AM |
| 13            | 14                      | 15                                    | 16                     | 17   | 18   | 19   |
| <b>Week 4</b> | Home Workout Workout #1 | Rest Day                              | Gym Workout Workout #1 | Rest Day                                     | Bonus Points:<br>Go to a Group Fitness Class | <b>Family Activity Challenge</b><br>Fun Day!                     |
| 20            | 21                      | Last Day to turn in Challenge Results |                        |  |  |  |

# Family Fitness Challenge

# OCTOBER

# WEEKLY CALENDAR

## WEEK 1

|   | TUESDAY  | THURSDAY   | SATURDAY  |
|---|--|--|---|
|   | <b>Home Workout</b>  | <b>Home Workout</b>  | <b>Family Challenge</b>   |
| <b>Possible Points For This Week</b> <ul style="list-style-type: none"> <li>With kid(s) participation: 31 points</li> <li>Without participation: 19 points</li> </ul> | <b>Parents:</b> <ol style="list-style-type: none"> <li>Taps/Jacks</li> <li>Starfish Crunch</li> <li>Leg Lift &gt; Squat &gt; Leg Lift</li> <li>Glute Bridge on Heels</li> <li>Kickstand RDL (Both Legs)</li> </ol> <b>Kids:</b> <ol style="list-style-type: none"> <li>Punch Rotation</li> <li>Starfish Crunch</li> <li>Leg Lift &gt; Squat &gt; Leg Lift</li> </ol> | <b>Parents:</b> <ol style="list-style-type: none"> <li>Alt. Leg Curl</li> <li>Jumping jacks</li> <li>Push Ups</li> <li>Squat &gt; Calf Rise</li> <li>Reverse Crunch</li> </ol> <b>Kids:</b> <ol style="list-style-type: none"> <li>Alt. Leg curl</li> <li>Jumping Jacks</li> <li>Push Ups</li> </ol> | <p>This week's Family Fitness Challenge is a Family Walk. Grab the kids and critters and venture outside! The distance is up to you, we ask that you snap a photo of your walk as proof.</p> <p>And above all, enjoy this quality time together with your family.</p> <p><i>*If you are having trouble accessing the sets+reps videos, please email Carlie at cforsythe@ymcabaycity.org</i></p> |
| Points Obtained This Week:  | Follow along with a video of the listed workouts here:   | Follow along with a video of the listed workouts here:   |   |

## WEEK 2

|   | MONDAY   | WEDNESDAY   | FRIDAY  | SATURDAY   |
|---|--|---|---|--|
|   | <b>Home Workout</b>  | <b>Gym Workout</b>  | <b>Home Workout</b>   | <b>Family Challenge</b>  |
| <b>Possible Points For This Week</b> <ul style="list-style-type: none"> <li>With kid(s) participation: 39 points</li> <li>Without participation: 30 points</li> </ul> | <b>Parents:</b> <ol style="list-style-type: none"> <li>Wall Sit</li> <li>Heel Taps (Penguins)</li> <li>Squat Into a Calf Rise</li> <li>Glute Bridge w/ Single Leg Lower</li> <li>Push Up&gt;Plank Down</li> </ol> <b>Kids:</b> <ol style="list-style-type: none"> <li>Wall Sit</li> <li>Heel Taps (Penguins)</li> <li>Squat Into Tip Toes</li> </ol> | <b>Parents:</b> <ol style="list-style-type: none"> <li>Weighted Step Ups</li> <li>Walk Outs w/ Platform</li> <li>Mountain Climbers</li> <li>Bicep Curl &gt; Alt Hammer Curl</li> <li>Front Raise &gt; Lateral Raise</li> </ol> <b>Kids:</b> <ol style="list-style-type: none"> <li>Weighted Step Ups</li> <li>Walk Outs w/ Platform</li> <li>Mountain Climbers</li> </ol> | <b>Parents:</b> <ol style="list-style-type: none"> <li>Monster Walk</li> <li>Tricpe Dip</li> <li>Bear crawl</li> <li>Mountain Climbers</li> <li>Explosive Push Ups</li> </ol> <b>Kids:</b> <ol style="list-style-type: none"> <li>Monster Walk</li> <li>Tricep Dip</li> <li>Explosive Push Ups</li> </ol> | <p>This week for our Family fit Challenge we have a <b>10k step goal</b>.</p> <p>As a family we challenge you to get a combined 10k steps as a family and if able to take a picture of your smart watches or step counters and show us your journey!</p> |
| Points Obtained This Week:  | Follow along with a video of the listed workouts here:   | Follow along with a video of the listed workouts here:  | Follow along with a video of the listed workouts here:  |  |

## WEEK 3

|   | MONDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|---|--|--|---|---|
|   | <b>Home Workout</b>   | <b>Gym Workout</b>   | <b>Bonus Opportunity</b>   | <b>Home Workout</b>   | <b>Bonus Opportunity</b>  |
| <b>Possible Points For This Week</b> <ul style="list-style-type: none"> <li>• With kid(s) participation: 64 points</li> <li>• Without participation: 55 points</li> </ul> | <b>Parents:</b> <ol style="list-style-type: none"> <li>1. Side Laying Leg Raises W/ Pulses</li> <li>2. Curtsy Lunge</li> <li>3. Burpee</li> <li>4. Wide Stance (Sumo) Squat</li> <li>5. Oblique Plank</li> <li>6. Glute Bridge On Toes (Quad Focused)</li> </ol><br><b>Kids:</b> <ol style="list-style-type: none"> <li>1. Side Laying Leg Raises</li> <li>2. Modified Burpee</li> <li>3. Wide Squat</li> </ol> | <b>Parents:</b> <ol style="list-style-type: none"> <li>1. Shoulder Press With Alt. Punches</li> <li>2. Pilates Ring Squeeze</li> <li>3. Crunch Twist</li> <li>4. Curtsy Lunge &gt; Squat &gt; Curtsy Lunge</li> <li>5. Lateral Lunge</li> </ol><br><b>1. Kids:</b> <ol style="list-style-type: none"> <li>1. Shoulder Press Or Raise The Roof</li> <li>2. Pilates Ring Squeeze</li> <li>3. Crunch Twist</li> </ol> | <p>This week we have a Bonus Opportunity to earn some extra points. This involves attending a group fitness class at the YMCA. Be adventurous any class will do!</p> <p>We ask that you check age limits for the classes if your littles will be joining.</p> <p>After you are done please take a picture with your instructor for proof to gain those extra points.</p> | <b>Parents:</b> <ol style="list-style-type: none"> <li>1. Toe Touch Crunch</li> <li>2. Single Leg Calf Rise</li> <li>3. Windmill With Knee Ups + Squat</li> <li>4. Bird Dog</li> <li>5. Pilates Ab Rotator</li> </ol><br><b>Kids:</b> <ol style="list-style-type: none"> <li>1. Crunch</li> <li>2. Single Leg Balance</li> <li>3. Windmill</li> </ol> | <p>This week we have a 2nd Bonus opportunity!</p> <p>This opportunity consist of you and your family coming to the YMCA from 9am-10am and participating in a Family Circuit class lead by Kara.</p> <p>This class will be fun for the whole family, Kara loves to smile so remember to take a picture with her.</p> |
| Points Obtained This Week:  | Follow along with a video of the listed workouts here:  | Follow along with a video of the listed workouts here:   |  | Follow along with a video of the listed workouts here:  |   |

## WEEK 4

|   | MONDAY  | WEDNESDAY  | FRIDAY   | SATURDAY   |
|---|---|--|--|--|
|   | <b>Home Workout</b>   | <b>Gym Workout</b>   | <b>Bonus Opportunity</b>   | <b>Family Challenge</b>  |
| <b>Possible Points For This Week</b> <ul style="list-style-type: none"> <li>• With kid(s) participation: 51 points</li> <li>• Without participation: 45 points</li> </ul> | <b>Parents:</b> <ol style="list-style-type: none"> <li>1. Arm Circle Rotation</li> <li>2. Scissor Kicks</li> <li>3. Rdl</li> <li>4. Jump Squats</li> <li>5. Lateral Lunges</li> </ol><br><b>Kids:</b> <ol style="list-style-type: none"> <li>1. Arm Circle Rotation</li> <li>2. Scissor Kicks</li> <li>3. Reach For Toes</li> </ol> | <b>Parents:</b> <ol style="list-style-type: none"> <li>1. Pilates Ring Dead Bug</li> <li>2. Banded Triceps Extension</li> <li>3. Banded Shoulder Press</li> <li>4. Pilates Ring Squeeze</li> <li>5. Pilates Ring Single Leg Push Down/Leg Lower</li> </ol><br><b>Kids:</b> <ol style="list-style-type: none"> <li>1. Dead Bug</li> <li>2. Crab-Kick</li> <li>3. Scarecrow</li> </ol> | <p>This week we have a Bonus Opportunity to earn some extra points. This involves attending a group fitness class at the YMCA. Be adventurous any class will do!</p> <p>We ask that you check age limits for the classes if your littles will be joining.</p> <p>After you are done please take a picture with your instructor for proof to gain those extra points.</p> | <p>This week's Family Challenge is a Fun Day. Meaning you have control of what you do. Anything that gets you and your family moving.</p> <p>Ex: basketball, bike ride, hike or go swimming.</p> <p>As always we ask you take a picture of you and your family after for proof and can't wait to see what you chose.</p> |
| Points Obtained This Week:  | Follow along with a video of the listed workouts here:  | Follow along with a video of the listed workouts here:   |  |  |