



Choose one or multiple exercises on the June calendar and complete the set amount of reps each day for 30 days.

Each exercise amount for the day can be done in one sitting or as an accumulation.

By the end of the 30 days the goal is to complete exercises for 100 reps.

@cccfityyc

Exercise Descriptions

Squats

Stand with your feet hip width apart. Look forward and relax your shoulders. Hands can be relaxed down by torso (Easiest), or straight out in front at shoulder height, or straight up above head, or one to two dumbbells can be added for additional load (Most Difficult: Dumbbells can be down at sides, resting on shoulders, or one can be held at chest height with both hands). Engage your abdominal muscles as you slowly send your hips back. Bend your knees at the same time to lower towards a 90 degree bend in the legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Pause for a brief moment at the bottom before squeezing your glutes (bum muscles) and pushing down through your heels to bring your hips forward and up back to standing position.

Push Ups

On the floor extend legs, tuck under toes (Can also be done from the knees instead), engage abdominal muscles, and lift the mid body up to create a long flat body with hands directly underneath shoulders. Squeeze glute muscles to pull hips down if your body is creating a pyramid. Look in the center a few inches above your finger tips to avoid neck strain. Slowly bend elbows to lower the body down towards the floor. As you are moving pull shoulder blades down and together to create a long neck. Lower until as much as you are able or until your chest is hovering a few inches above the ground. Pause for a moment before pushing down through your hands, squeezing your abs in, pulling shoulders down away from your ears, and extending arms to straight. At the top of the movement pause before repeating until all reps are completed.

Crunches

Lay on the ground on your back. Cross your hands over your chest and legs bent at 90 degrees with feet flat on floor. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ground creating a straight spine. You will want to keep this pressure as you do the exercise. Exhale slowly lifting your shoulder blades and upper back off the floor keeping your head in a straight alignment with your spine. It can help to keep chin tucked down. Lift as far as you are comfortable with trying not to over round your back. Slowly lower back down to ground breathing in.

Plank

Get on the floor on your hands and knees creating a table top position. Relax the shoulders down and back away from the ears to create a long neck. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other creating a straight spine. Slowly walk your hands out without moving your knees. As you walk the hands out squeeze your glutes to bring your hips down towards the ground. When your body creates a straight line and your wrists are directly under your shoulder joints then stop walking the arms forward. You can drop down to hold the plank from your elbows and lift knees up to hold from your toes. Hold this position. Think about squeezing the muscles surrounding your hips as if you were trying to move the sides of your hips closer together. Continue squeezing your shoulder blades down away from your ears. Hold until the time is up.