

January 2026

MON	TUE	WED	THU	FRI	SAT	SUN
5 -100 jumping jacks -80 High Knees -60 Side Lunges -40 Calf Raises -20 Crunches	6 Cardio 30 Minutes (walking, running, biking)	7 1,2,3...to 10: 1 push up 1 plank to reach 1 squat 2 pushups 2 planks to reach 2 squats Etc.	8 Cardio 30 Minutes (walking, running, biking)	9 5 Rounds with a 1 min rest 30 sec bear crawl 10 single leg bridges 30 sec plank 10 mountain climbers 30 sec glute wall taps	10	11 10 minutes of stretching
12 4 rounds: -10 inchworms -10 lunges -10 KB swings 30 sec jumping jacks	13 Cardio 30 Minutes (walking, running, biking)	14 5 Rounds -10 KB squats to press -10 step ups each side -30 sec plank hold -1 minute high knees in place -30 sec break	15 Cardio 30 Minutes (walking, running, biking)	16 3 rounds: - 10 lunges - 10 KB deadlift - 10 banded rows (or cable machine)	17	18 10 minutes of stretching
19 1,2,3...to 10: 1 push up 1 plank to reach 1 squat 2 pushups 2 planks to reach 2 squats Etc.	20 Cardio 30 Minutes (walking, running, biking)	21 -100 jumping jacks -80 High Knees -60 Side Lunges -40 Calf Raises -20 Crunches	22 Cardio 30 Minutes (walking, running, biking)	23 5 Rounds with a 1 min rest 30 sec bear crawl 10 single leg bridges 30 sec plank 10 mountain climbers 30 sec glute wall taps	24	25 10 minutes of stretching
26 1,2,3...to 10: 1 push up 1 plank to reach 1 squat 2 pushups 2 planks to reach 2 squats Etc.	27 Cardio 30 Minutes (walking, running, biking)	28 -100 jumping jacks -80 High Knees -60 Side Lunges -40 Calf Raises -20 Crunches	29 Cardio 30 Minutes (walking, running, biking)	30 5 Rounds with a 1 min rest 30 sec bear crawl 10 single leg bridges 30 sec plank 10 mountain climbers 30 sec glute wall taps	31	1 10 minutes of stretching

February 2026

MON	TUE	WED	THU	FRI	SAT	SUN
2 5,10,15,10,5 -5 single leg bridges -5 mountain climbers -5 jumping jacks -5 lunges -5 calf raises (repeat with 10 reps, then 15)	3 Cardio 30 Minutes (walking, running, biking)	4 5 rounds: -10 Pushups -10 Burpees -10 Tuck Jumps -10 Plank shoulder taps	5 Cardio 30 Minutes (walking, running, biking)	6 5 rounds with KB -10 step ups -10 lunges -10 High Pulls -10 plank leg lifts	7	8 10 minutes of stretching
9 45 sec each -Inch worms -Squats -Sit ups -Tricep dips -Wall sit -Side bends (45 sec each side with weight) Repeat 4-8 times	10 Cardio 30 Minutes (walking, running, biking)	11 5 rounds: -10 Pushups -10 Burpees -10 Tuck Jumps -10 Plank shoulder taps	12 Cardio 30 Minutes (walking, running, biking)	13 20 minute clock: -10 KB deadlift -10 hamstring walkouts -10 reverse lunges -50 mountain climbers *how many rounds can you do in 20 minutes?	14	15 10 minutes of stretching
16 5 rounds with KB -10 step ups -10 lunges -10 high pulls -10 plank leg lifts	17 Cardio 30 Minutes (walking, running, biking)	18 45 sec each -Inch worms -Squats -Sit ups -Tricep dips -Wall sit -Side bends (45 sec each side with weight) Repeat 4-8 times	19 Cardio 30 Minutes (walking, running, biking)	20 5,10,15,10,5 -5 single leg bridges -5 mountain climbers -5 jumping jacks -5 lunges -5 calf raises (repeat with 10 reps, then 15)	21	22 10 minutes of stretching
23 20 minute clock: -10 KB deadlift -10 hamstring walkouts -10 reverse lunges -50 mountain climbers Repeat for 20 mins	24 Cardio 30 Minutes (walking, running, biking)	25 5 rounds: -10 Pushups -10 Burpees -10 Tuck Jumps -10 Plank shoulder taps	26 Cardio 30 Minutes (walking, running, biking)	27 5 rounds with KB -10 step ups -10 lunges -10 high pulls -10 plank leg lifts	28	1 10 minutes of stretching

March 2026

MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
3 rounds: -15 DB squat to OH press -10 hamstring walkouts -10 side plank dips -30 sec bear crawl hold	Cardio 30 Minutes (walking, running, biking)	Set clock for 20 minutes: -10 KB deadlift -10 KB swings -10 DB rows -50 jumping jacks *how many rounds can you do in 20 minutes?	Cardio 30 Minutes (walking, running, biking)	4 rounds: -Run .25 miles - 50 mountain climbers - 10 (ea .side) Plank up downs		10 minutes of stretching
9	10	11	12	13	14	15
3-5 rounds: -10 SL glute bridge - 10 Half kneeling SA Shoulder Press - 10 Weighted glute bridges - 30 russian twists	Cardio 30 Minutes (walking, running, biking)	20 minute clock: -10 squats (weighted) -10 reverse lunges -10 tricep dips -10 Plank leg lifts Repeat for 20 mins	Cardio 30 Minutes (walking, running, biking)	4-5 rounds: -10 Burpees - 10 side lunges - 15 rows (banded or weighted) -30 sec plank		10 minutes of stretching
16	17	18	19	20	21	22
Set clock for 20 minutes: -10 KB deadlift -10 KB swings -15 calf raises -50 jumping jacks Repeat for 20 mins	Cardio 30 Minutes (walking, running, biking)	4 rounds: -Run .25 miles - 50 mountain climbers - 10 (ea. side) Plank up downs	Cardio 30 Minutes (walking, running, biking)	3 rounds: -10 DB squat to OH press -15 hamstring walkouts -20 plank shoulder taps -30 sec bear crawl hold		10 minutes of stretching
23	24	25	26	27	28	29
3-5 rounds: -10 SL glute bridge - 10 Half kneeling SA Shoulder Press - 10 Weighted glute bridges - 30 russian twists	Cardio 30 Minutes (walking, running, biking)	20 minute clock: -10 squats (weighted) -10 reverse lunges -10 tricep dips -10 Plank leg lifts Repeat for 20 mins	Cardio 30 Minutes (walking, running, biking)	2 rounds: -Run .50 miles - 50 mountain climbers - 10 (ea. side) Plank up downs		10 minutes of stretching

April 2026

MON	TUE	WED	THU	FRI	SAT	SUN
30 3 rounds: -15 DB squat to OH press -10 hamstring walkouts -10 side plank dips -30 sec bear crawl hold	31 Cardio 30 Minutes (walking, running, biking)	1 Set clock for 20 minutes: -10 KB deadlift -10 KB swings -10 DB rows -50 jumping jacks *how many rounds can you do in 20 minutes?	2 Cardio 30 Minutes (walking, running, biking)	3 4 rounds: -Run .25 miles - 50 mountain climbers - 10 (ea. side) Plank up downs	4 Final Weigh-In YMCA 9 am-12 pm Awards presented after 12 pm	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2020

Highlights for May

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020

Highlights for June

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2020

Highlights for July

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2020

Highlights for August

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2020

Highlights for September

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2020

Highlights for October

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2		3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2020

Highlights for November

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Highlights for December

December 2020

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			