



Grinnell College

30-DAY PROGRAM

Dear Students, Staff, & Faculty,

We have put together this program to give everyone a way to create and/or continue a wellness habit and connect with our community during this challenging time.

The program is simple:

- It begins on April 1st and runs through April 30th. We will assess and do another program as social distancing continues.
- During the fitness program, you are encouraged to complete all 24 of the provided workouts.
- There is no requirement to complete all the workouts, but it will be fun to see what you all achieve over the course of the program.
- Each workout is no longer than 30 minutes, unless you opt to go longer on your outdoor sessions.
- Each week has six workouts. Feel free to do them in a different order and spread them out to suit your schedule and get your exercise in.
- **Please self screen using the PAR-Q. You are encouraged to obtain clearance with your physician if warranted, but you do not need to turn in paperwork .**

The workout formats are explained on the cover page and weekly sets of workouts follow. It's nice to transpose the daily exercise list onto a white board or take a picture of it on your phone, but those are just suggestions. You will note that some of the exercises require the use of dumbbell or barbell weights. You may substitute soup cans, detergent bottles, or juice containers.

Don't be intimidated by the timing. You may want to try using an interval timer app, such as TABATA Exercise Timer, so that you don't have to watch the clock.

If you are just beginning to exercise, take your time in the first week or two to simply get used to the exercises. The goal is not to push hard and fast, but to consistently meet your activity goals. Sometimes a good beginner's set is just getting into the position of each exercise and practicing a few repetitions while holding your core strong and breathing through. We are proud of you for engaging and trying! On the other hand, if you are a seasoned exerciser, you may need to add to the intensity and sets. Go for it!

This program is self-supervised. We hope the descriptions and images give you sufficient structure to be independent, but also allow you the freedom to modify or change an exercise here or there if you're unsure how to perform it.

We hope you enjoy it, have fun, and stay active and well!

Sincerely,

Your Coaches,

Wendy and Joe

P.S. Please read the attached safety information on readiness to exercise and follow recommended guidelines before embarking on this workout plan.



L&G PAR-Q

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PARc Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

| YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do physical activity? |

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PARc Q: Lean and Green, Inc. and its agents assume no liability for persons who undertake physical activity and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____
or GUARDIAN (for participants under the age of majority)

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



Lean and Green[®], Inc. Disclosure & Release

A. DISCLOSURE OF RISKS

I am engaging in a program of strenuous physical activity under the self-supervised Grinnell College 30-day Fitness Program. It includes, but is not limited to, walking, jogging, biking, jumping, lunging, aerobic dance and martial arts moves, weight and resistance training, flexibility training, and/or the use of various strength and aerobic-conditioning methods recommended or offered by [Lean and Green[®], Inc.](#)

I am in sufficiently good physical condition to commence participation in this program. I have reviewed the L&G PAR-Q Exercise Readiness Questionnaire and have confirmed that I do not have a health history or suffer from any physical problem or limitation that would prevent or limit my participation in this program. If I cannot confirm my readiness based on the questionnaire, then I have seen my physician, who has released me for exercise.

I understand that there are certain **inherent risks** to participating in an exercise program such as this one. These **inherent risks** are physical problems and consequences that can occur as a result of such participation. Some of these risks are heat illness; muscle soreness, joint stiffness, tissue inflammation; blisters, bruises, and calluses; strains and sprains to muscle, tendon, or ligament tissue; and joint dislocations. Other possible, but less likely, consequences are broken or cracked bones, paralysis, heart attack, cardiac arrest, stroke or death.

I understand that I should always inform Coach Joseph Compagni, of any physical or other abnormalities that I may experience before, during and after exercise. I further understand that the staff on the premises during my sessions are present to facilitate my participation, but are not necessarily credentialed in exercise science. For this reason, the program is considered self-supervised.

B. RELEASE OF LIABILITY

I understand the **INHERENT RISKS** of participation in self-supervised [Lean and Green[®], Inc.](#) programs. All of my questions about these risks have been answered satisfactorily by [Lean and Green[®], Inc.](#)

I hereby **RELEASE** [Lean and Green[®], Inc.](#), WENDY HUDSON &/or subcontracting, credentialed coach or trainer (Joseph E. Compagni) from **ANY LIABILITY** for any physical problem, injury, illness or consequence which results from the **INHERENT RISKS** of participation in a program like this.

Although a physician's signature is not required, I understand that it is my responsibility to obtain medical clearance for my own safety. Engaging in this program at any level is considered acknowledgment and acceptance of disclosures and release.

www.leanandgreen.com
Questions? Problems? Message Coach Joe at
Info@LeanAndGreen.com

Grinnell College 30-day Program

STARTS APRIL 1

ENDS APRIL 30

REPORT HOW MANY WORKOUTS YOU COMPLETED ON MAY 1 to INFO@LeanAndGreen.com

| <u>TYPE OF WORKOUT</u> | <u>DESCRIPTION</u> |
|----------------------------|--|
| Day 1 - CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. |
| Day 2 - STRENGTH | Each workout has 8-9 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally three times. |
| Day 3 - GET OUTSIDE | Walk, jog, or bike for 20-30 minutes. Build up to 30 - 40 minutes. Follow the new instructions each week on intensity. |
| Day 4 - CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. |
| Day 5 - STRENGTH | Each workout has 8-9 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. |
| Day 6 - 100s CHALLENGE | Perform as many reps of each exercise as as you can get done. Break them up as needed, but keep the total workout to 30 minutes. Use the listed number of repetitions as a goal to challenge yourself. |

TIP 1: For exercises that call for dumbbells, you may use soup cans, juice containers, or detergent bottles.

TIP 2: For R/L exercises, if not specified, switch sides halfway through the interval.

TIP 3: Most exercises are described in "FROM THE COACHES" column or pictured in the Lean and Green Exercise & Stretch Guide.

DESCRIPTION

| | | | | |
|-------|----------------|---|---|--|
| Day 1 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | PUSH-UPS . SIDE PLANK (R /L) . REVERSE CRUNCHES . FLUTTER KICKS . V -SIT . BICEPS CURLS . DB TRICEPS EXTENSIONS . MOUNTAIN CLIMBERS . DONKEY KICKS . STANDING CRUNCHES . | For flutter kicks , lay on back, place hands under hips, lower legs from perpendicular towards floor until abs engage. Perform small flutter kicks. For donkey kicks , get onto feet and hands. Lift one leg at a time behind and up to ceiling. You may advance to jumping both feet at once up behind you. For standing crunches , bend knees, hold elbows up parallel to ground and angled off to one side, and pull alternately to each hip. |
| Day 2 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DB ROWS . TRICEPS PRESSBACKS . HOVER TWIST ABS . FLOOR STRIKES . V-UPS . CHEST FLYES . DB BICEPS CURLS . DEADLIFTS . | For DB rows , place a weight in each hand, then row back with one side then the other, bending over slightly. For floor strikes , kneel with one knee on floor and opposite foot placed in lunge position. Throw strikes with fist or palm, alternating hands, to hit or almost hit the floor (depending on surface) with alternate punches. If you have cushion, you may strike it. For deadlifts , keep your eyes forward and back flat as your hands go from near the floor to waist level. Keep a slight bend in your knees, rather than locking them. Do these with very little or no weight to start. |
| Day 3 | GET OUTSIDE | Daylight | Head out for a brisk walk or hike of 20 minutes or more. If you have access to a bike and would rather be pedaling, that counts too. Finish with at least 3 of the attached stretches. | For today and all exercises during Week 1, keep the volume low and intensity light with the intention of doing more in the weeks ahead. |
| Day 4 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | TWIST ABS . DB TRICEPS PRESSBACKS . MOUNTAIN CLIMBERS . FLOOR STRIKES. V-UPS . KNEE-UPS. SHOULDER WALL HOLDS . BURPEES . CRUNCHES . SKIPS . | For V-ups, lay flat on back. Drag feet on floor as you bring knees towards your chest, which also lifts up to meet them. Return to flat on back. For knee ups , stand in place and lift one knee at a time. May take it "double time." For shoulder wall holds, (an advanced position) you may assume a handstand facing the wall. Place hands 2 feet away from wall, extend legs up the wall, feet touching the wall for balance. May substitute a floor plank. |
| Day 5 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DB ROWS . TRICEPS PRESSBACKS . LATERAL DB RAISE . FLOOR STRIKES . V-UPS . CHEST FLYES . DB BICEPS CURLS . DEADLIFTS . | For deadlifts , keep your eyes forward and back flat as your hands go from near the floor to waist level. Do these with very little or no weight to start with if this is an exercise that you have not performed recently. |
| Day 6 | 100s Challenge | Perform as many reps of each exercise as as you can get done. Break them up as needed, but keep the total workout to 30 minutes. Use the listed number of repetitions (add sets if needed) as a goal to challenge yourself. | Go for the goal of 100 PHANTOM JUMP ROPES . 100 SQUAT JUMPS . 100 DB TRICEPS PRESSBACKS . 100 DB UPRIGHT ROWS . 100 OVERHEAD PRESSES WITH OR WITHOUT WEIGHT . 100 HEEL BACKS . 100 KNEE-UPS . 100 BICYCLE ABS . | For upright rows , grab a weight in each hand and bump the weights together in front of your body. Raise elbows higher than wrists, keeping abs engaged and low back straight. For heelbacks , stand with feet slightly wider than shoulder width. Kick heel back towards butt. May be in a slower stepping motion or faster running rhythm. For knee ups , stand in place and lift one knee at a time. May take it "double time." |

DAYTYPE OF
WORKOUTTIMING**WEEK 2**FROM THE COACHESDESCRIPTION

| | | | | |
|-------|----------------|--|--|---|
| Day 1 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | MOUNTAIN CLIMBERS . V-UPS . SQUAT JUMPS . V-HOLDS . SIDE PLANK (R/L) . KNEE-UPS . BURPEES . TWIST ABS . FLUTTER KICKS . LEG LIFTS . | For twist abs , start in crunch position and twist torso to right as you raise up, return torso to floor, then repeat to other side. For flutter kicks , lay on back, place hands under hips, lower legs from perpendicular to floor as low as is comfortable. Perform small Flutter kicks. For leg lifts , see note on Day 4. |
| Day 2 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | SIDE SACHES . ALT ARM PULLS (R/L) . DB BICEPS CURLS . SQUAT KNEE UPS . DIPS ON FLOOR, STEP, OR CHAIR . V-UPS . UNEVEN PUSH-UPS . DB ROWS . | For side saches , use what space you have. Bend knees slightly and sweep outside leg in to meet other as it steps to side again. For alt arm pulls , place a weight in one hand with palm down. pull it straight back, keeping your elbow high. For squat knee ups , squat then lift one knee, squat and lift other knee. May progress up to squat with a jump, bringing both knees up together. For uneven pushups , may place one hand on a cushion or on a step. Switch sides halfway through interval. |
| Day 3 | GET OUTSIDE | Daylight | Take last week's outdoor activity and extend it. If you went 20 minutes, go 30. If you went 30, go 40. Finish with at least 4 of the attached stretches, holding each for 20 seconds | |
| Day 4 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | TWIST ABS . DB TRICEPS PRESSBACKS . LEG LIFTS. MOUNTAIN CLIMBERS . FLOOR STRIKES. V-UPS . KNEE-UPS. SHOULDER WALL HOLDS . BURPEES . CRUNCHES . | For leg lifts , start on your back with your legs straight up towards ceiling. Place hands be at your side or under your hips to protect your lower back. As able, lower both legs (straight or bent) slowly forward to 2 feet off the ground, then raise and lower slowly. As abdominal strength builds, you will be able to lower straighter legs closer to ground. For shoulder wall holds , you may substitute a floor plank or do a handstand facing the wall, hands placed 2 feet away from wall, feet touching the wall for balance. |
| Day 5 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DB TRICEPS EXTENSIONS . STANDING OBLIQUE TWISTS. SCISSOR JUMPS . KNEE-UPS. CHEST FLYES . BAG JUMPS . DB BICEPS CURLS . SQUAT HOLDS. | For scissor jumps , place one foot in front of other and jump to switch their positions; arms may also make a scissor pattern. For bag jumps , just pretend you are straddling a step, jump feet in as if landing on step or fight bag, then jump back out and down to floor. For jumpropes, you may just pretend to have a rope. |
| Day 6 | 100s Challenge | Perform as many reps of each exercise as as you can get done. Break them up as needed, but keep the total workout to 30 minutes. Use the listed number of repetitions as a goal to challenge yourself. | Go for the goal of 100 PHANTOM JUMP ROPES . 100 UPRIGHT DB ROWS . 100 V-UPS . 100 MOUNTAIN CLIMBERS . 100 DONKEY KICKS. 100 DIPS . 100 CRUNCHES . 100 DB BICEPS CURLS . | For donkey kicks , get onto feet and hands. Lift one leg at a time behind and up to ceiling. You may advance to jumping both feet at once up behind you. |

WEEK 2

WEEK 3

FROM THE COACHES

| <u>DAY</u> | <u>TYPE OF WORKOUT</u> | <u>TIMING</u> | <u>DESCRIPTION</u> | |
|------------|------------------------|--|---|---|
| Day 1 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | KNEE-UPS . PUSH-UPS . HEELBACKS . CRUNCHES . V-UPS . MOUNTAIN CLIMBERS . REVERSE CRUNCHES . SQUAT HOLDS . JUMPING JACKS . FLUTTER KICKS . | For heelbacks , stand with feet slightly wider than shoulder width. Kick heel back towards butt. May be in a slower stepping motion or faster running rhythm. |
| Day 2 | STRENGTH | Each workout has 8 -9 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DB BICEPS CURLS . LAT PULLS . CRUNCHES . GLUTE BRIDGES . STRIKES . DIPS . V-UPS . HOVER HOLDS . DOUBLE TWIST ABS . | For Lat pulls , use light or no weight overhead, create a W with your elbows pulling towards waist. Make small little pulls, maintaining the W shape. For hover holds , plank on your forearms. Pull abs in and stretch from top of head to heels. For double twist abs , follow steps for a twist ab, but twist to each side before lowering back to crunch starting position. |
| Day 3 | GET OUTSIDE | Daylight | Add some variety and intensity to your outdoor venture. Walk, hike or bike for 5 minutes at an easy to moderate pace. Then, for one minute, deliberately increase the intensity. Increase your cadence on the walk or your revolutions on the bike... | ...Repeat this 5 minutes moderate/1 minute more intense pattern 5 times, so that you get 5 quicker minutes in during your 30 minute activity. If you're already at 40 minutes or more, continue that cycle for your entire activity. |
| Day 4 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | BURPEES . V-HOLDS . STANDING OBLIQUE TWISTS . KNEE-UPS . FLOOR STRIKES . TWIST ABS . FLUTTER KICKS . MOUNTAIN CLIMBERS . DONKEY KICKS . CRUNCHES. | For flutter kicks , lay on back, place hands under hips, lower legs from perpendicular to floor as low as is comfortable. Perform small flutter kicks. For donkey kicks , get onto feet and hands. Lift one leg at a time behind and up to ceiling. You may advance to jumping both feet at once up behind you. |
| Day 5 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DIPS ON FLOOR, STEP, OR CHAIR . DB BICEPS CURLS . DB ROWS . TRICEPS PRESSBACKS . FLOOR STRIKES . CHEST FLYES . DB BICEPS CURLS . DEADLIFTS . | For floor strikes , kneel with one knee on floor and opposite foot placed in lunge position. Aim to hit the floor with alternate punches. If you have cushion, you may strike it. For deadlifts , keep your eyes forward and back flat as your hands go from near the floor to waist level. Keep a slight bend in your knees, rather than locking them. Do these with very little or no weight to start with if this is an exercise that you have not performed recently. |
| Day 6 | 100s Challenge | Perform as many reps of each exercise as as you can get done. Break them up as needed, but keep the total workout to 30 minutes. Use the listed number of repetitions as a goal to challenge yourself. | Go for a goal of 100 MOUNTAIN CLIMBERS . 100 CRUNCHES . 100 SCISSOR JUMPS . 100 PUSH-UPS . 100 ALTERNATE HINGE ABS . 100 TWIST CRUNCHES . 100 JUMP ROPES . 100 ALT ARM PULLS . | For scissor jumps , place one foot in front of other and jump to switch their positions; arms may also make a scissor pattern. For alternate hinge abs , extend body long. Bring one straight leg up as you raise your torso to meet it. Lower down to flat and repeat with other leg. For alt arm pulls , place a weight in one hand with palm down. Pull it straight back, keeping your elbow high. |

DAYTYPE OF
WORKOUTTIMING**WEEK 4**FROM THE COACHESDESCRIPTION

| | | | | |
|-------|----------------|---|---|--|
| Day 1 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | JUMPING JACKS . SCISSOR JUMPS . KNEE-UPS . BURPEES . MOUNTAIN CLIMBERS . SQUAT JUMPS . SHUFFLES . V-HOLDS . CRUNCHES . PUSH-UPS . | For shuffles , hold into a high squat pose. Shuffle quickly from one foot to the other. |
| Day 2 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | FLOOR STRIKES . SCISSOR JUMPS. FRONT KICKS . WALL ABS . KNEE-UPS. V-HOLDS . SHOULDER WALL HOLDS. TWIST ABS . | For front kicks , stand stable and raise one knee, extend leg to straight. Alternate legs. For wall abs , start in crunch position, with feet close to the wall. Crunch and raise up, touching the wall. Return to floor with arms stretching overhead. Repeat. For twist abs , start in crunch position and twist torso to right as you raise up, return torso to floor, then repeat to other side. |
| Day 3 | GET OUTSIDE | Daylight | Let's turn it up one more notch. Go 4 minutes easy followed by 2 minutes quicker. Continue this cycle at least 5 times. Enjoy the challenge of covering more ground in each of the higher intensity 2 minutes. Finish with stretches. | |
| Day 4 | CARDIO | Each workout has 5 rounds. Each round lasts 5 minutes. Do each of the 10 exercises for 30 seconds, going directly to the next. Rest for 15 seconds between each 5 minute round. | TWIST ABS . REVERSE CRUNCHES . LEG LIFTS . MOUNTAIN CLIMBERS . FLOOR STRIKES. V-UPS . KNEE-UPS. FIRE HYDRANTS (R/L) . BURPEES . CRUNCHES . | For fire hydrants , get on all fours and lift your R knee out to side, lift and lower, pressing a little more weight into your R hand. |
| Day 5 | STRENGTH | Each workout has 8 exercises. Do 10 repetitions of each exercise, with a short break between each. Use what you have as weights. Go through all 8 exercises at least twice and ideally 3 times. | DB TRICEPS EXTENSIONS . STANDING OBLIQUE TWISTS. SCISSOR JUMPS . KNEE-UPS. CHEST FLYES . BAG JUMPS . DEADLIFTS . SQUAT HOLDS. | For scissor jumps , place one foot in front of other and jump to switch their positions; arms may also make a scissor pattern. For bag jumps , just pretend you are straddling a step, jump feet in as if landing on step or fight bag, then jump back out and down to floor. For jumpropes, you may just pretend to have a rope. For deadlifts , keep your eyes forward and back flat as your hands go from near the floor to waist level. Keep a slight bend in your knees, rather than locking them. Do these with very little or no weight to start with if this is an exercise that you have not performed recently. |
| Day 6 | 100s Challenge | Perform as many reps of each exercise as you can get done. Break them up as needed, but keep the total workout to 30 minutes. Use the listed number of repetitions as a goal to challenge yourself. | Go for a goal of 100 JUMPING JACKS . 100 DB BICEPS . 100 MOUNTAIN CLIMBERS . 100 TRICEPS EXTENSIONS . 100 BURPEES . 100 REVERSE CRUNCHES . 100 SQUAT JUMPS . 100 PENDULUM ABS . | For pendulum abs , lie on back and use either bent knees or straight legs. Stabilize with hands on floor to side. Lower knees or legs over to one side, return to vertical, then lower gently to other side. |

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



Grinnell College

EXERCISE GUIDE



CHEST FLYES (MAY BE DONE ON FLOOR)
Bring weights together, retaining a rounded shape to the arms.



BICYCLE ABS, aka BICYCLE CRUNCHES



CRUNCHES



**DB(dumbbell) CHEST PRESSES
(MAY BE DONE ON FLOOR)**



Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



SQUAT WITH DB SHOULDER PRESS



DIPS (MAY BE DONE ON FLOOR, OFF A STEP OR CHAIR, WITH FEET ON FLOOR)



GLUTE BRIDGE



HOVER TWIST ABS (stay in this position, twisting to alternate sides).



Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



LATERAL DB RAISE



MOUNTAIN CLIMBERS



Exercise & Stretch Guide for 30-day GrinnellCollege Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



SEATED DB SHOULDER PRESS



SIDE TO SIDE LUNGES (ALTERNATE)

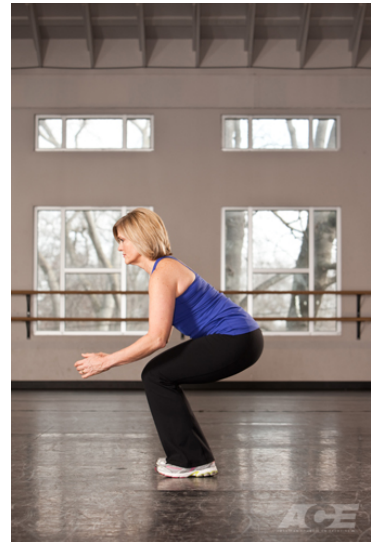


SIDE PLANK (R/L)

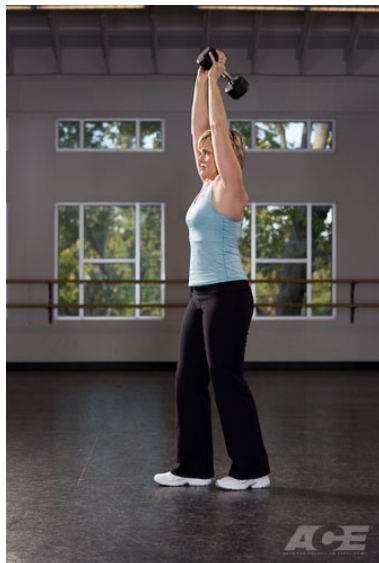


Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



SQUAT JUMPS (CAN BE A QUICK & SLIGHT LIFT OUT OF FEET OR FULL BLOWN JUMP)



TRICEPS EXTENSIONS



TRICEPS PRESSBACKS



Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



STANDING OBLIQUE TWISTS (R/L)



STATIONARY LUNGES (R/L)



WEIGHTED STATIONARY LUNGES (R/L)



Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



SUPER PEOPLE



REVERSE CRUNCHES



Exercise & Stretch Guide for 30-day GrinnellCollegeFitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



DEADLIFTS (BEND KNEES TIL WEIGHT REACHES FLOOR)



BOAT POSE OR V-SIT OR V-HOLD



Exercise & Stretch Guide for 30-day Grinnell College Fitness Program

See workout notes for exercises not pictured here. Stretches are best done after your workout or in between workouts after a walk or warm up. Use your breath and hold for 20 seconds or more.



Grinnell College

STRETCHING GUIDE



COW STRETCH



CAT STRETCH



BUTTERFLY STRETCH



COBRA



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CHILD'S POSE



FIGURE 4 WITH SPINAL TWIST



DOWN DOG



"HANG FIVE" HAMSTRING AND POSTERIOR CHAIN RELEASE



HAMSTRING STRETCH

Photos Credit: ACE Fitness Exercise Library, www.acefitness.org, accessed 3/18/2020.



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STRADDLE STRETCH



HIP FLEXOR STRETCH (R/L)



UP DOG





Healthy People for a Green World!
Since 1998

Hi, Friends!

Thanks for joining us for fitness! I hope you're having fun!

We are located just around the corner from the Bear Center. And though we are very local to the Grinnell Community, we have clients and wellness participants nationwide. It is with some glee that we now extend a warm welcome and greeting to international participants and those now located abroad participating in this 30-day program.

Our signature service is personalized wellness assessment and health coaching for organizations. But please be curious about our many challenges and campaigns, designed to keep communities like yours connected through health and wellness.

Our technology **interfaces** meet HiTrust standards and the health and wellness promotion tools are NCQA-accredited. You may also like our **coach's faces** and their certifications. Please meet them at leanandgreen.com/about-us.

Lean and Green is a Grinnell College Wellness Reimbursement Vendor.

Thank you for participating and please let me know if we can support your journey going forward.

Sincerely,

Coach Wendy