

WINTER FITNESS COMBINE TRAINING WEEK 6 SCHEDULE



Set a goal to check off at least 4 tasks a day this week

T A S K S

M T W T F S

Drink 5 glasses of water a day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Take 15 minute brisk walk

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3 Rounds Rotate Wrist and Ankles

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3 sets of Workout Below

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3 Sets Balance on one leg

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Check your heart rate after your
workout moves.

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Jumping Jacks: do for 30 seconds

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.
- Make it harder by adding 15 more seconds.

Chair modification: while seated, do the same arm and leg motions as above.



March & Arm Swings:

- March in place. Lift your knees up as high as you can. Go at a steady pace.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.
- Do this for 30 seconds.

Chair modification: while seated, do the same arm and leg motions as above.



Quick Punches:

- Put both your hands in fists by your chest.
- Keep your elbows down by your side.
- Stand with your feet a little wider than your shoulders. Bend your knees slightly.
- Turn toward your left side and punch your right arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Now, turn toward your right side and punch your left arm in that direction.
- Do this for 30 seconds.



**Do these 3
more times.
Then get water
and rest for
30 seconds.**