

MOVEMENT

30-DAY STRENGTH TRAINING CHALLENGE

Strength training is an important component of a healthy lifestyle, influencing quality of life, mental health, heart health and other chronic disease. Try this 30-day strength training challenge to kick off the new year.

Choose your work-out days before starting, giving yourself 1 to 2 days off in between. Continue this pattern for 30 days.

DAY 1 REST ON DAY 2

UPPER BODY

Lateral Extensions
Bicep Curls
Overhead Press
Tricep Extensions

DAY 3 REST ON DAY 4

LOWER BODY

Dumbbell Lunge
Side Lunge
Jump Squat
Weighted Step-Ups

DAY 5 REST ON DAY 6 & 7

CORE

Plank
Crunch
Bicycle
Leg Raise

The following movements should be done for each area of the body. If unsure of how to execute these movements, YouTube is a great resource.

During week 1, complete 3 sets of 8 reps for each movement, increasing by 2 reps each week. For example, week 2 will be 3 sets of 10 reps for each movement. For the plank, begin at 20 seconds and add 10 seconds each week.

Depending on your starting point, you can choose to use hand weights during exercises or just your own body weight.

Challenge yourself and you'll find that these movements become easier as the month goes on!



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Cultivating wellbeing practices for life