

ELT 6 X 25 Simple Exercise Sequence

1. Chair Squat
2. Alternating Lunges
3. Bicep Curl*
4. Shoulder Press**
5. Tricep Extension***
6. Crunch/Sit-up

Day 1: Do 1 of each exercise – Celebrate!

Day 2: Do 2 of each exercise – Celebrate!

Day 3: Do 3 of each exercise – Celebrate!

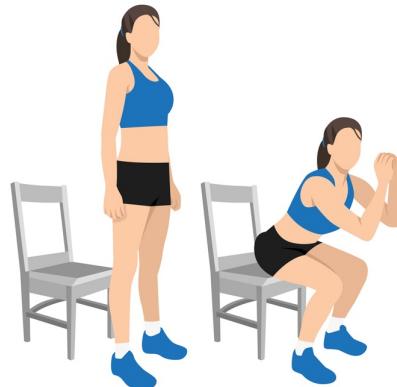
*Use dumbbells, soup cans or bands

** Use dumbbells, soup cans or google pike pushup

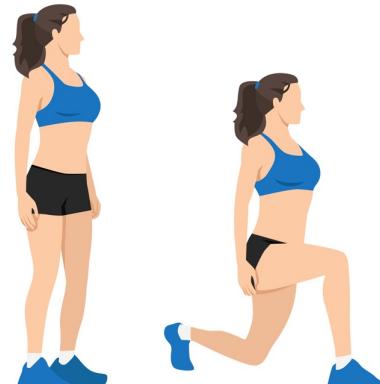
*** Use dumbbells, soup cans, bands or do chair dips

The goal is to get to 25 days in a row. If you aren't able to meet the day's goal stay at that number until you complete it. If you miss a day, you start back at day 1.

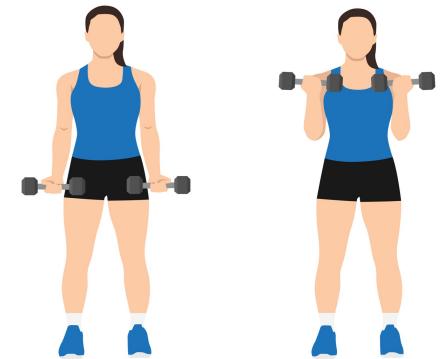
Chair Squat – use arm chair if needed



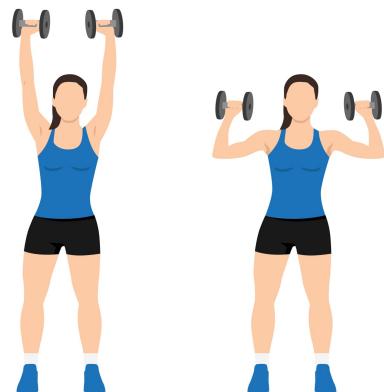
Alternating lunge – use chair/wall if needed



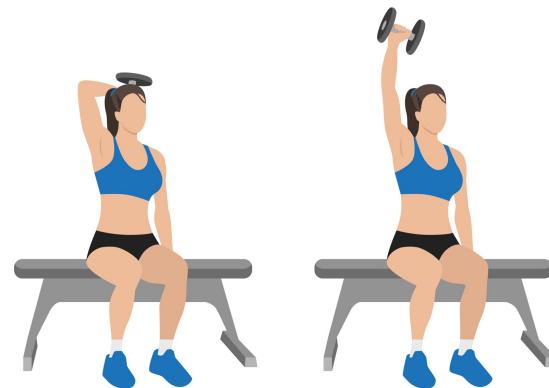
Bicep Curl /use cans or bands



Overhead Press or Pike Pushup



Triceps Extension/use band or can



Crunch/Sit-up

