



Emerge Fitness Challenge



Move it Monday	Toned Tuesday	Walk it Out Wednesday	Thirsty Thursday	Fit Friday
Arm Circles	Wall Sit	Lunges	Deadlift	YTW arms
Chair Pose Twist	Leg Raises	Stair walks	Side lunges	Standing Side Bend
Jumping Jacks	Push Ups	Walk	Water check	Squats
Stretch	Crunches	High Knees	Plank	Stretch

Rules: At 10, 12, 2 & 4 (or a schedule that works for you) get out of your chair and complete the respective 2 minute workout for that day/time!

Every Day

20-30 minute workout

Switch it up!
Try something new one day

Drink 4 glasses of water

*Listen to your body!
Take a rest day once a week.
You deserve it!

