

A Year of Monthly Health Challenges From Get Healthy CT

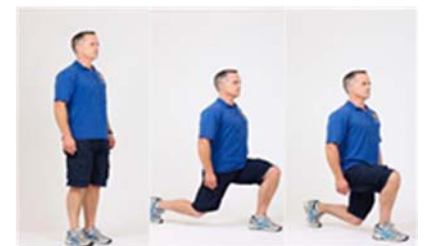


Each month, Get Healthy CT creates an easy-to-follow exercise that you can do in the privacy of your own home and with no equipment. Each challenge is designed to take place over the course of one month and slowly gets more difficult as the days progress.

All include instructions, a picture of the exercise and have an *Easy Track* and *Challenging Track* for those who may be ready for a more advanced exercise.

Select a Monthly Health Challenge to start with today and then move on to your next one in a month. It is that easy!

Most Monthly Health Challenges are available in Spanish on our website on the “Physical Activity” tab, www.gethealthyct.org/dev/physical-activity/



For more information visit, www.GetHealthyCT.org





Monthly Health Challenge - Walking Challenge



Would you like to lose weight and improve your cardio? You can start with the Walking Challenge, a cardio exercise that helps lose excess weight and improve lung capacity. As you perform this walking challenge, you'll lose weight enabling you to walk longer with fewer breaks.

How to perform the Walking Challenge:

Begin walking 500 steps on the first day, and increase 500 steps gradually as the month progresses.



Challenge Tips:

- Use a pedometer, fitness tracker or step counting app on your phone to help track your steps
- You can do your steps in one session or break it up into four 5-minute walks, just count 500 steps per session and you did it!
- Begin on flat surfaces, and progress to a more inclined surface for a challenge.
- Carry small weights with you (or a water bottle or can of soup) for more of a challenge.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 2,000 (C) 2,500	2 (E) 2,500 (C) 3,000	3 (E) 3,000 (C) 3,500	4 (E) 3,500 (C) 4,000	5 (E) 4,000 (C) 4,500	6 (E) 4,500 (C) 5,000	7 (E) Rest Day (C) Rest Day
8 (E) 4,500 (C) 5,000	9 (E) 4,500 (C) 5,000	10 (E) 5,000 (C) 5,500	11 (E) 5,000 (C) 5,500	12 (E) 5,000 (C) 5,500	13 (E) 5,500 (C) 6,000	14 (E) Rest Day (C) Rest Day
15 (E) 5,500 (C) 6,000	16 (E) 6,000 (C) 6,500	17 (E) 6,000 (C) 6,500	18 (E) 6,500 (C) 7,000	19 (E) 6,500 (C) 7,000	20 (E) 7,000 (C) 7,500	21 (E) Rest Day (C) Rest Day
22 (E) 7,000 (C) 7,500	23 (E) 7,500 (C) 8,000	24 (E) 8,000 (C) 8,500	25 (E) 8,500 (C) 9,000	26 (E) 9,000 (C) 9,500	27 (E) 9,500 (C) 10,000	28 (E) Rest Day (C) Rest Day
29 (E) 10,000 (C) 10,500	30 (E) 10,000 (C) 10,500	31 (E) 10,000 (C) 10,500				

Source: <http://blog.myfitnesspal.com/the-30-day-walking-challenge/>



Monthly Health Challenge: 30-Day Calf Raises Challenge

Are you looking to tone your legs more? Well, maybe you should take the 30-Day Calf Raises challenge. Calf Raises is a leg exercise that helps strengthen and tone lower leg (gastrocnemius and soleus), knee cap and heels. This is also a great exercise to improve both your balance and posture.

How to perform the perfect calf raises?

1. Stand with your feet a shoulder length apart.
2. Lift your heel off the ground, preferably as high as you can. Try to shift your weight onto your toes.
3. Lower your heel back towards the ground, but not allowing your heel to touch between repetitions.



If you're having trouble with balance, you can lean against a chair, table or even a wall. This exercise can be performed while sitting in a chair. To make this exercise more difficult, you can add ankle weights or try a one-legged calf raise.

For beginners, follow the Easy Track (E). For advanced performance, you should follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E) 15 (C) 25	2 (E) 20 (C) 40	3 (E) 25 (C) 50	4 (E) 30 (C) 60	5 (E) Rest (C) Rest	6 (E) 30 (C) 60
7 (E) 35 (C) 70	8 (E) 40 (C) 80	9 (E) 45 (C) 90	10 (E) Rest (C) Rest	11 (E) 50 (C) 100	12 (E) 55 (C) 120	13 (E) 60 (C) 130
14 (E) 65 (C) 140	15 (E) Rest (C) Rest	16 (E) 65 (C) 140	17 (E) 70 (C) 150	18 (E) 75 (C) 160	19 (E) Rest (C) Rest	20 (E) 75 (C) 170
21 (E) 80 (C) 180	22 (E) 85 (C) 200	23 (E) 90 (C) 220	24 (E) Rest (C) Rest	25 (E) 90 (C) 250	26 (E) 95 (C) 260	27 (E) 100 (C) 270
28 (E) 105 (C) 280	29 (E) 110 (C) 290	30 (E) 120 (C) 300	31 (E) Rest (C) Rest			

<http://www.livestrong.com/article/506266-calf-raise-benefits/>



Monthly Health Challenge: Sit-Up Challenge

Would you like to flatten your belly and start working towards getting those hard crushing abs? Well, you can start with the sit-up challenge, an abdominal exercise that works on your core. As you perform this sit-up challenge, your core will get stronger enabling you to lift heavier weights and run longer.



How to perform the perfect Sit-Up:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Place your finger tips behind your ears. Pull your shoulder blades back so your elbows are out to the side.
3. Raise your body up towards your knees, shoulders should be lifted off the floor.
4. Move back down to the starting position and repeat.

*If you have any back pain while performing this move, use a gym ball to support your spine. To make the sit-up more challenging, you could add a twist (have your elbow touch the opposite knee), add weights, or slow your reps down.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (E) 10 (C) 12	2 (E) 12 (C) 18	3 (E) 15 (C) 24	4 (E) 18 (C) 30
5 (E) Rest (C) Rest	6 (E) 20 (C) 36	7 (E) 5 (C) 42	8 (E) 40 (C) 48	9 (E) 45 (C) 54	10 (E) Rest (C) Rest	11 (E) 50 (C) 66
12 (E) 55 (C) 72	13 (E) 60 (C) 78	14 (E) 65 (C) 84	15 (E) Rest (C) Rest	16 (E) 70 (C) 90	17 (E) 75 (C) 96	18 (E) 80 (C) 102
19 (E) 85 (C) 108	20 (E) Rest (C) Rest	21 (E) 90 (C) 120	22 (E) 95 (C) 126	23 (E) 60 (C) 132	24 (E) Rest (C) 138	25 (E) Rest (C) Rest
26 (E) 65 (C) 150	27 (E) 70 (C) 156	28 (E) 72 (C) 162	29 (E) 75 (C) 168	30 (E) 80 (C) Rest		



Monthly Health Challenge: Squat Challenge

Squats are known as leg exercises but they encourage body-wide muscle building and have many benefits. Squats are a functional exercise making real-life activities easier, burn more fat, promote and maintain mobility and balance, and prevent injuries. An added benefit – squats will tone your backside abs, and entire body!

How do you perform a squat?

- Stand with feet shoulder width apart.
- Keep your back in a neutral position with knees centered over feet (A).
- Slowly bend knees, hip and ankles (lowering as if you are sitting back in a chair) until you reach a 90 degree angle. Your knees should not go past your toes – remember to push your backside out (B)!
- Stand back up squeezing your backside at the top.
- Repeat.



New to Squats? We recommend the Easy Track (E) below.

Squat Champion? Do the Challenging Track (C) below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (E) 30 (C) 50	2 (E) 50 (C) 55
3 (E) 75 (C) 60	4 (E) 60 (C) Rest	5 (E) Rest (C) 70	6 (E) 60 (C) 75	7 (E) 90 (C) 80	8 (E) 50 (C) Rest	9 (E) 45 (C) 100
10 (E) Rest (C) 105	11 (E) 120 (C) 110	12 (E) 40 (C) Rest	13 (E) 75 (C) 130	14 (E) 125 (C) 135	15 (E) Rest (C) 140	16 (E) 80 (C) Rest
17 (E) 50 (C) 150	18 (E) 125 (C) 155	19 (E) 50 (C) 160	20 (E) Rest (C) Rest	21 (E) 145 (C) 180	22 (E) 80 (C) 185	23 (E) 40 (C) 190
24 (E) 100 (C) Rest	25 (E) Rest (C) 220	26 (E) 75 (C) 225	27 (E) 50 (C) 230	28 (E) 150 (C) Rest	29 (E) 95 (C) 240	30 (E) 175 (C) 250

Source: <http://30dayfitnesschallenges.com/>

<http://fitness.mercola.com/sites/fitness/archive/2012/05/25/darin-steen-demonstrates-the-perfect-squat.aspx>



Monthly Health Challenge: Lunges Challenge

The lunge is a basic compound exercise that targets the muscles of the lower body, i.e. quadriceps (thigh), gluteus maximus (buttock muscle) and hamstring. It is a great exercise that increases muscle tissue, provides more flexibility in the hips, and helps strengthen your core.

How to perform the perfect lunge?



1. Place the hands by your side or on your hip, pull your shoulders back and stand tall.
2. Step forward with your right leg and slowly lower the body until the front knee is bent to 90 degrees. Make sure your left knee doesn't touch the ground.
3. Push yourself back up to the starting position quickly and repeat with the left leg.

If you would like to make the lunge more challenging, try holding a weighted dumbbell in each hand by your side. Please use a dumbbell that you feel comfortable with.

For beginners, follow the Easy Track (E), but if you are looking for a more advanced track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E) 10 (C) 20	2 (E) 12 (C) 25	3 (E) 15 (C) 30	4 (E) 18 (C) 35	5 (E) 20 (C) 40	6 (E) 22 (C) 45
7 (E) 25 (C) 50	8 (E) Rest (C) Rest	9 (E) 28 (C) 55	10 (E) 30 (C) 60	11 (E) 32 (C) 65	12 (E) Rest (C) 70	13 (E) 35 (C) 75
14 (E) 36 (C) 80	15 (E) 40 (C) 85	16 (E) Rest (C) Rest	17 (E) 42 (C) 90	18 (E) 45 (C) 95	19 (E) 48 (C) 100	20 (E) 50 (C) 105
21 (E) 50 (C) 110	22 (E) 55 (C) 115	23 (E) 60 (C) 120	24 (E) Rest (C) Rest	25 (E) 60 (C) 125	26 (E) 65 (C) 130	27 (E) 70 (C) 135
28 (E) 72 (C) 140	29 (E) 75 (C) 145	30 (E) 80 (C) 150				

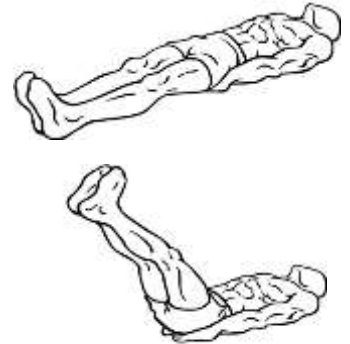


Monthly Health Challenge - Leg Raise Challenge

Would you like to tone and strengthen the muscles in your legs? You can start with the leg raise challenge. The leg raise is the perfect exercise for the somewhat neglected lower abdominals and hip flexors. Regular performance of leg raises can help to strengthen the lower back and, therefore, reduce the risk of injuries.

How to perform the perfect leg raise:

1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.



*You will need a mat to lie on for this exercise and some people who experience lower back pain may want to pop a towel under their lower back area.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 10	2 (E) 5 (C) 10	3 (E) 10 (C) 20	4 (E) Rest Day (C) Rest Day	5 (E) 10 (C) 20	6 (E) 15 (C) 25	7 (E) 15 (C) 25
8 (E) Rest Day (C) Rest Day	9 (E) 20 (C) 30	10 (E) 20 (C) 30	11 (E) 25 (C) 35	12 (E) Rest Day (C) Rest Day	13 (E) 25 (C) 35	14 (E) 30 (C) 40
15 (E) 30 (C) 40	16 (E) Rest Day (C) Rest Day	17 (E) 35 (C) 45	18 (E) 35 (C) 45	19 (E) 40 (C) 50	20 (E) Rest Day (C) Rest Day	21 (E) 40 (C) 50
22 (E) 45 (C) 55	23 (E) 45 (C) 55	24 (E) Rest Day (C) Rest Day	25 (E) 50 (C) 60	26 (E) 50 (C) 60	27 (E) 55 (C) 65	28 (E) Rest Day (C) Rest Day
29 (E) 55 (C) 65	30 (E) 60 (C) 70	31 (E) 60 (C) 70				



Monthly Health Challenge - Dumbbell Bicep Curl



Want to strengthen and work your biceps and forearms? You can start with the dumbbell bicep curl challenge, a bicep exercise that works on your strength. As you perform this dumbbell biceps curl, your arms will get stronger enabling you to lift heavier and avoid injury.

How to perform the perfect dumbbell biceps curl:

1. Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.
2. Next, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps.
3. Finally, inhale and slowly begin to lower the dumbbells back to the starting position.
4. Repeat for the recommended amount of repetitions.



*If you do not have dumbbells, a bottle of water or can of soup are good substitutes for weights.

*Begin with small weights, and increase weight for more of a challenge.

* For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 10	2 (E) 5 (C) 10	3 (E) 10 (C) 15	4 (E) 10 (C) 15	5 (E) 15 (C) 20	6 (E) Rest Day (C) Rest Day	7 (E) 15 (C) 20
8 (E) 20 (C) 25	9 (E) 25 (C) 30	10 (E) 25 (C) 30	11 (E) 30 (C) 35	12 (E) 30 (C) 35	13 (E) Rest Day (C) Rest Day	14 (E) 30 (C) 35
15 (E) 35 (C) 40	16 (E) 35 (C) 40	17 (E) 40 (C) 45	18 (E) 45 (C) 50	19 (E) 45 (C) 50	20 (E) Rest Day (C) Rest Day	21 (E) 50 (C) 55
22 (E) 55 (C) 60	23 (E) 55 (C) 60	25 (E) 60 (C) 65	26 (E) 60 (C) 65	27 (E) 65 (C) 70	28 (E) Rest Day (C) Rest Day	29 (E) 65 (C) 70
30 (E) 70 (C) 75	31 (E) 70 (C) 75					



Monthly Health Challenge: Jumping Jack Challenge

Are you looking for a total body workout? Well jumping jacks are a simple cardiovascular exercise that incorporates a variety of muscles. Jumping jacks help tone your arms, shoulder, chest, hips, buttocks, thighs, and legs, while also improving both your stamina and endurance. Plus, you can burn up to 6 calories per minute.

How to perform the perfect jumping jack?

1. Stand with your feet together and your hands down by your side.
2. In one motion, jump your feet out to the side and raise your arms above your head. Your hands should touch each other.
3. Immediately reverse that motion by jumping back to the starting position and repeat.



*To make jumping jacks easier, take out the jumping. Step out to the side at a distance that you are comfortable with. To make the jumping jacks more difficult, perform a squat and touch the floor after each jump.

For beginners, please follow the Easy (E) track. For a more difficult track, follow the Challenging (C) track.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E) 10 (C) 15	2 (E) 12 (C) 20	3 (E) 15 (C) 25	4 (E) 18 (C) 35	5 (E) Rest (C) 45	6 (E) 20 (C) Rest
7 (E) 25 (C) 55	8 (E) 28 (C) 65	9 (E) 30 (C) Rest	10 (E) Rest (C) 75	11 (E) 35 (C) 90	12 (E) 38 (C) 100	13 (E) 40 (C) 115
14 (E) 50 (C) Rest	15 (E) Rest (C) 135	16 (E) 55 (C) 150	17 (E) 60 (C) 175	18 (E) 65 (C) 185	19 (E) 70 (C) Rest	20 (E) Rest (C) 200
21 (E) 80 (C) 215	22 (E) 85 (C) 230	23 (E) 90 (C) Rest	24 (E) 95 (C) 245	25 (E) Rest (C) 260	26 (E) 100 (C) 270	27 (E) 110 (C) Rest
28 (E) 120 (C) 280	29 (E) 130 (C) 290	30 (E) 140 (C) 300				

Source: <http://30dayfitnesschallenges.com>



Monthly Health Challenge - Standing Dumbbell Press



Would you like to work and strengthen your shoulder and triceps muscles? You can start with the standing dumbbell press to enhance shoulder muscles. As you perform this dumbbell challenge, your shoulders and triceps will get stronger enabling you to lift heavier weights and build muscle.

How to perform the perfect standing dumbbell:

1. Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position.
2. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head.
3. Pause, and slowly return the weight to the starting position.



*If you don't own dumbbells, a full water bottle or a can of soup are a good substitute for weights.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 2 reps of 5 (C) 2 reps of 10	2 (E) 2 reps of 7 (C) 2 reps of 12	3 (E) 2 reps of 9 (C) 2 reps of 14	4 (E) 2 reps of 11 (C) 2 reps of 16	5 (E) 2 reps of 13 (C) 2 reps of 18	6 (E) Rest (C) Rest	7 (E) 2 reps of 18 (C) 2 reps of 20
8 (E) 3 reps of 5 (C) 3 reps of 10	9 (E) 3 reps of 7 (C) 3 reps of 12	10 (E) 3 reps of 9 (C) 3 reps of 14	11 (E) 3 reps of 11 (C) 3 reps of 16	12 (E) 3 reps of 13 (C) 3 reps of 18	13 (E) Rest (C) Rest	14 (E) 3 reps of 18 (C) 3 reps of 30
15 (E) 4 reps of 5 (C) 4 reps of 10	16 (E) 4 reps of 7 (C) 4 reps of 12	17 (E) 4 reps of 9 (C) 4 reps of 14	18 (E) 4 reps of 11 (C) 4 reps of 16	19 (E) 4 reps of 13 (C) 4 reps of 18	20 (E) Rest (C) Rest	21 (E) 4 reps of 18 (C) 4 reps of 30
22 (E) 5 reps of 5 (C) 5 reps of 10	23 (E) 5 reps of 7 (C) 5 reps of 12	24 (E) 5 reps of 9 (C) 5 reps of 14	25 (E) 5 reps of 11 (C) 5 reps of 16	26 (E) 5 reps of 13 (C) 5 reps of 18	27 (E) Rest (C) Rest	28 (E) 5 reps of 18 (C) 5 reps of 30
29 (E) 6 reps of 5 (C) 6 reps of 10	30 (E) 6 reps of 7 (C) 6 reps of 12	31 (E) 6 reps of 9 (C) 6 reps of 14				

Source: <http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-press->



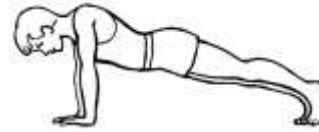
Monthly Health Challenge - Push up Challenge

Would you like to strengthen and tone the muscles in your arms? Well, you can start with the push up challenge, a strengthening exercise that works your arms. As you perform this push up challenge, your arms will get stronger enabling you to lift heavier weights and increase the number of daily push-ups.

How to perform the perfect push up:

1. Get into a high plank position.

Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half. Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and flatten your back so your entire body is neutral and straight.



2. Lower your body.

Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck—until your chest grazes the floor. Don't let your butt dip or stick out at any point during the move; your body should remain in a straight line from head to toe. Draw shoulder blades back and down, keeping elbows tucked close to your body (don't "T" your arms).



3. Push back up.

Keeping your core engaged, exhale as you push back to the starting position. Pro tip: Imagine you are screwing your hands into the ground as you push back up. That's one!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 8	2 (E) 8 (C) 10	3 (E) 10 (C) 12	4 (E) 12 (C) 14	5 (E) 14 (C) 16	6 (E) 16 (C) 18	7 (E) Rest Day (C) Rest Day
8 (E) 18 (C) 20	9 (E) 20 (C) 22	10 (E) 23 (C) 25	11 (E) 26 (C) 28	12 (E) 29 (C) 31	13 (E) 32 (C) 34	14 (E) Rest Day (C) Rest Day
15 (E) 35 (C) 37	16 (E) 38 (C) 40	17 (E) 42 (C) 44	18 (E) 46 (C) 48	19 (E) 50 (C) 52	20 (E) 54 (C) 56	21 (E) Rest Day (C) Rest Day
22 (E) 56 (C) 58	23 (E) 58 (C) 60	24 (E) 62 (C) 64	25 (E) Rest Day (C) Rest Day	26 (E) 66 (C) 68	27 (E) 70 (C) 72	28 (E) 74 (C) 76
29 (E) 78 (C) 80	30 (E) 82 (C) 84	31 (E) 86 (C) 88				

Source: <http://greatist.com/fitness/how-do-perfect-push>



Monthly Health Challenge: Dips Challenge

Are you looking to make your arms look more defined? Well the 30 Day Dip Challenge can help you achieve that. A dip is an arm exercise that primarily targets your triceps but also engages your forearms, shoulders, chest and lower back. Dips strengthen and tone your arms, especially the triceps!

How to perform the perfect Dip?

1. Stand in front of a bench, chair or stable object facing away from it.
2. Sit on the edge of the bench and rest your hand behind your hips.
3. Raise your bottom off the bench and walk your feet forward.
4. Gradually lower your body down and keep your elbow at a small 90 degree angle.
5. Then raise your body up and down with keeping your arms in a 90 degree angle and Repeat.



If you want to make the dips more difficult, just place a weighted object in your lap.

For beginners, follow the (E) Easy Track. For advance performance, you should follow the (C) Challenging Track.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E) 5 (C) 15	2 (E) 10 (C) 20	3 (E) 15 (C) 30	4 (E) 20 (C) 40	5 (E)Rest (C)Rest	6 (E)20 (C)40
7 (E) 25 (C) 50	8 (E) 30 (C) 60	9 (E) 35 (C) 70	10 (E) Rest (C) Rest	11 (E) 35 (C) 70	12 (E) 40 (C) 80	13 (E) 45 (C) 90
14 (E) 50 (C) 100	15 (E) Rest (C) Rest	16 (E) 50 (C) 100	17 (E) 55 (C) 110	18 (E) 60 (C) 120	19 (E) 65 (C) 130	20 (E) Rest (C) Rest
21 (E) 65 (C) 130	22 (E) 70 (C) 140	23 (E) 75 (C) 150	24 (E) 80 (C) 160	25 (E) Rest (C) Rest	26 (E) 80 (C) 160	27 (E) 85 (C) 170
28 (E) 90 (C) 180	29 (E) 95 (C) 190	30 (E) 100 (C) 200				

Source: <http://30dayfitnesschallenges.com>



Monthly Health Challenge: Superman Challenge



Would you like to strengthen your back, glutes, and shoulder muscles? Well, you can begin with the superman health challenge. The superman exercise is a great way to build and strengthen the hard to reach back muscles. Regular performance of the superman can help increase strength and avoid back pain and tension.

How to perform the perfect superman:

1. Lie face down with your chin in the ground and eyes at a neutral gaze. Your ankles should be touching with toes pointed under you
2. Reach your arms straight out above your shoulders so your palms are resting flat on the floor.
3. Engage your back, glutes and shoulders to pull yourself a few inches off the ground
4. Your arms and legs should remain fully contracted so that your hands and feet are elevated to the same relative height at the top of the static hold position.
5. Hold this position while fully engaging your body to “fly” like the man of steel.
6. Take 30 second rests in between every 5 reps



*For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 5	2 (E) 7 (C) 8	3 (E) 8 (C) 10	4 (E) 9 (C) 12	5 (E) 10 (C) 14	6 Rest Day	7 (E) 10 (C) 14
8 (E) 11 (C) 16	9 (E) 12 (C) 18	10 (E) 12 (C) 18	11 (E) 14 (C) 20	12 Rest Day	13 (E) 14 (C) 20	14 (E) 15 (C) 21
15 (E) 16 (C) 22	16 (E) 16 (C) 22	17 (E) 17 (C) 23	18 Rest Day	19 (E) 17 (C) 23	20 (E) 18 (C) 24	21 (E) 19 (C) 25
22 (E) 20 (C) 26	23 (E) 21 (C) 27	24 Rest Day	25 (E) 21 (C) 27	26 (E) 22 (C) 28	27 (E) 23 (C) 29	28 (E) 23 (C) 29
29 (E) 24 (C) 30	30 Rest Day	31 (E) 24 (C) 30				

Source: <http://dailyburn.com/life/fitness/no-equipment-back-exercises/>