

30 Days Challenge Sheet



1

Exercises

Duration

2

Exercises

Duration

3

Exercises

Duration

4

Exercises

Duration

5

Exercises

Duration

6

Exercises

Duration

7

Exercises

Duration

8

Exercises

Duration

9

Exercises

Duration

10

Exercises

Duration

11

Exercises

Duration

12

Exercises

Duration

13

Exercises

Duration

14

Exercises

Duration

15

Exercises

Duration

16

Exercises

Duration

17

Exercises

Duration

18

Exercises

Duration

19

Exercises

Duration

20

Exercises

Duration

21

Exercises

Duration

22

Exercises

Duration

23

Exercises

Duration

24

Exercises

Duration

25

Exercises

Duration

26

Exercises

Duration

27

Exercises

Duration

28

Exercises

Duration

29

Exercises

Duration

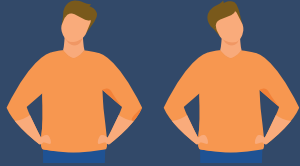
30

Exercises

Duration



Gentle start: simple workouts for home



Neck Rolls: Gently roll the head clockwise and then counter-clockwise to loosen the neck muscles.



Arm Circles: Extend arms to the sides and make small circles, gradually increasing to larger circles to warm up the shoulders.



Marching in Place: Lift knees high to increase the heart rate, engaging the core for stability.



Jumping Jacks: Perform a low-impact version by stepping side to side instead of jumping.



Modified push-ups: Do these against a wall or on the knees to reduce strain while working the arms and chest.



Seated squats: Start standing and slowly sit back into a chair, then stand back up, focusing on using the leg muscles.



Leg Stretches: Sit on the floor and reach for the toes to stretch the hamstrings.



Deep Breathing: Finish with a minute deep breathing to relax the body and reduce heart rate.

Steady and strong: low-impact exercises for seniors



Shoulder shrugs: Lift the shoulders towards the ears and then release them down to relieve tension.



Wrist and ankle rotations: Rotate wrists and ankles in gentle circles to increase joint mobility.



Chair squats: Stand in front of a chair and squat down slowly until the backside touches the chair, then stand back up.



Wall push-ups: Face a wall, place hands flat against it, and perform push-ups to strengthen the upper body.



Seated leg lifts: While seated, slowly lift one leg at a time to strengthen the thigh and improve flexibility.



Side stretches: While sitting or standing, slowly bend to the side and extend the opposite arm over the head to stretch the side muscles.



Arm cross pulls: Gently pull one arm across the chest with the opposite hand to stretch the shoulder.



Deep Breathing: Finish with a minute deep breathing to relax the body and reduce heart rate.