

# 30 DAY CHALLENGE

20 Lunges: 10 on right/left Forward, Back & Side	15 Sit to Stand With soup can in each hand and do bicep curls!	Music Day! Play DJ and have a dance party!	25 lunges 50 squat jumps 100 Jumping Jacks	Complete an Orange Blue exercise or Tai Chi video online at InMotion
Sit To Stand 10x every hour that you're awake today!	Power Walk outside and whistle!	Dress up and dance with your partner day!	40 Uppercuts Boxing Stance and punch the air or heavy bag. Repeat 3x today!	Core Work! 30,20, 10 Bicycles on the floor.
Phone or Zoom with an InMotion friend or friends! Share something new you have tried this week	1 min/30 rest - 3x Squat then throw hooks in the air or on a heavy bag!	Journal Day – how feel, what exercise did you do today, etc..	S'more Core! Forearm plank and drop hips right/left 10, 8,6 each side.	Lay down. Inhale & Stretch long from fingers to your toes. Exhale bring arms to sides, relax.
100 Jumping Jacks Add variety with your arms: chain breakers, punches, etc...	20 to 1 punches. 20,19,18,17...1 Shadow Box or Heavy Bag!	Paint or color a picture Day! Use both hands! Sign and date the artwork!	Complete an Orange Blue exercise or Tai Chi video online at InMotion	Take a walk with someone and share what you are grateful for today.
1 min Balance on one foot. Each side. Get a focal point and listen to your breath. Be kind to you!	1 minute Planking for Parkinsons! Perform at least 4x today!	Handwriting Day – write a letter or thank you note to someone.	25 Crunches 50 Push Ups 100 Mountain Climbers 24 hours to complete!	1 minute Jump Rope or if no jump rope pretend! Repeat 3x today
Wall Sits with soup can - side to side rotations. 10 each side, 20 total.	1 mins/30 secs rest: 3 rounds. Each move 1 round. Jabs; Hooks; Uppercuts	Appreciation Day! Make a delicious dessert day!	ZOOM or call InMotion Friends! Share your favorite workout this week!	10 mins. Relax. Sit/Lay down. Listen to your breath. Acknowledge your thoughts and have them disappear.