



RESET



Begin your journey of finding 150 minutes a week to be active and RESET our lives!

Goal	Monday	Tuesday	Wednesday
	30 seconds each - squats, lunges, pushups, dips, jumping jacks, mountain climbers, plank. Repeat 2-4x with one minute rest between circuits	20-30 minute run/walk - interval training	On-Demand Yoga ymcagm.org/on-demand
Thursday	Friday	Saturday	Sunday
LIVE Virtual Taboxing 6:00pm ymcagm.org/virtual	30 min walk	LIVE Virtual Boot Camp 11:15am ymcagm.org/virtual	20 minutes meditation/mindfulness

