WEEKLY HOME WORKOUT PROGRAM

Stay active and connected with your Achilles community.

**EVERYDAY:**

Wake Up, Plank Up!

Videos: [Wake Up, Plank Up!](#) or [Wake Up, Plank Up! Seated Modification](#)

Exercises: Warm up your body with a plank pose for 10 seconds or more.

**MONDAY:**

**Cardio Burst**

Achilles suggests three sets of 10 reps each

- [Monday Jump Start](#)
- [Monday Jump Start (Seated Modification)](#)

Exercises portrayed in the above videos:

- Jumping jacks
- Run in place
- High knees
- Knee to opposite elbow
- Side crunch

**TUESDAY:**

**Upper Body Boot Camp**

Achilles suggests three sets of 10 reps each

- [Strength Training with AFT*](#) (does not include descriptive content)
- [Strength Training with Janet](#)

Exercises portrayed in Janet’s video

- Pushups
- Dips
- Speed Bag
- Bicep curls
- Tricep curls

**WEDNESDAY:**

**Yoga**

Chill your mind and stretch your body.

- [Full Body Yoga with T-Age](#)
- [Upper Body Yoga with T-Age](#)
- [Mindful Chair Yoga - 15 Minutes](#)
- [Chair Flow Yoga](#)

**THURSDAY:**

Choose Your Cardio*

- [12 Min. Burn w/ Francesco from TriAchilles](#)

Exercises

- [Handcycle](#) (30+ minutes)
- [Pushrim](#) (30+ minutes)
- [Bicycle](#) (30+ minutes)
- [Run](#) (30+ minutes)
- [Dry-Land Swim Instruction Pt 1](#)
- [Pt 2](#)
- [Flutter Kicks](#)
- [AFT Dry Land Swim Instruction](#)

*Be sure to join the [Achilles International Strava group](#) and track your miles with the team!

**FRIDAY:**

**Cardio Dance Party**

Choose three songs and don’t stop moving! You may feel silly but we promise you’ll have fun!

**SATURDAY:**

**Chapter Pride**

Make plans to [engage with your local chapter](#) or choose your favorite workout from earlier in the week and repeat!

The purpose of this virtual program is to encourage a safe and simple way to move our bodies a little bit, connect, and have something fun to share during this time when it’s important to practice social distancing.

Check our [website](#) and [social media](#) for all the latest videos and resources and be sure to post to your social media with our hashtags!

#AchillesStrong #GoAchilles #AlwaysConquering