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. | Videos (clickable links below)

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 portrayed in the above videos:

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