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On Campus Month

# DAILY FIT EXERCISE CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN	REWARD
				1 May 5 Shoulder Tap* 10 Superman	2 May 10 Squat 10 Crunch	3 May 10 Push Up 10 Good Morning	.....
4 May 5 Split Squat* 10 Leg Raise	5 May 6 Shoulder Tap* 12 Superman	6 May 12 Squat 12 Crunch	7 May 12 Push Up 12 Good Morning	8 May 6 Split Squat* 12 Leg Raise	9 May 10 Bench Dip 5 Heel Touch*	10 May 5 Skater* 5 Bird Dog*	.....
11 May 10 Commandos 5 Bicycle Kick*	12 May 5 Side Lunge* 10 Glute Bridge	13 May 12 Bench Dip 6 Heel Touch*	14 May 6 Skater* 6 Bird Dog*	15 May 12 Commandos 6 Bicycle Kick*	16 May 6 Side Lunge* 12 Glute Bridge	17 May 5 Walk Push Up* 15s Plank	.....
18 May 10 Push Up 5 Russian Twist*	19 May 10 Bench Dip 5 Climber*	20 May 5 Push Up Twist* 5 Side Plank Dip*	21 May 6 Walk Push Up* 20s Plank	22 May 12 Push Up 6 Russian Twist*	23 May 12 Bench Dip 6 Climber*	24 May 6 Push Up Twist* 6 Side Plank Dip*	.....
25 May 6 Shoulder Tap* 6 Heel Touch*	26 May 12 Push Up 6 Bird Dog*	27 May 12 Bench Dip 12 Superman	28 May 12 Commandos 12 Good Morning	29 May 6 Walk Push Up* 12 Leg Raise	30 May 6 Push Up Twist* 6 Bicycle Kick*	31 May 12 Push Up 12 Glute Bridge	.....

\* Do the same number of repetitions for both sides



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