



## ARPIL WELLNESS CHALLENGE: Spring Sweat Streak



### GOAL 1: Cardio Streak

How many days this month can you get 20+ minutes of movement? Walk, run, bike, swim, strength, yoga?  
Can you keep your streak alive through April 30th?!

### GOAL 2: EASTER EGG PUMP

Try the Easter Basket circuit of the week and aim to complete 1-2 times during the week to complete Goal 2! Each workout will have exercises for each Easter Egg. Fill your weekly Easter basket by completing 3-4 rounds of each "Eggs-ercise". Demonstrations will be provided weekly by Dietitian Addie (please email with any questions to [addie@doctordulaney.com](mailto:addie@doctordulaney.com)) **Happy Hopping!**

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### WEEK #1

Squats  
x 10

Easter  
Basket  
RDL  
x 10

Curl to  
Press  
x 8

Upright  
Row  
x 8

Peep  
Planks  
x 30 sec

Egg  
Carton  
Carries  
x 30 yds.

