



## ARPIL WELLNESS CHALLENGE: Spring Sweat Streak



### GOAL 1: Cardio Streak

How many days this month can you get 30+ 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 twice 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 #2

Reverse  
Lunge  
x 5 each.

Hip Up  
x 10

Push Up  
x 6-8

Bent Over  
Row  
x 8 each

Bird Dogs  
x 4-6 each.

Tricep  
Overhead  
Extension  
x 8

Bunny  
Bicep Curl  
x 8

