

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

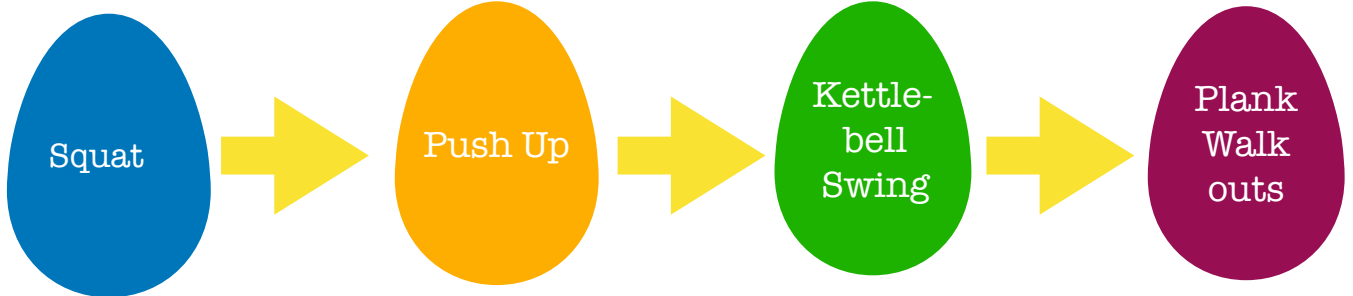
Try the Easter Basket circuit of the week and aim to complete twice during the week to complete Goal 2! Each workout will have exercises for each Easter Egg. Fill your weekly Easter basket by completing **3 rounds of each** "Eggs-ercise". Demonstrations will be provided weekly by Dietitian Addie (please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

WORKOUT #4 - **Heart Pumping Double Basket Boost!**

30 seconds ON - 30 second OFF

*The work to rest ratio will be 30 seconds ON, 30 seconds OFF. Only sit down if you absolutely have to. Complete the movements with or without weights/bands. **Complete 3 rounds** of each circuit to get all of your eggs in your basket! **Take a 2 minute rest in between circuit 1 & 2.***

1



2

