

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Push ups Crunches Squats Hold up inst.	Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes	Leg lifts Straight leg dead lifts High knees Hold up inst.	Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes	Calf-raises Mountain-climbers Flutter-kicks Hold up inst.	Warm-up. Alternate 60 seconds jogging- 90 seconds walking for 20 minutes
27	28	29	30	31		
	Push ups Plank around the world Crab walk Hold up inst.	Warm-up. Alternate 90 seconds jogging- 2 minutes walking for 20 minutes	Bear crawls Lunges Squats Hold up inst.	Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes		

PUSH YOURSELF TO BE BETTER. THE KEY TO SUCCESS IS A POSITIVE ATTITUDE AND CONTINUAL EFFORT.

Hold up your instrument!

Remember to hold up your instrument everyday. Start with what you can do and gradually add time. You should be able to hold your instrument up for 8 minutes without an issue. Marching shows are 8-9 minutes long, so do this daily!

Modify exercises as needed

You can change any of the exercises or modify them so you can build strength and be successful! Remember to rest between sets for 30 seconds.

Take care of yourself

Remember to drink WATER. Don't procrastinate. Doing these exercises daily will make it easier in the long run.