

NAME \_\_\_\_\_

| DATE | JUMPING JACKS | PLANK | BURPEES    | PUSH UPS | YOGA POSE<br>3 minutes | LET GO POSE<br>5 minutes |
|------|---------------|-------|------------|----------|------------------------|--------------------------|
| 2/1  | 160           | 20    | 6/4/3/3    | 50       | childs pose            | savasana                 |
| 2/2  | 180           | 20    | 10 no rest | 50       | down dog               | bananasana               |
| 2/3  | 200           | 30    | 6/6/3/3    | 50       | 3 legged down dog      | reclined tree            |
| 2/4  | 100           | 30    | 14 no rest | 50       | sunbird                | twist                    |
| 2/5  | 220           | 40    | 8/6/4/4    | 50       | warrior 2              | half butterfly           |
| 2/6  | 240           | 40    | 17 no rest | 50       | tree                   | squat                    |
| 2/7  | 280           | 45    | 8/8/4/4    | 50       | boat                   | thread the needle        |
| 2/8  | 100           | 45    | 20 no rest | 50       | crescent lunge         | cross leg twist          |
| 2/9  | 300           | 60    | 10/8/5/5   | 50       | plank knee in          | dragonfly                |
| 2/10 | 320           | 60    | 24 no rest | 50       | locust                 | reclined butterfly       |
| 2/11 | 340           | 60    | 10/10/5/5  | 50       | standing forward fold  | cat pulling its tail     |
| 2/12 | 100           | 60    | 26 no rest | 50       | low lunge              | shoulder stretch         |
| 2/13 | 360           | 90    | 12/10/6/6  | 50       | bridge                 | butterfly                |
| 2/14 | 380           | 90    | 30 no rest | 50       | prayer twist           | reclined pigeon          |
| 2/15 | 400           | 100   | 12/12/6/6  | 50       | reverse warrior        | big toe stretch          |
| 2/16 | 100           | 120   | 33 no rest | 50       | forearm plank          | 1/2 dragonfly            |
| 2/17 | 420           | 140   | 14/12/7/7  | 50       | chair                  | melting heart            |
| 2/18 | 440           | 150   | 35 no rest | 50       | sungod                 | ankle stretch            |
| 2/19 | 460           | 150   | 14/14/7/7  | 50       | half moon pose         | square                   |
| 2/20 | 100           | 180   | 37 no rest | 50       | dolphin                | caterpillar              |
| 2/21 | 480           | 180   | 16/14/8/8  | 50       | revolved triangle      | 1/2 hero                 |
| 2/22 | 500           | 200   | 42 no rest | 50       | chair twist            | shoelace                 |
| 2/23 | 550           | 210   | 16/16/8/8  | 50       | camel                  | sphinx/seal              |
| 2/24 | 580           | 220   | 44 no rest | 50       | rev 1/2 moon           | frog                     |
| 2/25 | 600           | 230   | 18/16/9/9  | 50       | side angle pose        | full heros               |
| 2/26 | 640           | 250   | 48 no rest | 50       | dragonfly twist        | tadpole                  |
| 2/27 | 680           | 270   | 20/18/10/9 | 50       | warrior 3              | pigeon                   |
| 2/28 | 700           | 300   | 50 no rest | 50       | standing pigeon        | childs                   |
|      |               |       |            |          |                        |                          |
|      |               |       |            |          |                        |                          |

|        | DAY ONE | LAST DAY |
|--------|---------|----------|
| WEIGHT |         |          |
| Waist  |         |          |
| Hips   |         |          |
| Chest  |         |          |
| Abs    |         |          |
| Arms   |         |          |
| Thighs |         |          |
| Calves |         |          |
| TOTAL  |         |          |

## MEASURING YOUR BODY

Measure twice, record the average

Waist - Find your natural waist or the narrowest part of the torso.

Hips - This is the widest part of your glutes. Try looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.

Chest - Stand with feet together and the torso straight and find the widest part around your bust.

Abs - Stand with feet together and torso straight but relaxed and find the widest part of your torso, often around your bellybutton.

Arms - Stand up straight with the arm relaxed and find the midpoint between the shoulder bone and the elbow of one arm.

Thighs - The midpoint between the lower part of the glutes and the back of the knee, or the widest part of the thigh.

Calves - Halfway between the knee and the ankle.