Welcome to May MUSCLES! A Strength Challenge designed to build total body strength and stability.

Sign up to participate HERE! You can sign up at any time.

Earn 2 points for every workout you complete from the calendar, and 1 point for every extra workout you do.
- Extra workouts may include any strength-building workout or activity you complete.
- Carleton Recreation Center Group Fitness classes: https://www.carleton.edu/recreation/virtual-workouts/

See workouts in the calendar below.
Extra workout options are at the end of this document.
Sundays are rest days! (You can shuffle around the calendar workouts to best fit your schedule).

On May 31, submit your total points HERE (Several top scorers will win Carleton Rec Center T-shirts!)
Questions? Email annamariegrove@gmail.com
<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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<td><strong>Crunches &amp;</strong></td>
<td><strong>Body Strength</strong></td>
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<td><strong>Planks</strong></td>
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<td>35-minute Resistance</td>
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<td><strong>Upper Body</strong></td>
<td><strong>Squats &amp; Core</strong></td>
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<td><strong>Upper Body</strong></td>
<td><strong>Lower Body</strong></td>
<td><strong>GOOD JOB!</strong></td>
<td><strong>THE END!!!</strong></td>
<td><strong>Time to log</strong></td>
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<td><strong>your points!</strong></td>
<td><strong>THE END!!!</strong></td>
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Tuesday (5/3):

**Ladder workout:**
- Sumo squats
- Alternating step forward lunges
- Donkey kicks
- Calf raises
- Alternating side lunges
*optional: add dumbbells

Friday (5/13):

30 seconds work, 10 seconds rest:
- Bicycle crunches
- Leg lifts
- Slow sit ups
- Russian twists
- Oblique crunches (both sides)
- Flutter kicks
*repeat 2-4 times

Wednesday (5/18):

40 seconds work, 10 seconds rest:
- Walking mountain climbers
- Elbow plank hold
- Reverse crunches
- Hip bridges (hold 3 sec each)
- Single leg V-ups
- Windshield wipers
*repeat 3-5 times

“Ladder” format:
Round 1 = 20 reps
Round 2 = 16 reps
Round 3 = 12 reps
Round 4 = 8 reps
Round 5 = 4 reps
**Wednesday (5/25):**

Dumbbell Arms:
- 10 push ups
- 15 hammer bicep curls
- 10 shoulder presses
- 15 bent tricep extensions
- 10 bent chest flys
- 15 alternating bicep curls
- 10 side shoulder raises
*repeat 3-5 times

**Alternate Workouts:**

Total Body Strength
- 14 narrow squats
- 14 step forward lunges (alternating)
- 14 calf raises (fast on the way up, slow on the way down)
- 14 RDLs
- 14 hammer curls
- 14 shoulder presses
- 14 bent rows
- 14 overhead tricep extensions
*take as much rest as you need
*repeat 2-4 times

Dumbbell Leg Workout
- 50 calf raises
- 40 curtsy lunges (20 each leg)
- 30 squats
● 20 step-back lunge with knee drive (20 on one leg, then 20 on the other)
● 10 sumo squats with pulses
  *repeat 3-4 times

Squat Challenge
● 15 sumo squats
● 15 side to side squat walks
● 45 second wall sit
● 15 narrow squat to calf raise
● 15 goblet squats with a weight
● 45 seconds of sumo squat pulses
  *1-2 minutes of rest
  *repeat 4-6 times

Full Body Sets of 20
● 20 squats
● 20 walking lunges
● 20 side lunges (each side)
  *repeat 4 times
● 20 bicep curls
● 20 overhead tricep extensions
● 20 bent rows
  *repeat 4 times
● 20 sit ups
● 20 leg lifts
● 20 russian twists
  *repeat 4 times
Oblique Core Workout
*30 seconds work, 10 seconds rest
  ● Crab toe touches
  ● Side V-up (right side)
  ● Side V-up (left side)
  ● Straight leg bicycle crunches
  ● Side to side planks
  ● Elbow plank with hip dips
  ● Oblique crunches (right side)
  ● Oblique crunches (left side)
*repeat 2-4 times