HEALTHY MONDAY

# 5-DAY FITNESS CHALLENGE






## Day 1: Jumping Jacks

Start with 2 sets of 10-15 jumping jacks. If full jumping jacks are too intense, try low-impact jacks (step out one foot at a time instead of jumping). Focus on keeping your movements steady and controlled.



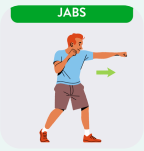

## Day 2: Bicycle Crunches

Do 2 sets of 10-12 bicycle crunches on each side. Move slowly to avoid straining the neck and back. If needed, perform the crunches with your feet on the floor for a modified version.




## Day 3: High Knees

Perform high knees for 20-30 seconds, then rest for 30 seconds. Repeat this 2-3 times. If high knees feel too intense, try marching in place while lifting your knees to a comfortable height.




## Day 4: Jabs

Throw 2 sets of 15-20 jab punches. Focus on form rather than speed, and engage your core with each punch. If standing for long periods is challenging, perform the punches seated with a slight lean to engage your core.




## Day 5: Mountain Climbers

Do 2 sets of 10-15 mountain climbers. If a full plank position is too hard, try this in an elevated plank position, such as with your hands on a sturdy chair or countertop. Focus on controlled movements, bringing one knee at a time toward your chest.