

# DAY 6

Exercise Name	Date:		
	Sets	Reps	Lbs
Abductor Walk with Resistance Band	4	40	
Sumo Squats	4	20	
Single Leg Calf Raises	4	20 each side	
Side Plank (30 seconds each side)	4	1 min	
Banana Rocks	4	30	
Physio Ball Hamstring Curls	4	20	
Glute Kickbacks	4	15 each side	
<b>Instructions:</b> This workout should take roughly 30 minutes. Start at the top of the column (set) and move down vertically (completing exercises back to back with minimal/no rest) until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets.			

## Bonus Challenge Day 6 – Get Fresh Air and Vitamin D

This is a simple habit, right? Not only does vitamin D from sunlight increase bone health, strengthen the immune system, and reduce inflammation, but research shows that spending time in nature helps lower anxiety and stress levels, can improve micro biome, and increase production of NK (natural killer) cells. This might mean walking your dog instead of enjoying your lunch outside each day while you are at work. Play with your kids outside and go for a hike on the weekends. Do whatever it takes to get in more fresh air and sunshine. Spend 20-30 minutes outdoors today, and consider doing your workout outside if not at the gym.