

STRENGTH BUILDING

Choose one exercise from each column and take a photo of yourself completing the activity. Submit your entry to mocwalk@mushkegowuk.ca by 11:59 PM Sunday, February 18th



1

30 squats
bodyweight or weighted - it's up to you

2

10 push-ups
balance on your knees to make it easier

3

plank hold
kneel if you need to - let us know how long you lasted!

30 walking lunges
add weight to make them harder

20 bicep curls
use household items (ex. water bottles or cans of food) if you don't own weights

25 jumping jacks
if you're unable to jump, try doing step jacks instead

wall sit
let us know how long you lasted!

10 chair tricep dips
be sure to use a stable chair or bench

10 minutes of stretching
try dynamic stretches before a workout or static stretches after

If you have concerns about your health, reach out to your physician or healthcare provider before trying a new exercise routine.

