Spring into Wellness!

What is this?
➔ This is a wellness plan that supplies users with workout ideas, fun challenges, accountability, and community.
➔ The plan provides workouts and wellness activities for Carleton’s spring term Weeks 2 - 10 (April 5 to June 6).

How does it work?
➔ Keep this Google document somewhere you can easily access it.
➔ Each week’s workouts will be added to this document the Sunday prior.
➔ Keep track of how many points you earn each week!

How do I earn points?
➔ Earn 1 point for every minute of activity!
  ◆ 1 point per minute of running, walking, biking, rowing, elliptical, swimming, stretching, lifting weights, etc.
  ◆ 1 point per minute of the Rec Center’s virtual fitness classes, videos on this doc, or other fitness classes.
➔ Earn bonus points as opportunities arise (these will be posted on this doc).
➔ Tally your points each week, and use this Google Form to submit your total for each week. There is no specific time each week you need to submit your miles, as long as you have all your miles submitted by the end of the challenge (June 6)!

What are the teams?
➔ Class of 2021
➔ Class of 2022
➔ Class of 2023
➔ Class of 2024
➔ Faculty/Staff/Parents
➔ Alumni/Retirees
➔ Class of 1958
➔ *If you want to create a custom team like the class of 1958, email grovea@carleton.edu.

Questions?
➔ Contact Anna Grove (grovea@carleton.edu) with any questions or comments.
Week 2:

Ladder Strength workout:
- 50 calf raises, holding dumbbells (optional)
- 40 crunches
- 30 squats, holding dumbbells (optional)
- 20-second plank
- 10 bicep curls with dumbbells
  *repeat this 2-4 times

Bodyweight Strength workout:
- 10 squats or squat jumps
- 10 push ups
- 10 forward lunches (each leg)
- 10 side plank dips (each side)
  *repeat this 2-4 times

Ladder Cardio workout:
- 50 mountain climbers
- 40 shoulder taps in plank position
- 30 jumping jacks
- 20 line hops
- 10 squat jumps
  *repeat this 2-4 times

Video Cardio workout:
- 40-minute Tabata: https://youtu.be/0TtA7wSuXgk

Core Workout:
- 20 plank to downward dog, back and forth
- 20 bicycle crunches (each side)
- 20 leg lifts (laying)
  *repeat this 3-5 times

Weekly bonus challenge: Walking!
- This week, earn double points each time you go for a walk! E.g. A ten-minute walk is worth 20 points instead of 10 points.