

November 2019 Wellness Program Initiatives

Attendance

You can earn one fit ticket signature if you have no absences that require coverage by Short-term Disability, Long-term Disability or Worker's Compensation for the time frame of January 1 – December 1, 2019. Please contact HR for proof of validation for your **Ticket to Wellness** card.

Strength Training Initiative

Triceps, biceps, abs and back
See calendar on page 2.



Triceps Dips

Overhead Extensions



Triceps Kick Backs

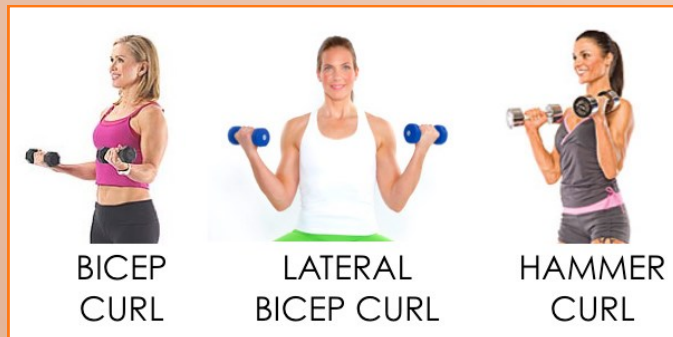
Sumo Squats



Cross Elbow/Knee Lift



A B



BICEP
CURL

LATERAL
BICEP CURL

HAMMER
CURL

Plank



A B

Side Elbow/Knee Lift

THIS CHALLENGE WAS DESIGNED BY AMY ROSE WALLACE-ROBINSON, PROPERTY PROJECT COORDINATOR, CALHOUN COUNTY LAND BANK AUTHORITY.

November 2019

IF YOU HAVE ANY INITIATIVES/CHALLENGES YOU WOULD LIKE TO SHARE FOR 2020, PLEASE CONTACT ME AT 0980 OR mstamand@calhouncountymi.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Take upper arm Measurements 11/1/19: R _____ L _____		Take upper arm Measurements 11/30/19: R _____ L _____			1 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 1 set of 8 each	2 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 1 set of 8 each
3 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 1 set of 8 each	4 REST	5 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 1 sets of 8 each	6 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 2 sets of 5 each	7 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 2 sets of 5 each	8 REST	9 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 2 sets of 5 each
10 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 2 sets of 5 each	11 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 2 sets of 10 each	12 REST	13 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 2 sets of 10 each	14 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 2 sets of 10 each	15 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 2 sets of 10 each	16 REST
17 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 3 sets of 8 each	18 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 3 sets of 8 each	19 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 3 sets of 8 each	20 REST	21 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 3 sets of 8 each	22 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 3 sets of 10 each	23 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 3 sets of 10 each
24 REST	25 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 3 sets of 10 each	26 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 3 sets of 10 each	27 <ul style="list-style-type: none"> • Triceps Dips • Overhead Extensions • Kick Backs 3 sets of 12 each	28 <ul style="list-style-type: none"> • Plank 20 seconds or more if you can. • Sumo Squats 3 sets of 12 each	29 <ul style="list-style-type: none"> • Bicep Curl • Lateral Curl • Kick Backs • Hammer Curl 3 sets of 12 each	30 <ul style="list-style-type: none"> • Cross Elbow/Knee Lift • Side Elbow/Knee Lift 3 sets of 12 each