

# November 2022 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, 2022. 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



Side Elbow/Knee Lift



BICEP CURL

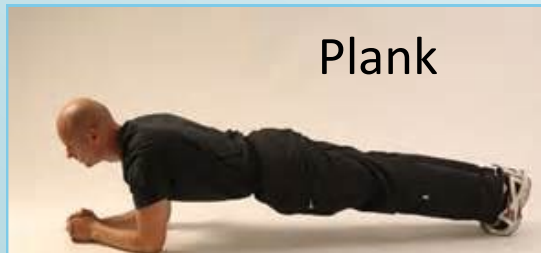


LATERAL BICEP CURL



HAMMER CURL

## Plank



THIS CHALLENGE WAS DESIGNED BY AMY ROSE ROBINSON, LAND BANK PROPERTY & PROJECT COORDINATOR & WELLNESS COMMITTEE MEMBER

# November

IF YOU HAVE ANY INITIATIVES/CHALLENGES YOU WOULD LIKE TO SHARE FOR 2023, PLEASE CONTACT ME AT 0980 OR [mstamand@calhouncountymi.gov](mailto:mstamand@calhouncountymi.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Take upper arm Measurements 11/1</b> R _____ L _____		<b>1</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>2 set of 8 each</b>	<b>2</b> <ul style="list-style-type: none"> <li>• Plank 20 seconds or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>2 set of 8 each</b>	<b>3</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>2 set of 8 each</b>	<b>4</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>2 sets of 8 each</b>	<b>5</b>  <b>REST</b>
<b>6</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>3 sets of 8 each</b>	<b>7</b> <ul style="list-style-type: none"> <li>• Plank 30 seconds or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>3 sets of 8 each</b>	<b>8</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>3 sets of 8 each</b>	<b>9</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>3 sets of 8 each</b>	<b>10</b>  <b>REST</b>	<b>11</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>4 sets of 8 each</b>	<b>12</b> <ul style="list-style-type: none"> <li>• Plank 40 seconds or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>4 sets of 8 each</b>
<b>13</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>4 sets of 8 each</b>	<b>14</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>4 sets of 8 each</b>	<b>15</b>  <b>REST</b>	<b>16</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>4 sets of 8 each</b>	<b>17</b> <ul style="list-style-type: none"> <li>• Plank 1 minute or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>4 sets of 8 each</b>	<b>18</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>4 sets of 8 each</b>	<b>19</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>4 sets of 8 each</b>
<b>20</b>  <b>REST</b>	<b>21</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>5 sets of 8 each</b>	<b>22</b> <ul style="list-style-type: none"> <li>• Plank 90 seconds or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>5 sets of 8 each</b>	<b>23</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>5 sets of 8 each</b>	<b>24</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>5 sets of 8 each</b>	<b>25</b>  <b>REST</b>	<b>26</b> <ul style="list-style-type: none"> <li>• Triceps Dips</li> <li>• Overhead Extensions</li> <li>• Kick Backs</li> </ul> <b>5 sets of 8 each</b>
<b>27</b> <ul style="list-style-type: none"> <li>• Plank 90 seconds or more if you can.</li> <li>• Sumo Squats</li> </ul> <b>5 sets of 8 each</b>	<b>28</b> <ul style="list-style-type: none"> <li>• Bicep Curl</li> <li>• Lateral Curl</li> <li>• Hammer Curl</li> </ul> <b>5 sets of 8 each</b>	<b>29</b> <ul style="list-style-type: none"> <li>• Cross Elbow/Knee Lift</li> <li>• Side Elbow/Knee Lift</li> </ul> <b>5 sets of 8 each</b>	<b>30</b>  <b>REST</b>	<b>Take upper arm Measurements 11/30</b> R _____ L _____		