

November 2021 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, 2021. 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



Plank



Cross Elbow/Knee Lift



Side Elbow/Knee Lift



BICEP CURL



LATERAL BICEP CURL



HAMMER CURL

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

IF YOU HAVE ANY INITIATIVES/CHALLENGES YOU WOULD LIKE TO SHARE FOR 2022, PLEASE CONTACT ME AT 0980 OR mstamand@calhouncountymi.gov

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 30 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 40 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 1 minute 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 90 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 2 minutes 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	Take upper arm Measurements 11/1 R _____ L _____		Take upper arm Measurements 11/30 R _____ L _____	