




## REVEAL YOUR CHAMPION: IRON MAN MAY

# WEEK 1: SLOW AND STEADY

**Get ready to Reveal Your Champion:**

- Open Space    Comfortable Clothing    Water Bottle    Towel    Mat    Watch/Timer

05/03/2021	05/04/2021	05/05/2021	05/06/2021	05/07/2021	05/08/2021	05/09/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Speed & Agility	Endurance	Endurance	Flexibility	Endurance	Rest Day
<b>Sweat Zone</b>	<b>Quick Feet</b>	<b>CardioGO</b>	<b>Sweaty Shredder</b>	<b>Deep Breath</b>	<b>Move it Move it</b>	<b>Set your goals for the week!</b>
						<b>GOALS</b>
<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	
Recovery Activity: <b>10 - 20 Minute Walk</b>	Recovery Activity: <b>Total Body Stretch</b>	Recovery Activity: <b>Workout Cool Down</b>	Recovery Activity: <b>10 - 20 Minute Walk</b>	Recovery Activity: <b>Total Body Stretch</b>	Recovery Activity: <b>Workout Cool Down</b>	

### May Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Listening to calm music in bed is a good way to fall asleep. Don't forget to log your sleep on <a href="#">MyPAHL</a> .	They often say that laughter is the best medicine. Watch <a href="#">something funny</a> or tell someone a joke!	If you play video games, make sure you only play after you've finished your daily homework, chores and exercise!	Sitting in a chair too long can lead to back pain. Remember to change positions during the day and be sure to stretch.	Write down 1 or 2 fitness goals you want to achieve by next week - then get to work.	Set aside some time today to relax and listen to your favourite music! Share your favourite song with a friend.	What's one kind thing you can easily do or say to a person you care about today? Give it a try.