




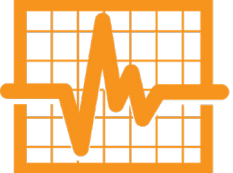





REVEAL YOUR CHAMPION: IRON MAN MAY

WEEK 2: ROAD RUNNER

Get ready to Reveal Your Champion:

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

05/10/2021	05/11/2021	05/12/2021	05/13/2021	05/14/2021	05/15/2021	05/16/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Strength	Endurance	Endurance	Flexibility	Endurance	Rest Day
Sweat Arena	52 Pick Up	Rapid Fit	House of Cardio	Tranquility	Saturday Shuffle	Set your goals for the week!
						
<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: 10 - 20 Minute Walk	Recovery Activity: Total Body Stretch	Recovery Activity: Workout Cool Down	Recovery Activity: 10 - 20 Minute Walk	Recovery Activity: Total Body Stretch	Recovery Activity: Workout Cool Down	

May Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mindful eating is a great way to enjoy food in a healthy way. Eat slow and focus on the taste of each bite.	Fresh air is good for the health of our minds and bodies. Go for a walk or open the window! Log your steps on MyPAHL for 25 points.	Try Crashcourse and Crashcourse Kids to learn new things on YouTube!	Call a friend or teammate to see how they are doing. Here are some things you can ask them.	What's one thing you accomplished this week that you're proud of? Write it down and display it so you don't forget.	New to Mindfulness? Watch this video to learn about how mindful practices can improve your daily life!	Keep your face masks clean! Make sure to wash cloth masks and throw out dirty surgical masks.