



## **Weekly Wellness Workout**

**Week of April 20, 2020**

Thinking of different ways to stay active isn't always easy. We've got you covered! Check-out suggestions below to get your heart-pumping, break a sweat, and stay healthy this week!

### **Cardio Fun #5**

Run: Get out and run! Go for time or go for distance, but whatever you set out to do, push yourself and make it happen.

### **Cardio Fun #6**

60 yard shuttles: Set up a straight line of 4 cones, each one 5yards apart  
Cone #1 = the start/finish line  
Starting at Cone #1, sprint to Cone #2, and back to #1  
Continue on your sprint to #3, and back to #1  
Continue your sprint to #4, and back to #1....  
Rest for one min!  
Repeat for 5-10 sets, trying to keep your times consistent

“When you feel like quitting, remember why you started.”

– Unknown -

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