

Off Grid Fitness Program

Add a checkmark for each successful activity. Shaded spaces represent MUST DO days/activities.

Daily Activity Schedule: Do your best to be active every day. It is important to at least walk every day even if you work in an office or live at the cottage. Get up and go for a walk up the rock hills, down the beach or up the office tower stairs. You choose the location and take a hike.

	Day 1	Day 2	Day 3
Walk 30 Minutes			
Run 10 Minutes			
Ride 30-60 minutes			
Swim 10 Minutes (*not everyone can swim or have access)			

Exercise Schedule: Perform this as you feel necessary, certainly on day 2 of your 3 days, but you can always add in another session on day 1 and 3 if you feel you are up for it. Perform the routine in the order presented and repeat 3 times only resting 60 seconds after your planks.

Off Grid Body Weight Workout – 1 round no rest, repeat 3x	Day 1	Day 2	Day 3
*Walk 10 minutes (*Only do this at the start and end of 3 rounds)			
Body Weight Squats x10 reps			
Pull Ups x10 reps			
Push Ups x10 reps			
Bucket Drops x10 reps (per side)			
Spinal Rocks x10 reps			
Plank x30 seconds (any version)			

Stretching Schedule: Perform this stretching routine or your own 2-3 times per day. Do 1, 2 or 3 rounds each time you perform this stretching schedule. Stretching is very important, especially if you lead an active lifestyle or plan to well into your golden years. Start stretching today.

	Day 1	Day 2	Day 3
Walk 30 Minutes			
Kneeling Hip Press/Quad Pulls			
Toe Touches/Seated Hamstring Stretch			
Standing Calf Stretch (performed on rock or stairs)			
Hanging Twisting Stretch (for back and shoulders)			
Chest Stretch (using pole, tree, wall or ground)			
Cat Scratch Stretch (on hands and knees press rounded back up)			

*If you are in the Burlington ON area or planning to go to the Muskokas give me an email, let's grab a coffee, a workout and maybe a trail ride we will be sure to have some fun.
Enjoy the program ~ Patrick*