









REVEAL YOUR CHAMPION: JANUARY

WEEK 2: JUMP START

Get ready to Reveal Your Champion:

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

01/11/2021	01/12/2021	01/13/2021	01/14/2021	01/15/2021	01/16/2021	01/17/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Endurance	Speed & Power	Balance & Flexibility	Speed & Agility	Endurance	Rest Day!
Feel the Burn <i>Click to begin workout</i>	Get up! <i>Click to begin workout</i>	Pure Power <i>Click to begin workout</i>	Head 2 Toe <i>Click to begin workout</i>	Dodge! <i>Click to begin workout</i>	Huff & Puff <i>Click to begin workout</i>	
						
<i>Recovery Activity:</i> 20 Minute Walk with Family/Friend	<i>Recovery Activity:</i> Basic Recovery	<i>Recovery Activity:</i> Static Stretch Recovery	<i>Recovery Activity:</i> 20 Minute Walk with Family/Friend	<i>Recovery Activity:</i> Basic Recovery	<i>Recovery Activity:</i> Static Stretch Recovery	

January Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A clean body leads to a clean mind! Remember to keep your nails trimmed, hair cleaned, teeth brushed and body showered.	Call three friends or teammates to day to see how they are doing!	Having a bedtime routine is a great habit! What can you do at the same time each night to get ready for sleep?	It's important to stay hydrated even when we aren't working out. Drink 8 glasses of water today and log them on www.mypahl.com	Try the 20-20-20 rule! Every 20 minutes, look away from screens at something about 20 feet away, for 20 seconds!	If you like learning through videos, check out Crash Course, they have something for everything!	Being Thankful is great for staying positive! What are three things you're thankful for today?