



**BRUIN
P.A.W.S.**

PLAYFUL MOVEMENT IN 30 DAYS (Level ALL)

Include Play in your day! If you're looking for a light-hearted way to bring joy to your movement, this is the movement calendar for you.

Become an #ActiveBruin!

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>4-square agility: Forward/Back step 30 seconds</p> <p>Standing Calf Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Juggle 5 mins or mover's choice</p> <p>Wrist Circles 30-60 seconds</p> <p>4-8x</p>	<p>Dance Break with Iku</p> <p>Standing Quad Stretch Up to 30 secs</p> <p>4-8x</p>	<p>Mindful Walking Audio Guide</p> <p>Hamstring Stretch</p> <p>4-8x</p>	<p>Hop Scotch Play with a friend until someone wins!</p> <p>Wall Calf Stretch 30-60 secs each</p> <p>4-8x</p>
WEEK 2	<p>4-square agility: Forward/Back hop 15-30 seconds</p> <p>Soleus Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Bounce Pass 30 seconds</p> <p>Kneeling Hip Flexor Stretch 30-60 secs each</p> <p>4-8x</p>	<p>Rockette-inspired Dance Break</p> <p>Kneeling Hip Flexor Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Go for a walk and find 10 things that are green</p> <p>Standing Calf Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Jump Rope 3-4 rounds of 30 seconds each</p> <p>Myofascial Release: Pecs 30-60 secs ea.</p> <p>4-8x</p>
WEEK 3	<p>4-square agility: Side to Side step 30 seconds</p> <p>Wall Calf Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Ball Wrap Around 30 secs. without dropping!</p> <p>Pec Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Barre Dance Break</p> <p>Figure 4 Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Discover a new Campus Walking Route</p> <p>Standing Quad Stretch 30 secs ea.</p> <p>4-8x</p>	<p>Double Jack 3-4 rounds of 30 seconds</p> <p>Lat Stretch 30-60 seconds</p> <p>4-8x</p>
WEEK 4	<p>4-square agility: Side to Side hop 15-30 seconds</p> <p>Foam Roll: Calf 30-60 secs ea.</p> <p>4-8x</p>	<p>Play Catch 5 mins or mover's choice</p> <p>Lat Stretch 30-60 seconds</p> <p>4-8x</p>	<p>Irish Dance Break</p> <p>Hamstring Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Walk to the Beat: 120-130 bpm Use this sample playlist or create your own</p> <p>Kneeling Hip Flexor Stretch 30-60 secs ea.</p> <p>4-8x</p>	<p>Deck of Cards Workout</p> <p>Myofascial Release: Traps 30-60 seconds</p> <p>4-8x</p>



PLAYFUL MOVEMENT IN 30 DAYS (page 2)

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Repetitions per set: Perform as many reps as you can with good form "up to" the target number for that day.

Sets per day: Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day (example: 10am, 12pm, 2pm, and 4pm, etc.). Beginners should start with fewer sets.

Missing your Cardio? Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

Low Impact Cardio examples: Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

High Impact Cardio examples: High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are "Free Days". Go for a walk, mix and match your favorite exercises, or take a REST day.

Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative. Tired muscles while doing exercise or right after exercise are typically normal.

What's next? Move on to another monthly Bruin PAWS calendar and KEEP MOVING! recreation.ucla.edu/paws



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