



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

BEAT BRUINERTIA IN 30 DAYS (Beginner, Level 1)

This 30 day challenge is perfect for those just getting started and features 5 fundamental exercises & short cardio bouts over the 5 days of the week. Ease your way into becoming more physically active. Become an **#ActiveBruin!**

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Hip Bridges Up to 10 reps Cardio Up to 60 secs	Plank Up to 10 secs Cardio Up to 60 secs	Shrugs Up to 10 reps Cardio Up to 60 secs	Sit-to-Stands Up to 5 reps Cardio Up to 60 secs	Elevated Push-Ups Up to 5 reps Cardio Up to 60 secs
WEEK 2	Hip Bridges Up to 15 reps Cardio Up to 75 secs	Plank Up to 15 secs Cardio Mobility Up to 75 secs	Shrugs Up to 10 reps Cardio Mobility Up to 75 secs	Sit-to-Stands Up to 8 reps Cardio Mobility Up to 75 secs	Elevated Push-Ups Up to 8 reps Cardio Mobility Up to 75 secs
WEEK 3	Hip Bridges Up to 20 reps Cardio Mobility Up to 90 secs	Plank Up to 20 secs Cardio Mobility Up to 90 secs	Shrugs Up to 15 reps Cardio Up to 90 secs	Sit-to-Stands Up to 12 reps Cardio Up to 90 secs	Elevated Push-Ups Up to 12 reps Cardio Mobility Up to 90 secs
WEEK 4	Hip Bridges Up to 25 reps Cardio Mobility Up to 120 secs	Plank Up to 30 secs Cardio Mobility Up to 120 secs	Shrugs Up to 20 reps Cardio Up to 120 secs	Sit-to-Stands Up to 15 reps Cardio Mobility Up to 120 secs	Elevated Push-Ups Up to 15 reps Mobility Up to 120 secs

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

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 sets of the repetitions assigned for that day. Space out the sets over your day.
(Example: 10am, 12pm, 2pm, and 4pm)

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.

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

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