



**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
<b>WEEK 1</b>	<b>Hip Bridges</b> Up to 10 reps  <b>Cardio</b> Up to 60 secs	<b>Plank</b> Up to 10 secs  <b>Cardio</b> Up to 60 secs	<b>Shrugs</b> Up to 10 reps  <b>Cardio</b> Up to 60 secs	<b>Sit-to-Stands</b> Up to 5 reps  <b>Cardio</b> Up to 60 secs	<b>Elevated Push-Ups</b> Up to 5 reps  <b>Cardio</b> Up to 60 secs
<b>WEEK 2</b>	<b>Hip Bridges</b> Up to 15 reps  <b>Cardio</b> Up to 75 secs	<b>Plank</b> Up to 15 secs  <b>Cardio Mobility</b> Up to 75 secs	<b>Shrugs</b> Up to 10 reps  <b>Cardio Mobility</b> Up to 75 secs	<b>Sit-to-Stands</b> Up to 8 reps  <b>Cardio Mobility</b> Up to 75 secs	<b>Elevated Push-Ups</b> Up to 8 reps  <b>Cardio Mobility</b> Up to 75 secs
<b>WEEK 3</b>	<b>Hip Bridges</b> Up to 20 reps  <b>Cardio Mobility</b> Up to 90 secs	<b>Plank</b> Up to 20 secs  <b>Cardio Mobility</b> Up to 90 secs	<b>Shrugs</b> Up to 15 reps  <b>Cardio</b> Up to 90 secs	<b>Sit-to-Stands</b> Up to 12 reps  <b>Cardio</b> Up to 90 secs	<b>Elevated Push-Ups</b> Up to 12 reps  <b>Cardio Mobility</b> Up to 90 secs
<b>WEEK 4</b>	<b>Hip Bridges</b> Up to 25 reps  <b>Cardio Mobility</b> Up to 120 secs	<b>Plank</b> Up to 30 secs  <b>Cardio Mobility</b> Up to 120 secs	<b>Shrugs</b> Up to 20 reps  <b>Cardio</b> Up to 120 secs	<b>Sit-to-Stands</b> Up to 15 reps  <b>Cardio Mobility</b> Up to 120 secs	<b>Elevated Push-Ups</b> Up to 15 reps  <b>Mobility</b> 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](https://recreation.ucla.edu/paws)