



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

GENERAL FITNESS LEVEL 2

This 6 week program starts with 4 movement breaks per day and progresses to 8 over the six weeks. Short movement breaks add up to a LOT of movement. By the end of the challenge, you will be up to a minimum of 40 mins per day. Learn to change the way you live and work and fill your day with strength & mobility exercises and stretches for your muscles, cardio for your heart, and FUN for your spirit! All of this helps to improve your physical health, increase your productivity, and improve your mood and outlook!

Become an #ActiveBruin! ***Click on activity name to view a video example***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<u>Towel ISO Pull Apart</u> Up to 30 secs Cardio (30 secs)	<u>Sit to Stand</u> Up to 20 reps Cardio (30 secs)	<u>Desk Pushup</u> Up to 15 reps Cardio/Dance (30 secs)	<u>Standing Hamstring Curl</u> Up to 20 reps Cardio (30 secs)	<u>Plank</u> Up to 30 secs Cardio (30 secs)
	x4	x4	x4	x4	x4
<u>Cardio Option 1</u> <u>Cardio Option 2</u> <u>Dance Break</u>					
WEEK 2	<u>Low ISO Towel Pull Apart</u> Up to 30 secs Cardio (45 secs)	<u>Air Squat</u> Up to 15 reps Cardio (45 secs)	<u>Negative Desk Pushup</u> Up to 5 reps Cardio/Dance (45 secs)	<u>Hamstring Curl with Loop</u> Up to 20 reps Cardio (45 secs)	<u>Seesaw Plank</u> Up to 30 secs Cardio (45 secs)
	x4	x4	x4	x4	x4
	x1	x1	x1	x1	x1
<u>Cardio Option 1</u> <u>Cardio Option 2</u> <u>Dance Break</u> <u>Fun Exercise 1</u> <u>Fun Exercise 2</u>					

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

Fun: Summon your playful spirit and literally PLAY. Do something just for the love of it and because it brings you joy! Hula Hoop, tag with the kids, play catch, juggle, kick a soccer ball around, hacky sack, Skip It, shoot hoops. Be playful! Be joyful!

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 (Fun exercises once per day, some mobility exercises twice per 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



GENERAL FITNESS

LEVEL 2 (page 2)

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	Single Arm Reverse Fly Up to 12 reps Cardio (60 secs) Fun (Up to 5 mins) Mobility Up to 5 mins	Single Leg Sit to Stand Up to 15 reps Cardio (60 secs) Fun (Up to 5 mins) Mobility Up to 5 mins	Floor Press Up to 15 reps Cardio/Dance (60 secs) Fun (Up to 5 mins) Mobility Up to 5 mins	Glute Bridge Up to 20 reps Cardio (60 secs) Fun (Up to 5 mins) Mobility Up to 5 mins	Side Plank Up to 30 secs Cardio (60 secs) Fun (Up to 5 mins) Mobility Up to 5 mins
	x4	x4	x4	x4	x4
	x1	x1	x1	x1	x1
Cardio Option 1 Cardio Option 2 Dance Break Fun Exercise					
WEEK 4	Single Arm Row Up to 12 reps Cardio (75 secs) Fun (Up to 7 mins) Mobility Up to 5 mins	Side to Side Squats Up to 20 reps Cardio (75 secs) Fun (Up to 7 mins) Mobility Up to 5 mins	Single Arm Floor Press Up to 15 reps Cardio (75 secs) Fun (Up to 7 mins) Mobility Up to 5 mins	Single Leg Glute Bridge Up to 15 reps Cardio (75 secs) Fun (Up to 7 mins) Mobility Up to 5 mins	Side Plank w/Arm Reach Up to 30 secs Cardio (75 secs) Fun (Up to 7 mins) Mobility Up to 5 mins
	x4	x4	x4	x4	x4
	x1	x1	x1	x1	x1
Cardio Option Dance Break Fun Exercise					

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LEVEL 2 (page 3)

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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I's, Y's, T's Up to 12 reps	Split Squat Up to 15 reps	Chest Fly Up to 15 reps	Hip Hinge/ Good Morning Up to 12 reps	Hollow Hold Up to 30 secs
Cardio (90 secs)	Cardio (90 secs)	Cardio/Dance (90 secs)	Cardio (90 secs)	Cardio (90 secs)
Fun (Up to 7 mins)	Fun (Up to 7 mins)	Fun (Up to 7 mins)	Fun (Up to 7 mins)	Fun (Up to 7 mins)
Lat Stretch Up to 45 secs	Hip Flexor Stretch Up to 45 secs	Pec Stretch Up to 45 secs	Hamstring Stretch Up to 45 secs	Mid Back Stretch Up to 45 secs
Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins

Cardio Option | Dance Break | Fun Exercise

WEEK 6

Hammer Curls Up to 12 reps	Reverse Lunge Up to 15 reps	Skull Crusher Up to 15 reps	RDL w/weight Up to 12 reps	Dead Bug Up to 30 secs
Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)
Fun (Up to 10 mins)	Fun (Up to 10 mins)	Fun (Up to 10 mins)	Fun (Up to 10 mins)	Fun (Up to 10 mins)
Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins	Mobility Up to 5 mins
Back Stretch Up to 45 secs	Quad Stretch Up to 45 secs	Pec Stretch Up to 45 secs	Figure 4 Stretch Up to 45 secs	Mid Back Stretch Up to 45 secs

Cardio Option 1 | Cardio Option 2 | Cardio Option 3

