

30-Day Exercise Challenge for Arthritis



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Core Outdoor Bike Ride	Upper Body Elliptical	Rest Yoga	Lower Body Dog Walking	Core Treadmill	Upper Body Nordic Walking Poles	Rest Tai Chi
WEEK 2	Lower Body Mall Walking	Core Golf	Rest Gardening / Yoga	Upper Body Bird Watching	Lower Body Zumba	Core Easy Hike	Rest Chair Yoga
WEEK 3	Upper Body Swim	Lower Body Dancing	Rest Yoga/Dog Walk	Core Outdoor Bike Ride	Upper Body Aquafit	Lower Body Trail Walking	Rest Yoga/Golf
WEEK 4	Core Gardening / Dog Walk	Upper Body Swim	Rest Yoga / Thai Chi	Lower Body Golf	Core Elliptical	Upper Body Dancing	Rest Yoga/Gardening

STRENGTH TRAINING

(2-3 times/week. 1-3 sets, 8-12 reps)

Lower Body: Squats, Lunges

Core: Plank, Dead Bug, Pallof Press

Upper Body: Dumbbell Floor Press, Seated Row, Side Raises, Front Raises, Bicep Curl to Shoulder Press with Weights

ENDURANCE EXERCISES (Min. 30 mins/ day. 3-5 times a week)

- Nordic Walking Poles
- Mall Walking - Best Before Opening Hours
- Outdoor Bike Ride
- Dog Walking
- Yoga or Chair Yoga
- Zumba

- Aquafit or Swimming
- Exercise Videos for Pilates or Zumba
- Pillates
- Golf
- Gardening
- Trail Walking

- At Home Exercise Machines (eg. Stationary Bike, Elliptical or Treadmill)
- Tai Chi
- Snowshoeing
- VR Machine or Exercise Games with a Video Game System

- Mini Exercise Bike Pedal for Legs and Arms
- Exercise Steps or At-home Stairs Workout
- Dancing
- Rebounder
- Qi Gong