

# 30-Day Exercise Challenge for Arthritis



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

## 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
- Pilates
- 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