



**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) x4	<u>Sit to Stand</u> Up to 20 reps Cardio (30 secs) x4	<u>Desk Pushup</u> Up to 15 reps Cardio/Dance (30 secs) x4	<u>Standing Hamstring Curl</u> Up to 20 reps Cardio (30 secs) x4	<u>Plank</u> Up to 30 secs Cardio (30 secs) 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) x4 Fun (Up to 5 mins) x1	<u>Air Squat</u> Up to 15 reps Cardio (45 secs) x4 Fun (Up to 5 mins) x1	<u>Negative Desk Pushup</u> Up to 5 reps Cardio/Dance (45 secs) x4 Fun (Up to 5 mins) x1	<u>Hamstring Curl with Loop</u> Up to 20 reps Cardio (45 secs) x4 Fun (Up to 5 mins) x1	<u>Seesaw Plank</u> Up to 30 secs Cardio (45 secs) x4 Fun (Up to 5 mins) 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



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WEEK 3

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

WEEK 4

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

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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>I's, Y's, T's</u> Up to 12 reps	<u>Split Squat</u> Up to 15 reps	<u>Chest Fly</u> Up to 15 reps	<u>Hip Hinge/ Good Morning</u> Up to 12 reps	<u>Hollow Hold</u> Up to 30 secs
Cardio (90 secs)	Cardio (90 secs)	Cardio/Dance (90 secs)	Cardio (90 secs)	Cardio (90 secs)
x4	x4	x4	x4	x4
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)
<u>Lat Stretch</u> Up to 45 secs	<u>Hip Flexor Stretch</u> Up to 45 secs	<u>Pec Stretch</u> Up to 45 secs	<u>Hamstring Stretch</u> Up to 45 secs	<u>Mid Back Stretch</u> Up to 45 secs
x1	x1	x1	x1	x1
<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins
x2	x2	x2	x2	x2

Cardio Option | Dance Break | Fun Exercise

WEEK 6

<u>Hammer Curls</u> Up to 12 reps	<u>Reverse Lunge</u> Up to 15 reps	<u>Skull Crusher</u> Up to 15 reps	<u>RDL w/weight</u> Up to 12 reps	<u>Dead Bug</u> Up to 30 secs
Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)	Cardio (120 secs)
x4	x4	x4	x4	x4
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)
x1	x1	x1	x1	x1
<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins	<u>Mobility</u> Up to 5 mins
<u>Back Stretch</u> Up to 45 secs	<u>Quad Stretch</u> Up to 45 secs	<u>Pec Stretch</u> Up to 45 secs	<u>Figure 4 Stretch</u> Up to 45 secs	<u>Mid Back Stretch</u> Up to 45 secs
x2	x2	x2	x2	x2

Cardio Option 1 | Cardio Option 2 | Cardio Option 3

